

DOUBT

This week's story is "Walking on Water", in the Spark Story Bible, on page 262.

What does it mean to doubt yourself?

Do you ever feel nervous about trying something new or something hard?

When you were learning something new, have you said, "That's too hard" or "That's Too Scary?" Maybe that happened when you were learning to ride a bike or skate on ice or draw a picture. Can you think of something else when you doubted yourself?

What helped you to learn something new or something hard (like riding a bike)? Sometimes when you doubt yourself you need friends or family to encourage you and help you to trust yourself.

We all doubt ourselves at times, even grownups!

Talk to a grown-up about what they have doubted about themselves and went on to try anyway.



Would you like to **pray** with me?

Dear God,

Thank you for having faith in me.

Help me to have faith in myself

and to know that I am a precious Child of God.

Amen.