



“Caring & sharing as part of God’s family”

“Loving our neighbour as we love ourselves” - Luke 10:27



Worship at Home

TRUST



‘My God is my strength in whom I trust’

Psalm 18.2

We hope your family will find these ideas helpful as you explore the value of Trust together.

Read together

It is sometimes difficult to trust when we are worried or frightened. The following reflection might have been written by a small child as they were standing on the shore of Lake Galilee watching the storm unfold. Read the story to your family or ask a member of your family to read it to you as you sit still and listen and try to imagine you are seeing the storm on the lake – if it helps you to imagine – close your eyes while listening to the story.

Jesus was so tired. I had listened to him all day as he walked and talked, telling those stories. I could have gone on listening... He was amazing! But he was exhausted now, and the sun had gone down behind the mountains. Into the boat he climbed, his friends with him. I helped the men push the boat off.

But I was worried. On my face I had felt the breeze picking up and the clouds were turning darker, heavy with rain. His boat was still in sight when the first flash of lightning raced across the sky and the waves began to swell. I was more than worried – I was scared!

Across the water came shouts. They had got the sails down, but the boat was being tossed around on the waves and she almost went under. The men were beginning to panic – I could hear it in their voices.

“Master we’re going to drown!”

But suddenly, out of the centre of the storm I heard a strong and powerful voice – *His* voice – a voice like no other.

“Peace, be still.” Jesus was standing, would you believe, standing right up at the back of the boat and speaking in a way that could only be obeyed.

And the storm stopped. Suddenly it was peaceful and still. The lake was still, the disciples were still, and I felt still, still inside. A sort of stillness that I have never felt before, but a stillness that came from knowing Jesus would be there, however stormy life got. I could **TRUST** that he *would* be there. Bible story based on Mark 4. 35 - 41

Time for reflection

The disciples were afraid they would drown when they found themselves in that scary situation. In the story how did Jesus show His faith and trust in God? I wonder if we would have reacted in the same way as the disciples did?

Responding

Almighty God,
Be to me a solid rock to stand on,
A strong tower to shelter in,
And a firm anchor to hold me safe in
the storms of life.

Amen

Dear God,
Trust is a big part of everyone’s lives
Help people to trust one another
Help us not to break your trust but to
strengthen it
Help us to be trustworthy and trusting
In the name of God the Father, God
the Son and God the Holy Spirit.
Amen

Activities!

Talk about **Trust** together as a family...

Trust is a really important value and must be earned.

If we do not **trust** someone it is difficult to build a good relationship with them.

- **Talk with your family about** people who you know that are trustworthy.
- How can you show others that you are trustworthy?
- Why is it important to trust each other when working together as a team?

Can you find the words related to the bible story in the grid?

D	A	L	T	R	U	S	T
M	I	V	E	R	O	H	S
B	O	S	T	O	R	M	E
N	B	C	C	W	J	O	R
T	E	F	A	I	T	H	H
A	Y	D	I	N	P	K	O
O	Q	G	P	D	F	L	P
B	H	S	E	V	A	W	E

DISCIPLE

OBEY

WIND

WAVES

BOAT

HOPE

SHORE

STORM

TRUST

FAITH

Play this trust game with your family.

Build an obstacle course in your garden or living room. Blindfold one member of your family and choose someone act as the speaker. The speaker must use their words to guide the blindfolded person through the course. The person in the blindfold must trust the speaker to guide them through the course without bumping into anything.

Build a boat challenge.

The bible story of Jesus calming the storm has a watery theme. Use scrap materials to construct a boat that floats and has a sail. Can you work out a way of moving your boat across the water?

