

Trouble in Mind

Bible Story: Trouble in Mind (Paul Shipwrecked) • Acts 27:1—28:10

Bottom Line: Knowing Jesus changes the way you see your problems.

Key Question: When has something good come out of something bad?

Memory Verse: *God's grace has saved you because of your faith in Christ. Your salvation doesn't come from anything you do. It is God's gift.* Ephesians 2:8 (NIRV)

Life App: Faith—Trusting in what you can't see because of what you can see

Basic Truth: I can trust God no matter what.

Small Group

Discussion Questions

- When have you seen something good come out of something bad?
- How can knowing Jesus change your perspective on, or how you feel about something in your life?
- **[Make It Personal]** (Tell kids about a time when knowing Jesus changed your perspective on something difficult in your life. Make sure you point out that it didn't take away the pain all together, but that it just gave you a different viewpoint, hope, and perspective.)

Bible Story Extension

What You Do:

- **Look** up the story in Acts 27-28. This one has a lot of details!
- **Discuss:**
 - Paul had a lot of problematic things happen to him! What were Paul's problems?
 - What gave Paul the confidence and peace he needed to persevere through his problems?
 - Does knowing Jesus mean our problems hurt less or go away completely?
 - Make sure kids walk away understanding that it's okay to feel sad, hurt, or mad, etc. Knowing Jesus doesn't mean that life becomes easy. Sometimes it's really HARD! BUT knowing Jesus gives us hope. Knowing Jesus gives us a different perspective, because we know we can trust Him and trust that He's always with us.

WHEN HAVE YOU
SEEN SOMETHING
GOOD COME OUT OF
SOMETHING BAD?

DAY 5

Did you know that when you show faith during your hard times, it helps others get through their hard times?

Here are three things Paul did during his hard time to help others during their hard time:

1. You can tell others that God keeps His promises. It can be hard to know what to say to someone who is hurting, especially if you're hurting, too. But you can always remind them that God is a good, loving God, and that He is always with us, even when it feels like He's not.
2. You can have hope. You can be positive when everything feels negative. Saying things like, "God's got this," and "I'm here for you," seems small, but it can go a long way to change someone's attitude when they're down.
3. You can pray. Paul prayed out loud where everyone could hear him. You don't have to pray out loud if that makes you nervous or uncomfortable, but you can tell someone that you're praying for them. Don't forget to actually pray!

From the list above, which will be the easiest thing for you to do to help a friend when you're both faced with a problem?

Which will be the most challenging?

The next time you're faced with a hard situation, ask yourself how you can continue to show faith so that you can help others grow their faith, too.

FAITH

TRUSTING IN WHAT YOU CAN'T SEE
BECAUSE OF WHAT YOU CAN SEE

DAY 1

Go to Studio252.tv and watch this week's episode of The So & So Show. (Click on Fun2Watch! then The So & So Show.)

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that . . .

1) YOU LIKED: _____

2) YOU LEARNED: _____

3) YOU'D LIKE TO KNOW: _____

DAY 2

READ ACTS 27:1-28:10

So far, Paul has had some pretty incredible things happen to him. But what happened to Paul next is going to blow your mind.

Paul had a few problems. The first problem was Paul was put in jail. Why was he put in jail? The short answer is that Paul was in jail because he was a Jesus-follower. One day, while Paul was still a prisoner, it was decided that he would travel by boat across the Mediterranean Sea to stand trial.

From the beginning of the trip, Paul knew the journey wouldn't be an easy one. The wind began to blow and the waves were getting bigger and bigger. Before long, the boat struggled to stay on course. On top of that, the trip was taking way longer than planned and the food supply was running low. With winter and more bad weather coming, Paul was worried they'd never make it.

Paul tried to tell the ship's commander:

"Men," he said, 'I can see that our trip is going to be dangerous. The ship and everything in it will be lost. Our own lives will be in danger also.' But the commander didn't listen to what Paul said." Acts 27:10-11, NIV

Paul had quite a few problems:

1. Paul was being held prisoner because of his faith.
2. Paul was on a ship without enough food in the middle of a storm.
3. Paul knew they were in big trouble, but no one would listen.

Out of all of Paul's problems, which one do you think was the worst and why?

