



**A Celebration of Our
12 Powers**

**Family Study Material
"FAITH"**

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Lesson 1: Overview



Apostle: Peter

Color: Dark Blue

Location In The Body: Pineal gland

Ability: To Believe, intuit, perceive;
To have conviction; To know the Truth

Faith is our ability to know that Spirit directs our lives and to believe in and know Truth.

Definition

Revealing Word:

The perceiving power of the mind linked with the power to shape substance. Spiritual assurance; the power to do the seemingly impossible. It is a magnetic power that draws unto us our heart's desire from the invisible spiritual substance. Faith is a deep inner knowing that, that which is sought is already ours for the taking.

Faith is more than mere belief. It is the very substance of that which is believed. It works by love. Thoughts of condemnation, enmity, and resistance must be released and divine love declared; then faith will work unhindered.

Power Points

- Faith does not rely on physical facts but is based on an inner knowing that we have the ability to access our inner spiritual wisdom whenever we want to.
- Faith is what helps our mind see beyond what it currently sees.
- With faith we know that there are no impossible situations because we are guided by an inner Light of Truth.

Bible Quotes

Hebrews 11:1

"Faith is the assurance of things hoped for, the evidence of things not seen."

Hebrews 11:3

"By faith we understand that the world was created by the word of God, so that what is seen was made out of things which do not appear."

Matthew 9:29

"According to your faith let it be done to you."

Matthew 17:20

"If you have faith the size of a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you."

LESSON-AT-A-GLANCE

Bible Story	“Jesus Walks on Water” Matthew 14:22-33
Synopsis of Story	Jesus and the disciples had been speaking to crowds of people and were now finished. As Jesus went to up the mountain to pray, he sent the disciples on ahead of him by boat. With evening came a storm that rocked the boat and the disciples were frightened. Jesus approached them by walking across the water. Peter tried to go to him but his fear held him back.
Deeper Meaning of Story	This story explores the idea that when we allow the voices in our head (<i>the fearful disciples crying out</i>) and outer worldly events (<i>the winds and waves</i>) to move our attention away from our inner Christ nature, we sink into fear and negativity. It is through keeping our eyes on the Christ that we are, once again, lifted up.

CREATIVE ACTIVITY SUPPLIES

Title	<u>Another Viewpoint</u>	<u>Journaling Activity</u>	<u>Tree of Faith</u>
Age Group	Adult & Teens	Adults & Teens	Kids
Supplies	<ul style="list-style-type: none"> • Bible • Meditative music, <i>instrumental</i> • CD player • Bell or chime • Journals • Markers • Pens 	<ul style="list-style-type: none"> • Journals/paper • Markers • Pens 	<ul style="list-style-type: none"> • 4" x 4" Styrofoam squares • Pipe cleaners, <i>15 - 20 per child</i> • Dark blue construction paper, <i>1 sheet</i> • Blank paper, <i>1 sheet</i> • Markers • Scissors • Tape • Construction paper, red, green, yellow & orange



Faith

Opening Activities

Opening Prayer

- Sit down together and ring a chime or bell to announce the start of activities.
- **Centering Breath:** Always begin with a centering breath. This helps to release stress, bring the attention to the present moment, focuses the brain and connects the heart.

Example:

Take a breath in and feel your belly expand and your shoulders relax. Hold. Release, allowing your belly to fully contract and your shoulders to remain relaxed. As you continue to breathe in this manner, move your attention to your heart center and breathe in and out, feeling your heart energy expanding and filling every part of you.

- **Prayer**

As I breathe in your sweet presence, Spirit, it takes me to a place of complete stillness... *pause*...Here I close my eyes and know that the voice of Spirit within me is always present, always here to lead me to my highest good...*pause*...As I feel the rising and falling of my breath, I see my faith center shimmering in a beautiful, blue light. As I relax into this sacred space within I see my faith center pulsating with the power of trust and faith and I know that it is God who guides my way...*pause*...I feel my faith in my heart and know that at this moment, it fills every cell in my body...*longer pause*...I give thanks for the constant and abiding presence of God within. Amen.

