

The First Swim

GOD'S WORD

"Haven't I commanded you? Be strong and courageous. Don't be afraid. Don't be dismayed, for Yahweh your God is with you wherever you go."

Joshua 1:9 (WEB)



THE STORY

LJ loves swim day until Coach Nia says it is time to put your face in the water, and every other kid goes under while he stays up. The next week he says his stomach hurts and sits on the bench, dry. Mom prays with him in the car, Dad tells him about being afraid of the lake when he was small and gives him Grandpa's old fishing bobber along with God's promise, and then Dad walks him in and simply stays. LJ whispers the verse, pulls his goggles down, takes a big breath, and swims all the way across.

Grandma reads how Peter walked on the water toward Jesus (Matthew 14:22–33): he stepped out of the boat, he began to sink, and Jesus reached out and caught him right away.

TALK ABOUT IT TOGETHER

1. What was LJ afraid of, and what did he say instead of saying he was scared?
2. Dad did not say very much at the pool. He just stayed. Why did that help LJ?
3. What is something that feels a little scary to you, and who can be beside you while you try it?

PRAY TOGETHER

God, when I am afraid, help me trust You. Thank You for the people You put beside me. Give me a brave heart today, and remind me that You go with me wherever I go. Amen.

TRY THIS WEEK

Pick one brave thing. Choose something small that feels a little scary, and pick a day this week to try it with someone beside you. Before you start, say Joshua 1:9 out loud together and take one big breath, the way LJ did. Afterward, tell each other what the brave part actually felt like.

DRAW IT

Draw the brave thing you are going to try, and the person who will be standing right there with you.

A large, empty rectangular box with a dashed border, intended for a child to draw their brave thing and the person who will be with them.