



6th-12th Grade Bible Story

Main Theme:

- God rescues us from all of our troubles

Theme Verse For The Week:

The righteous person faces many troubles, but the Lord comes to the rescue each time. Psalm 34:19 NLT

SHRMP Day 1

Bible Point:

God will rescue you

Bible Text:

Exodus 3:1-18

Bible Story:

The Burning Bush

Key Bible / Memory Verse:

“Be still and know that I am God.” Psalm 46:10 NLT

Lesson:

Hi everyone! I am excited to share with you today’s Bible story. We will learn that we can **be still...** and trust that God will rescue us in times of trouble.

What does it mean to be still? **Allow the group to respond.**

When I think of being still, I think of not fighting, to relax or to be quiet so I can listen to what is happening around me. Today’s Bible story is about being still and allowing God to rescue us in times of trouble.

Today’s Bible story is from Exodus 3, where Moses meets God and is promised that the Israelites will be rescued by God and delivered to the promised land.

Although the Israelites have been slaves to the Egyptians for almost 400 years, they kept still and did not fight, waiting for God to rescue them. God fulfilled his promise and told Moses to get ready to lead God’s people.

Review the memory verse.

Let’s read Exodus 3 and see what God says to Moses.

Read Exodus 3:1-17

Moses and the Burning Bush

3 One day Moses was tending the flock of his father-in-law, Jethro, the priest of Midian. He led the flock far into the wilderness and came to Sinai, the mountain of God.

2 There the angel of the LORD appeared to him in a blazing fire from the middle of a bush. Moses stared in amazement. Though the bush was engulfed in flames, it didn't burn up.

3 "This is amazing," Moses said to himself. "Why isn't that bush burning up? I must go see it."

4 When the LORD saw Moses coming to take a closer look, God called to him from the middle of the bush, "Moses! Moses!" "Here I am!" Moses replied.

5 "Do not come any closer," the LORD warned. "Take off your sandals, for you are standing on holy ground.

6 I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob." When Moses heard this, he covered his face because he was afraid to look at God.

7 Then the LORD told him, "I have certainly seen the oppression of my people in Egypt. I have heard their cries of distress because of their harsh slave drivers. Yes, I am aware of their suffering.

8 So I have come down to rescue them from the power of the Egyptians and lead them out of Egypt into their own fertile and spacious land. It is a land flowing with milk and honey—the land where the Canaanites, Hittites, Amorites, Perizzites, Hivites, and Jebusites now live.

9 Look! The cry of the people of Israel has reached me, and I have seen how harshly the Egyptians abuse them.

10 Now go, for I am sending you to Pharaoh. You must lead my people Israel out of Egypt."

11 But Moses protested to God, "Who am I to appear before Pharaoh? Who am I to lead the people of Israel out of Egypt?"

12 God answered, "I will be with you. And this is your sign that I am the one who has sent you: When you have brought the people out of Egypt, you will worship God at this very mountain."

13 But Moses protested, "If I go to the people of Israel and tell them, 'The God of your ancestors has sent me to you,' they will ask me, 'What is his name?' Then what should I tell them?"

14 God replied to Moses, "I AM WHO I AM. Say this to the people of Israel: I AM has sent me to you."

15 God also said to Moses, “Say this to the people of Israel: Yahweh, the God of your ancestors—the God of Abraham, the God of Isaac, and the God of Jacob—has sent me to you. This is my eternal name, my name to remember for all generations.

16 “Now go and call together all the elders of Israel. Tell them, ‘Yahweh, the God of your ancestors—the God of Abraham, Isaac, and Jacob—has appeared to me. He told me, “I have been watching closely, and I see how the Egyptians are treating you.

17 I have promised to rescue you from your oppression in Egypt. I will lead you to a land flowing with milk and honey—the land where the Canaanites, Hittites, Amorites, Perizzites, Hivites, and Jebusites now live.”

Discuss:

The Israelites were bullied, mistreated and abused by the Egyptians for a very long time. God was aware all along that Moses and the Israelites were upset by everything that they were going through.

Are there times in our lives where we have been mistreated or hurt by people?

Allow the group to respond.