Community Building

- Go around the circle and invite each person to complete this phrase:
"I am ___(Name)___ and faith shows up in my life as _____."



Story Exploration

Adults

Teens

Lesson Focus

Faith invites us to keep our eyes focused on the Christ, the Truth of the situation, no matter what may be occurring in our lives.

The Story

“Jesus Walks on Water,” Matthew 14:22-33

Jesus and the disciples had been speaking to crowds of people and were now finished. As Jesus went up to the mountain to pray, he sent the disciples on ahead of him by boat. With evening came a storm that rocked the boat and the disciples were frightened. Jesus approached them by walking across the water. Peter tried to go to him but his fear held him back.

Another Viewpoint

Action

- Read, *Matthew 14:22-33*, from the Bible so that everyone can hear the story.
- Invite everyone to get into a comfortable position, close their eyes and relax. Read the story as it is printed below, in a slow and meditative voice. Then invite the group to answer the discussion questions.

Say: Imagine that you are one of Jesus' disciples. You have just finished serving the thousands of people that came to hear Jesus. You are feeling tired and just need some peaceful time apart.

Immediately Jesus made us get into the boat and go on ahead of him to the other side, while he dismissed the crowd. After he had dismissed them, he went up on a mountainside by himself to pray. When evening came, he was there alone, but our boat was already a considerable distance from land, buffeted by the waves because the wind was against it. During the fourth watch of the night Jesus came out to us, walking on the lake. When we saw him walking on the lake, we were terrified. “It’s a ghost,” we said, and cried out in fear. But Jesus immediately said to us: “Take courage! It is I. Don’t be afraid.” “Lord, if it’s you,” I replied, “tell me to come to you on the water.” “Come,” he said. Then I got down out of the boat, walked on the water and came toward Jesus. But when I saw the wind, I was afraid and, beginning to sink, cried out, “Lord, save me!” Immediately Jesus reached out his hand and caught me. “You of little faith,” he said, “why did you doubt?” And when we climbed into the boat, the wind died down. Then those of us who were in the boat worshiped him, saying, “Truly you are the Son of God.”

Discussion

- What do we know about Jesus in this story?
- What do we know about the disciples in this story?
- What was the weather like?
- Which disciple were you?
- If you were Peter, how did it feel to step out in faith?
- If you were a disciple who remained in the boat, what was that like?
- Where or how does this experience show up in your life?

Action

- Invite everyone to again get comfortable and read the story below in a slow and meditative voice. Then invite the group to answer the discussion questions.

Say: This time Imagine that you are Jesus. You have just finished serving the thousands of people and you are feeling weary and just need some peaceful time apart.

Immediately I made the disciples get into the boat and go on ahead of me to the other side, while I dismissed the crowd. After I had dismissed them, I went up on a mountainside by myself to pray. When evening came, I was there alone, but the boat was already a considerable distance from land, buffeted by the waves because the wind was against it. During the fourth watch of the night I went out to them, walking on the lake. When the disciples saw me walking on the lake, they were terrified. "It's a ghost," they said, and cried out in fear. But I immediately said to them: "Take courage! It is I. Don't be afraid." "Lord, if it's you," Peter replied, "tell me to come to you on the water." "Come," I said. Then Peter got down out of the boat, walked on the water and came toward me. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" Immediately I reached out my hand and caught him. "You of little faith," I said, "why did you doubt?" And when they climbed into the boat, the wind died down. Then those who were in the boat worshiped me, saying, "Truly you are the Son of God."

Discussion

- What more do we know about Jesus? The disciples?
- What more of the story revealed itself to you?
- What was it like to imagine yourself as Jesus?
- What does this story tell us about faith?
- What does this story tell us about voices in our heads and outer distractions?
- How does keeping our eyes on the Christ help keep our faith strong?
- How do we build an inner foundation of faith?



