

## Your Next Step

**Big Idea:** Grow in your faith by taking risks

**Key Bible Verses:** Matthew 14:22-33

**Supplies Needed:** Bibles, blindfolds

**Lesson Length:** 25 minutes

**Age Level:** middle school or high school

Gather your teenagers, and have them stand in a large comfortable circle. Blindfold the participants—either all of your students or just a selected number to illustrate the big idea. Move them around to different parts of the room; you want them to feel uneasy or confused about exactly where they're standing and how easily they can move. Read aloud Matthew 14:22-33, the story of the stormy night at sea when both Jesus and Peter walked on the water. After the reading, invite those who are blindfolded to take a step of faith—just one step forward. Then ask them to take another. Then another.

Some of your teenagers will stop after one or two steps. Others will continue farther. After a few steps, remove the blindfolds. Then ask:

- How was the first step of faith different from the second step?
- What thoughts crossed your mind as you continued taking steps? (Or what caused you to stop walking?)
- What did you learn about yourself from this activity?

After discussing these ideas, invite your teenagers to think about the Bible passage you read. Ask these questions:

- Why do you think Peter sank?