

When the going gets tough

One day, Jesus was talking with his disciples. 'Students are not better than their teacher,' he said to them. 'A slave is not better than his master. Instead they need to be like each other.' He continued, 'So do not fear. Everything that is hidden will be found and everything that is secret will be discovered. Anything I say to you in the dark, I want you to tell in the light. Anything that is whispered, I want you to shout from the rooftops!' Jesus reassured them. 'Do not fear those who try to kill you, as they cannot kill your soul. The only one you should be worried about is the one who can destroy both the body and the soul in hell. Two sparrows are sold for only a penny. But if one of them falls to the ground, God knows this. Even the hairs on your head are counted and known by God. Do not fear, you are much more valuable than the sparrows.' Jesus said to his disciples, 'If you tell others that you are my follower, I will tell God in heaven that you are my follower. But if you say you are not my follower, I will tell God in heaven that you don't belong to me. I didn't come to bring peace; I came to bring a sword. Families will turn against each other because of what I say. Anyone who loves their family more than me is not good enough to be my follower. Anyone who is not willing to take up their cross is not good enough to be my follower. If you try to hold onto your life, you will give up true life. But do not fear. If you give up your life for me, you will hold onto true life.' Matthew 10:24-39

Jesus tells his disciples that being a disciple may involve suffering, but that everyone is known and valued by God.

Think about it



- Why do you think the disciples needed great courage to go and tell other people about Jesus?
- If someone asks you what you did on Sunday, would you tell them you went to church?
 - How can we share the story of Jesus with others today?



Play it– You have 60 seconds to count the hairs of their partner's head. When the time is up, discuss just how amazing it is that God knows the number of hairs on everyone's head, and how that shows just how much he knows and cares for us.



Play it

Follow the leader
Imagine walking through different scenarios through the house or garden: mud, fog, a blizzard, on hot sand. Take it in turns to shout out the different scenarios.

Create – Count the small things

A reminder that even the little things are important to God

You will need: a clear jar full of small objects, e.g. seeds, sweets, dried peas.

Count how many objects there are in the jar – without taking them out.

God even knows how many hairs we each have on our head, not just the number of objects in a jar. This shows just how much God knows each one of us and values us. It's a reminder when we are finding things hard that God is with us, in the small and big things in life.

Sing it



Jesus is my Rock, Freedom kids

<https://www.youtube.com/watch?v=FcnLLPQp38U>

Lean on you, Hillsong kids on Tell the world

<https://www.youtube.com/watch?v=XHGTmCD3nel>

Love won't let me down, Hillsong young & free on Love won't let me down

<https://www.youtube.com/watch?v=BxQjmKoiTVQ>

Pray



Follow in the footsteps of Jesus

Play follow my leader, walking, tiptoeing, jumping, etc., and end by pretending to trip or slip.

Follow in the footsteps of Jesus, when you are walking...

when you are...

(add in other ways you are moving)

Jesus, catch us when we fall or fail, and walk beside us through this week.

Amen.

Live your faith



If you are in a difficult situation this week, remember some of the promises that Jesus talks of in the passage.