Most of us have been deeply hurt by others and sometimes we feel like there is nothing we can do about it. Often, we get upset or angry and can even want to seek out revenge, but God asks us to **Be Still**, and not seek to harm others for harming us. We can trust that God has a plan instead.

The most important thing to remember is that even though others might upset or hurt us, God is with us in our troubles and God will rescue us from our troubles. Moses knew how long the Israelites had been in slavery and he wanted it to end, but God also knew and rescued all of them and brought them to a better place.

God might even be wanting you to be still so that he can prepare a way for you to lead others and help others when they are upset or hurting.

Sometimes God takes us to interesting places to get through to us. For Moses, God brought him to the top of a mountain and came to him in the form of a burning bush. We need to trust that where God takes us is for our good and that He will rescue us when we are still and allow him to work in our lives. He will even make us leaders among other people when we obey His commands.

No matter how long it takes, God will rescue us. He is always listening to us and with us.

Pray:

Thank you, Lord, for being with us during our most difficult times and rescuing us from things we might not even know about. You are always with us, you listen to us and you guide us. Thank you for all that you do. In Jesus' name, Amen.

Review Questions:

1. What mountain in the wilderness did God lead Moses to?

Answer: Mt. Sinai (or Mt. Horeb)

2. God came to Moses in the form of what?

A Burning Bush

3. What does being still mean?

Not fighting, to be quiet and listen, to relax, etc.

4. What did God promise to Moses that He would do for the Israelites?

Rescue / Free them from Slavery

5. The Israelites were slaves to which civilization?

The Egyptians

6. Who did God ask to lead the Israelites out of Egypt?

Moses

7. What does God promise He will do for us?

God promises that he will be with us and rescue us in times of trouble

SHRMP Day 2

Bible Point:

God will fight for you

Bible Text:

Exodus 14:5-31

Bible Story:

Escape Through the Red Sea

Key Bible / Memory Verse:

“The Lord Himself will fight for you. Just stay calm.” Exodus 14:14 NLT

Lesson:

Welcome back everyone! Today we are going to continue with Exodus. In Exodus 14, we will learn how **God will fight for us, we just need to stay calm.** God will lead Moses and the Israelites out of Egypt by parting the Red Sea.

Our memory verse for the day is found in our Bible story today, let's review **Exodus 14:14.**

Similarly, to yesterday where we learned to **Be Still**, God asks that we also **Stay Calm**, knowing that He will fight for us.

God wants us to **Be Still** and to **Stay Calm** because he will rescue and fight for us in our times of trouble.

How often do we feel like we do not have control over a situation and we get anxious or worry about what it will take for us to make it through a troubling time?

Allow the group to respond.

Most of the time, we need to **Just Stay Calm**. God will make a way when there seems to be no way. God will fight for us; we do not need to fight at all.

Let's learn about how God led Moses to lead the Israelites out of Egypt and into the land that God promised His people.

The Egyptians Pursue Israel

5 When word reached the king of Egypt that the Israelites had fled, Pharaoh and his officials changed their minds. "What have we done, letting all those Israelite slaves get away?" they asked.

6 So Pharaoh harnessed his chariot and called up his troops.

7 He took with him 600 of Egypt's best chariots, along with the rest of the chariots of Egypt, each with its commander.

8 The LORD hardened the heart of Pharaoh, the king of Egypt, so he chased after the people of Israel, who had left with fists raised in defiance.

9 The Egyptians chased after them with all the forces in Pharaoh's army—all his horses and chariots, his charioteers, and his troops. The Egyptians caught up with the people of Israel as they were camped beside the shore near Pi-hahiroth, across from Baal-zephon.

10 As Pharaoh approached, the people of Israel looked up and panicked when they saw the Egyptians overtaking them. They cried out to the LORD,

11 and they said to Moses, "Why did you bring us out here to die in the wilderness? Weren't there enough graves for us in Egypt? What have you done to us? Why did you make us leave Egypt?"

12 Didn't we tell you this would happen while we were still in Egypt? We said, 'Leave us alone! Let us be slaves to the Egyptians. It's better to be a slave in Egypt than a corpse in the wilderness!'"

13 But Moses told the people, "Don't be afraid. Just stand still and watch the LORD rescue you today. The Egyptians you see today will never be seen again."