DAY 3

Each and every day you are faced with problems of all sizes. You can't find your book bag, or your teacher caught you in a lie, or you forgot to tell your mom that your lunch account ran out of money. Did you know that you can talk to God about your problems? In fact, God wants us to tell Him about anything that bothers us or hurts us.

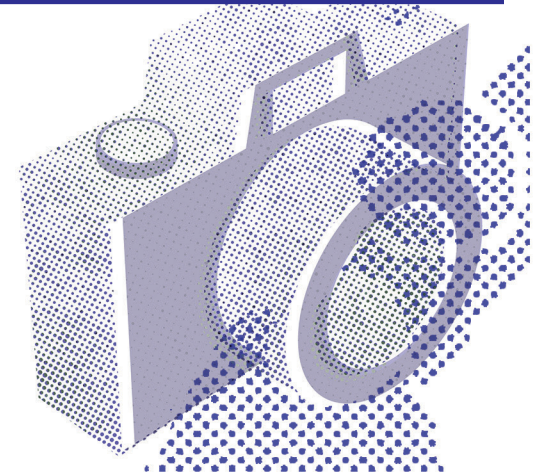
Take a few minutes and tell God about anything that's on your mind right now. What's worrying you? Frustrating you? Hurting you? Tell God about your problems like you're talking to a friend or your parents.

God hears your words. And just like He was with Paul, He will be with you in the middle of all your problems.

DAY 4

Do you know someone who has been through a lot of tough situations, but still has a big, growing faith in God? Someone who has faced big problems but still loves and follows God?

Take some time to talk to that person. If you can't do it in person, you can text, email, or even video call them. Ask them how they kept their faith strong when things were tough.



JULY 2020

PRETEEN



WEEK THREE

PAUL SHIPWRECKED • ACTS 27-28



ASK THIS:

WHEN HAVE YOU SEEN
SOMETHING GOOD COME
OUT OF SOMETHING BAD?



REMEMBER THIS:

"God's grace has saved you
because of your faith in Christ.
Your salvation doesn't come from
anything you do. It is God's gift."

EPHESIANS 2:8, NIV



DO THIS:



Share about a situation in your
life that's difficult right now. When
Paul faced tough times, he chose
to see them as opportunities. He
knew that Jesus can use even the
hardest moments for good. It's
okay to be sad about the difficult
things you face, but you can ask
God to change your perspective.
Pray for each other, that God will
work in and through your difficult
times this week.

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TRUSTING IN WHAT YOU CAN'T SEE
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BE OKAY WITH SAYING "I DON'T KNOW"

By Dan Scott

As parents, we all know how much kids love to ask questions, many of which start with the word, "Why." These questions may start out simple: "Why is the sky blue?" or "Why can't I have another piece of cake?"

But when it comes to developing a child's faith, soon enough, these questions will progress to something more challenging. Questions like "Why do bad things happen?" or "Why does it feel like God doesn't care?"

We can't avoid questions. They are part of the human experience. Like it or not, that means questions will also be part of a growing personal faith. We can't ignore them or sweep them under a rug, hoping they'll disappear. At the same time, we can't string pithy phrases together and assume we're helping someone answer their deepest faith questions.

After all . . .
Not all questions have simple answers.
Not all questions HAVE answers.

No single human knows all there is to know about God and how God works.

While there is much we can discover about God, often the best answer for some questions is, "I don't know." This can be difficult parents, because we have this idea that leading kids means having all the answers to be able to help them with their questions or doubts.

When a hard question comes up, what if we were honest and said, "I don't know"? I read recently about the power of that phrase. Throughout history, saying "I don't know" and admitting ignorance has been the catalyst for discovery. Because people asked questions, humans learned, explored, and made progress that propelled history and faith forward—a process that continues still.

What if we could turn our shared ignorance into shared discovery? What if we said, "I don't know, but let's try and find out together." Or "People have all sorts of opinions about this, let's see which seem most wise to follow."

Taking the time to help our kids explore their faith is one of the most important things we can do for them. And while in the process of discovery, we may not find the answers we wanted or we may find that a question can't be answered yet, but we may also discover bigger ideas about God that help us trust Him even more.

So when your kids start asking tough questions about faith, be ready with answers, but also be okay with saying, "I don't know."

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