



When the going gets tough: 21-27 June

Bible time Matthew 10.24-39

Jesus tells his disciples that being a disciple may involve suffering, but that everyone is known and valued by God.

Life today

How do we receive or share bad news today? Most of the time it's on TV or radio, or something we read on the computer. In this week's reading, Jesus is warning his closest friends that times are going to be tough as they follow him. As you read, think about some news headlines you could make from the messages which Jesus gives. However, see which one keeps coming back throughout the passage – it's not all bad news!

[Read the story together then explore it using these questions.](#)

Question time

- Whose opinion matters most to you?
- Do you feel like you are important to God?
- Is it easy to say that you follow Jesus?

Activity time

● Craft your worries

What are the tough things we face in the world today – particularly when we think about following Jesus? What are some tough things that you are facing? Write them down and decorate them, draw pictures or make models out of modelling clay to represent them. Remember that Jesus says, 'Do not fear', even when things are really tough.

● Walk and talk

Go for a walk and have a chat about what's difficult in your lives at the moment. As you walk, ask God to draw your attention to all the smallest things you see – flowers, blades of grass, tiny insects or animals. Talk together about how God made them and cares about them. What does that tell us about how he feels about us in our tough moments?

One day, Jesus was talking with his disciples. 'Students are not better than their teacher,' he said to them. 'A slave is not better than his master. Instead they need to be like each other.' He continued, 'So do not fear. Everything that is hidden will be found and everything that is secret will be discovered. Anything I say to you in the dark, I want you to tell in the light. Anything that is whispered, I want you to shout from the rooftops!'

Jesus reassured them. 'Do not fear those who try to kill you as they cannot kill your soul. The only one you should be worried about is the one who can destroy both the body and the soul in hell. Two sparrows are sold for only a penny. But if one of them falls to the ground, God knows this. Even the hairs on your head are counted and known by God. Do not fear, you are much more valuable than the sparrows.'

Jesus said to his disciples, 'If you tell others that you are my follower, I will tell God in heaven that you are my follower. But if you say you are not my follower, I will tell God in heaven that you don't belong to me. I didn't come to bring peace; I came to bring a sword. Families will turn against each other because of what I say. Anyone who loves their family more than me is not good enough to be my follower. Anyone who is not willing to take up their cross is not good enough to be my follower. If you try to hold on to your life, you will give up true life. But do not fear. If you give up your life for me, you will hold on to true life.'

● Quiet time

Each day this week, carve out a few minutes to simply 'be' with God in silence. When we spend time with him, we slow down on the inside and learn to tune into how he loves us. Find a comfortable place to sit where you won't be disturbed. Start by writing down the difficult things that are going on at the moment. Set a timer for five minutes, and then simply sit remembering that God loves and values us in the midst of hard things.

Prayer time

Loving God, we thank you that you know the number of hairs on our heads. Thank you that you always see us and never leave us. Help us to remember that you are close, especially in the moments we find difficult. Amen.