14 The LORD himself will fight for you. Just stay calm.”

Escape through the Red Sea

15 Then the LORD said to Moses, “Why are you crying out to me? Tell the people to get moving!

16 Pick up your staff and raise your hand over the sea. Divide the water so the Israelites can walk through the middle of the sea on dry ground.

17 And I will harden the hearts of the Egyptians, and they will charge in after the Israelites. My great glory will be displayed through Pharaoh and his troops, his chariots, and his charioteers.

18 When my glory is displayed through them, all Egypt will see my glory and know that I am the LORD!”

19 Then the angel of God, who had been leading the people of Israel, moved to the rear of the camp. The pillar of cloud also moved from the front and stood behind them.

20 The cloud settled between the Egyptian and Israelite camps. As darkness fell, the cloud turned to fire, lighting up the night. But the Egyptians and Israelites did not approach each other all night.

21 Then Moses raised his hand over the sea, and the LORD opened up a path through the water with a strong east wind. The wind blew all that night, turning the seabed into dry land.

22 So the people of Israel walked through the middle of the sea on dry ground, with walls of water on each side!

23 Then the Egyptians—all of Pharaoh’s horses, chariots, and charioteers—chased them into the middle of the sea.

24 But just before dawn the LORD looked down on the Egyptian army from the pillar of fire and cloud, and he threw their forces into total confusion.

25 He twisted their chariot wheels, making their chariots difficult to drive. “Let’s get out of here—away from these Israelites!” the Egyptians shouted. “The LORD is fighting for them against Egypt!”

26 When all the Israelites had reached the other side, the LORD said to Moses, “Raise your hand over the sea again. Then the waters will rush back and cover the Egyptians and their chariots and charioteers.”

27 So as the sun began to rise, Moses raised his hand over the sea, and the water rushed back into its usual place. The Egyptians tried to escape, but the LORD swept them into the sea.

28 Then the waters returned and covered all the chariots and charioteers—the entire army of Pharaoh. Of all the Egyptians who had chased the Israelites into the sea, not a single one survived.

29 But the people of Israel had walked through the middle of the sea on dry ground, as the water stood up like a wall on both sides.

30 That is how the LORD rescued Israel from the hand of the Egyptians that day. And the Israelites saw the bodies of the Egyptians washed up on the seashore.

31 When the people of Israel saw the mighty power that the LORD had unleashed against the Egyptians, they were filled with awe before him. They put their faith in the LORD and in his servant Moses.

Even when all odds were against Israel escaping the Egyptians, God made a way. Moses told the people to **Be Still and to Stay Calm** even when attackers were right behind them. Through Moses, God parted the Red Sea and allowed the Israelites to pass through.

Has there ever been a time in your life where you felt like it was impossible for you to escape a bad situation? **Allow for the group to respond.**

Our God is the God of the impossible. Even when some of the Israelites were scared to the point of death, Moses reassured them that the God they served would fight for them.

Not one of the Israelites had to turn back to Egypt because they were scared. They just needed to remember to stay calm, keep moving forward, and God will take care of the rest.

God performed a miracle in front of everyone, even the Egyptians, the sea walls collapsed on the Egyptians, destroying all of them for trying to attack the Israelites.

We do not need to fight when we believe in and serve a God that will fight for us. Allow for our enemies to try and harm us, they will not be successful forever when we **Stay Calm** and give our fights to God.

Pray:

Thank you, Lord, for fighting our battles for us. You bring us through troubling times in our lives and you bring us to better places. Help us remember that you are all powerful and can take down any enemy in our lives. In Jesus' name, Amen.

Review Questions:

1. What will God do for us in times of trouble?

Fight for you.

2. What happened to the Red Sea?

Moses parted the sea with his staff so the Israelites could walk through.

3. Who rescued the Israelites from the Egyptians?

God, led by Moses

SHRMP Day 3

Bible Point:

God will always provide for you

Bible Text:

John 3:16

Bible Story:

God's Love

Key Bible / Memory Verse:

“For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life.” John 3:16 NLT

Lesson:

Welcome back to Day 3! We are going to fast forward more than 1000 years from the time of Moses to the time of when Jesus walked the earth.

