

Steady: What to do when things get difficult



I am writing this page in a caravan while a storm is making lots of noise outside. I was trying to sleep but the storm woke me up. The rain was banging on the roof and the wind was blowing noisily around the trees. It made me feel a bit worried about what might be breaking, and I needed to feel safe.

Sometimes in our lives there are things that happen that are difficult and uncomfortable. We may be having trouble at school, someone in our family may be sick or we know our grown up might be praying for a difficult situation. These and lots of other things that happen in our lives can feel like a storm. They can make us feel a bit shaken and wobble inside. When we are worried, things seem scary and we cannot relax.

So, what can we do?

Let's look at what Jesus did when He was in a storm with his friends.

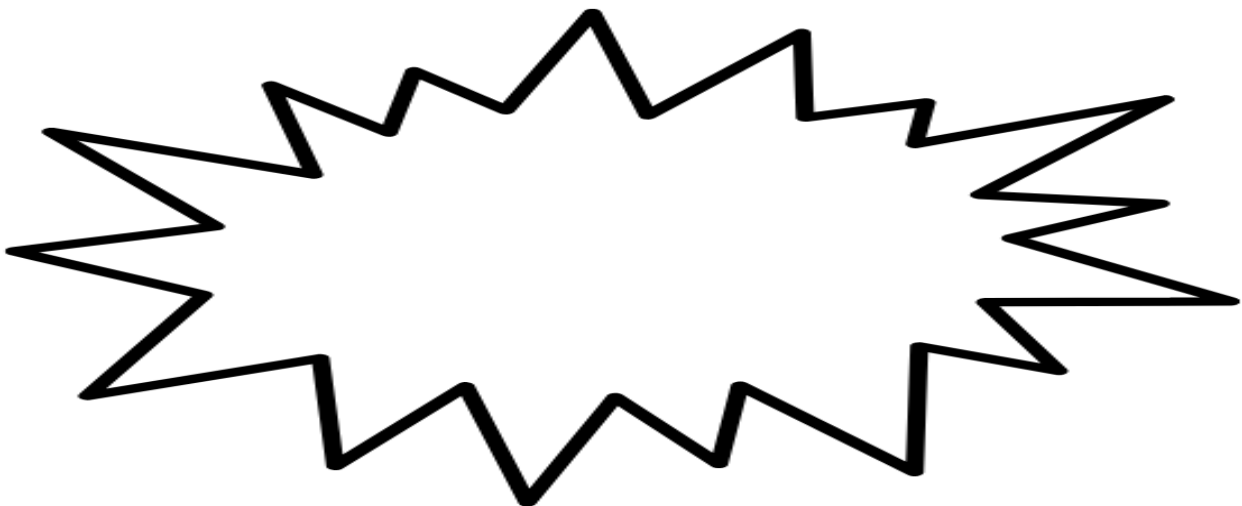


Read this story from **Matthew 8: 23-27**

How do you think the disciples felt in the storm?



Draw a picture of how they were feeling when they were in the storm



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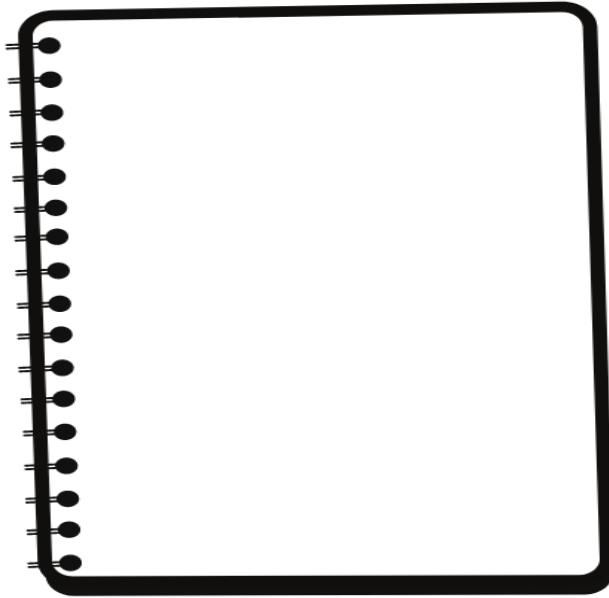
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They were worried and out of control. What did they do?

They asked Jesus for help as they knew He would know what to do.



What did Jesus do? How did He feel in the storm? Draw Jesus in the space below.



Wow! Jesus slept in the storm!



He was not worried at all. Jesus knew He had the power to stop the wind and the waves. He knew His Father in heaven loved Him and would keep Him safe. If we ask God, He will calm the storms in our lives too.

Anytime our world starts to rumble and shake a bit, anytime we feel a bit worried or wobbly about something, we can pray. We know the King of the universe who made all the world, and He is in charge of all things. Jesus did not worry because He knew His Father would always look after Him.