Lesson Focus

Faith invites us to keep our eyes focused on the Christ, the Truth of the situation, no matter what may be occurring in our lives.

The Story

“Peter Takes a Walk”

Written by Rev. Diane Venzera

Jesus had a busy day so he said let's go away. He put his men upon a boat and then he did set it afloat. It had been a long, hot day so up the mountain he went to pray. As the evening came and went, He found he was no longer spent. When finally he glanced out to the sea, he saw the boat floating free. As a storm was slowing growing, he knew wind would be a-blowing.

Stepping out upon the water, Jesus walked and did not falter. When his men took in this sight, out they called in fear and fright. “It is a ghost we greatly fear and our master is not here.” “Fear not He said for it is I, your Lord and master, do not cry.”

Out of the boat Peter quickly flew, a part of him already knew, that here indeed was Lord and Master, so he walked a little faster. But when the wind did blow on by, Peter felt his faith go dry. As he looked about in fear, he could not see his love so dear. “Sinking, sinking down so fast, now I fear I'll never last.” “Help me, help me, Lord he said, soon I fear I will be dead.” Jesus, Lord saved the day by helping Peter see the way. “Look at me and hold on tight for I am with you day and night.” Soon they were all afloat in the steady little boat. Now his men could see the light and know that each could shine as bright.

Discussion

- What is happening in the story?
- How did the disciples react when they first saw Jesus walking on the water?
- What did Peter do?
- What caused Peter to sink?
- What happened next?
- What did Jesus want the disciples to know?
- Tell me about a time when you were afraid?
- What does this story tell us about faith?
- What is always important to remember about our God self?
- How can you help yourself when you find yourself in a difficult situation?

Tree of Faith

Objective

The object of this activity is to explore what we currently understand about faith.

Supplies

- 4" x 4" Styrofoam squares
- Pipe cleaners, 15 - 20 per child
- Dark blue construction paper, 1 sheet
- Blank paper, 1 sheet
- Markers
- Scissors
- Tape
- Construction paper, red, green, yellow & orange

Action

Invite the children to stand with their arms spread wide and held above their heads.

Say: *"I am tall and have leaves and can sway in the wind. What am I?"*

Encourage them to sway as if they were a tree swaying in the wind. As they sway share with them that a tree is solid, straight and strong but easily sways and bends when a wind blows.

Ask: *"What holds the tree in the ground?"* Then invite them to imagine that growing out of the bottom of their feet are long and strong roots that anchor them to the ground. Share that the roots of the tree help to keep the tree strong and also to feed and nourish it.

Say: *"People have roots too, but they can't be seen with our eyes." "What roots might we have that help to keep us safe and strong?" "How is having faith in God like a root that anchors us?" "How do our God roots nourish us?"*

Now move the children into the art activity by inviting them to use the dark blue paper (the color of faith) to represent our spiritual roots. Use the paper to cover the Styrofoam base and write words or draw pictures of things that represent how they are grounded in faith. What are their spiritual roots or how are they nourished spiritually? E.g. Going to church; loving parents; prayer.

Then invite each child to hold their 15 - 20 pipe cleaners in their hand and twist them together to form the trunk of the tree. A few inches up from the bottom spread the pipe cleaners like roots of a tree and stick a few of them into the Styrofoam base, leaving others to show on the surface. About half way up the trunk, spread the pipe cleaners to form branches of the tree.

Finally, invite the children to choose different colored paper and cut out leaf shapes. Write on each leaf how our faith grows and spreads the stronger our base of faith is. Attach the leaves to the branches with tape.

Creative Activities

Adults

Teens

Journaling Activity

Objective

The object of this activity is to explore how the story relates to our faith.

Supplies

- Journals/paper
- Markers
- Pens

Action

- Turn the meditative music back on, *instrumental only*, and invite the participants to continue in their contemplative state.
- Ask them to journal about the story experiences they just had. Invite them to either write or draw what ever comes to them.