Our memory verse for today is a very well-known one, which can be found in our story today. **Review John 3:16.**

God loved the world so much that He gave his only Son, and that anyone that believes that Jesus Christ is Lord and Savior will never die but live forever. God provided Jesus Christ so that the sins of the world would be forgiven.

What does it mean to be provided for? **Allow the group to respond.**

I believe that being provided for means that I have everything that I possibly need and I didn't need to do a whole lot to receive it.

What does the Bible verse **John 3:16** tell us about God's love for us? **Allow the group to respond.**

I believe Love means that God would provide anything for us to help us or to make us feel like we belong to Him. God did this to the point of providing His only Son, Jesus.

Let's also remember from yesterday what God led Moses to do for the Israelites back in his time. Moses led the Israelites out of slavery, away from Egypt, he parted the Red Sea so that the Israelites could safely walk through, and destroyed the Egyptians so that the Israelites could be safe in their own land which is Israel today. God provided everything Moses needed, including Moses' staff to use to part the Red Sea.

God led Moses to do all kinds of miraculous things. All throughout the Bible, we can find similar stories of how God expressed His Love for his people.

The ultimate form of God's Love was when Jesus came to the earth. Jesus came to fulfill what had been set up by Moses and all the other prophets in the Bible that came before Jesus. That is why we call Jesus the Messiah and Savior of the world.

Jesus lived a perfect life, free from sin, He did nothing wrong, committed no crimes, hurt nobody and did everything that God wanted Him to do.

Jesus performed many miracles such as healing blind men, raising the dead, casting demons out of people, walking on water, feeding 5,000 people with only a few pieces of fish and bread, and many other miracles.

The greatest miracle that Jesus performed was resurrecting himself from being dead after He was crucified. Jesus was killed because a lot of people did not believe in Him and in whom had sent Him, which was God himself.

God gave His Son Jesus to die for the sins of the whole world. All of the bad that humanity had done would be on Jesus. Jesus was willing to carry this burden for all of mankind because of the Love He has for us. Jesus was the ultimate sacrifice.

Those that believe in Jesus, His life, His death, and His Resurrection would no longer be condemned to Hell but would be saved, as long as they ask God for forgiveness of all of the wrong, they have done in their lives and strive to live a good and proper life for the rest of their existence.

How does God's provision of Jesus to the world back in biblical times connect with how God provides for us today? **Allow the group to respond.**

After the group discusses the question, review what has been discussed thus far in the week before getting into the story of Paul in Acts.

Review:

Let's review what we have gone over thus far this week and tie it all together.

- 1. What are some ways Moses saw God provide during the Israelites Journey?**
- 2. How does this remind us that God provides even when we don't know how or when?**
- 3. In what ways can we trust God to provide for us when we face challenges?**
- 4. In John 3:16, what does it mean that God "gave"?**

1&2. Moses was called by God to lead the Israelites out of slavery in Egypt. God provided for Moses and the Israelites in miraculous ways.

1&2. Discuss how God provided a way for the Israelites to get to the Promised Land by parting the Red Sea, escaping from Egypt's Rule

3&4. God's greatest provision was sending Jesus to die for our sins. His love is active and sacrificial, providing us with eternal life.

3&4. Talk briefly about how this provision can give us hope and assurance, knowing that God's Love is unfailing.

Briefly discuss with the group what to expect for the next 2 days of SHRMP Bible story. The impact of Jesus on Saul's life will transform a man that persecuted Christians into a new man, Paul, who will preach the Gospel to the World.

Paul was an apostle who spread the gospel and faced numerous challenges, including imprisonment and persecution. Despite these hardships, Paul trusted in God's provision.

Before Paul was an apostle, Paul's name was Saul. Saul actually killed Christians and despised God. Saul was lost and did not come to believe Jesus until he was made to go blind for 3 days and asked by Jesus himself to stop persecuting Christians. Jesus asked Saul to turn from his sin and to save people from their sins as well.

We will continue tomorrow and the last day with Saul's transformation into Paul and how he survived a Shipwreck on the way to Rome.

Pray:

Thank you, Lord, for always providing for us. No matter what challenges we face in this life, we can be comfortable in knowing that you Love us and care deeply for us. In Jesus' name, Amen.