Read **Matthew 7: 24-27**

Which house stood strong even in the storm?

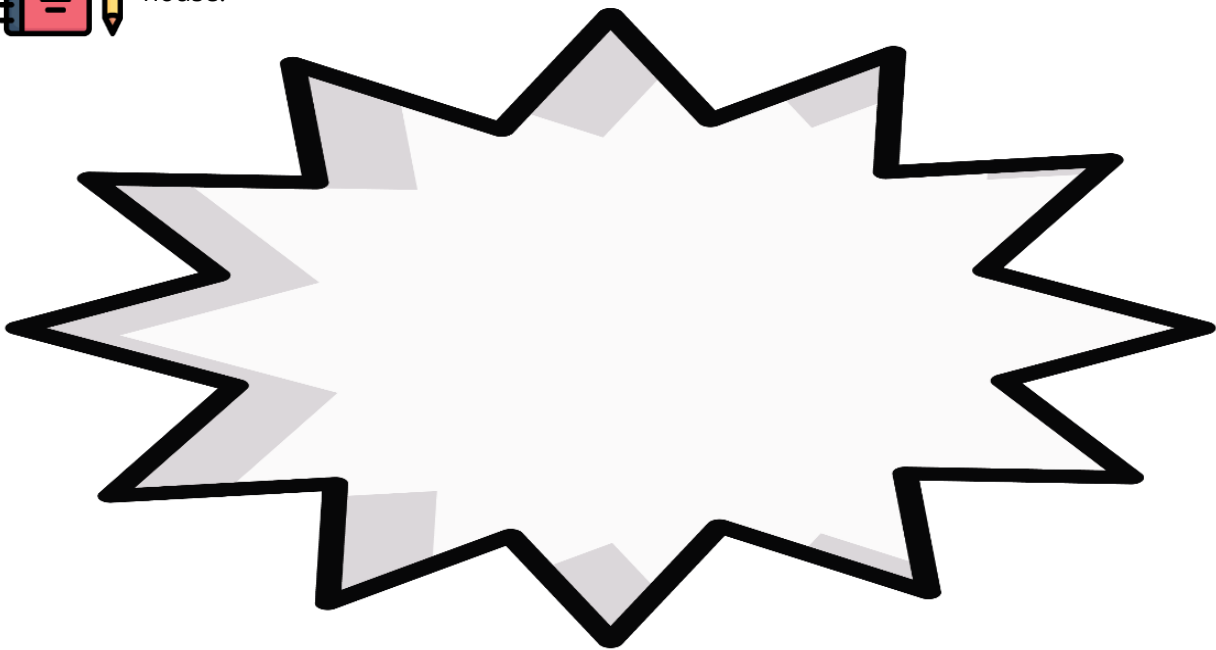
Jesus taught us in this story that if your faith is in Jesus and what He teaches us in the Bible, then we won't be shaken but we can be strong, even in a storm. Jesus is the Rock, the strong base that our lives can stand on no matter what happens.



How can I know I am built on Jesus and am firm? What can you do to stay strong and trust Jesus all the time?



Draw a picture of a house standing on a rock to remind you that you are like this house.



Here are some key things that will help you stand strong in a storm.

1. We have asked Jesus to be in charge of our lives, so His power and peace are inside us.
2. We choose to put Him first and we listen to Him.
3. We ask Him to help us to be calm and to take away our storm.
4. Keep on praying: Pray Until Something Happens (P.U.S.H.)
5. He may give us a specific instruction about what to do that will stop the storm



God is always in control!



What key does **Philippians 4:4** tell us to always do?

The Bible teaches us to stay thankful to God and even to rejoice no matter what is happening around us. Always!!! Even in the difficult times.

When we put God first and thank Him for all the good things He has done, we see things God's way and stop trying to sort things out for ourselves.

Paul prayed and sang worship songs when he was in prison and God rescued him and helped him. We can worship God and sing songs to Him too. God can change our fear to strength as we put Him first and sing true words from the Bible. It reminds us that God is good, it breaks problems and can bring healing too!



Let's chat to God about anything that is a storm in your life

1. Tell Him what is worrying you
2. Tell Him how you are feeling
3. Thank Him that He is always good and that He has never left you
4. Ask Him to show you what He is doing with your storm, your worry, right now
5. Ask Him what He wants you to do with your worry
6. Sit and quietly enjoy God's peace as you ask Him to take away your fear and worry and to fill you with His love instead.



Or you might like to use these words to help you to pray:

Thank you, Jesus, that you are always in control. Thank you for knowing about all the worries and fears I have in my life. Today I ask for you to help me to have your peace and to fill me with your love instead. Please take away (name here something that is bothering you right now) which is a storm in my life. I choose to praise you and thank You that You are good all the time, even when things are tricky. Amen