SHRMP Day 4

Bible Point:

God will transform you

Bible Text:

Acts 9

Bible Story:

Saul's transformation

Key Bible / Memory Verse:

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" 2 Corinthians 5:17 NIV

Lesson:

Welcome back to Day 4. Yesterday we discussed Jesus and how God Loved the World so much that He gave His Son, to be sin for us. Jesus lived a perfect life and showed us The Way to God in Heaven.

Review 2 Corinthians 5:17.

Today we will learn how God transforms even the most imperfect people into brand **new creations**. When we **believe in Jesus Christ, the old version of us is gone and the new version takes place in our lives.**

Have you ever experienced a big change in your life? What was it like, and how did you feel afterward? **Allow the group to respond.**

Saul (who later became Paul) was originally a persecutor of Christians. He was known for his strong opposition to the new Christian movement, believing that they were a threat to his faith.

Read Acts 9:1-2:

1 Meanwhile, Saul was still breathing out murderous threats against the Lord's disciples. He went to the high priest

2 and asked him for letters to the synagogues in Damascus, so that if he found any there who belonged to the Way, whether men or women, he might take them as prisoners to Jerusalem."

Discussion:

1. **Who was Saul before his transformation? (A persecutor of Christians)**
2. **What do we learn about Saul's attitude toward Christians in Acts 9:1-2?**

Saul's Encounter with Jesus

Read Acts 9:3-9:

3 As he neared Damascus on his journey, suddenly a light from heaven flashed around him.

4 He fell to the ground and heard a voice say to him, "Saul, Saul, why do you persecute me?"

5 "Who are you, Lord?" Saul asked. "I am Jesus, whom you are persecuting," he replied.

6 "Now get up and go into the city, and you will be told what you must do."

7 The men traveling with Saul stood there speechless; they heard the sound but did not see anyone.

8 Saul got up from the ground, but when he opened his eyes he could see nothing. So they led him by the hand into Damascus.

9 For three days he was blind, and did not eat or drink anything.

Discussion:

- 1. What happened to Saul on his way to Damascus? (He had a vision of Jesus and was blinded.)**
- 2. How do you think Saul felt when he realized he had been persecuting Jesus' followers? What might have been going through his mind during these three days of blindness?**

Ananias and Saul's Healing

Read Acts 9:10-19:

10 In Damascus there was a disciple named Ananias. The Lord called to him in a vision, "Ananias!" "Yes, Lord," he answered.

11 The Lord told him, "Go to the house of Judas on Straight Street and ask for a man from Tarsus named Saul, for he is praying.

12 In a vision he has seen a man named Ananias come and place his hands on him to restore his sight."

13 "Lord," Ananias answered, "I have heard many reports about this man and all the harm he has done to your holy people in Jerusalem.

14 And he has come here with authority from the chief priests to arrest all who call on your name."

15 But the Lord said to Ananias, "Go! This man is my chosen instrument to proclaim my name to the Gentiles and their kings and to the people of Israel.

16 I will show him how much he must suffer for my name."

17 Then Ananias went to the house and entered it. Placing his hands on Saul, he said, "Brother Saul, the Lord—Jesus, who appeared to you on the road as you were coming here—has sent me so that you may see again and be filled with the Holy Spirit."

18 Immediately, something like scales fell from Saul's eyes, and he could see again. He got up and was baptized,

19 and after taking some food, he regained his strength.

Saul's Transformation into Paul

Read Acts 9:20-22:

20 At once he began to preach in the synagogues that Jesus is the Son of God.

21 All those who heard him were astonished and asked, "Isn't he the man who raised havoc in Jerusalem among those who call on this name? And hasn't he come here to take them as prisoners to the chief priests?"

22 Yet Saul grew more and more powerful and baffled the Jews living in Damascus by proving that Jesus is the Messiah.

Discussion:

1. **Discuss how God used Saul's past and transformed him into someone who spread the message of Christ.**

Key Bible Verse and Application:

1. **What does it mean to be a "new creation" in Christ?**
2. **How does Saul's transformation into Paul reflect this verse? (Saul's life was completely changed after meeting Jesus.)**
3. **Discuss how, just like Saul, we can be transformed by God's power, no matter what we've done in the past.**

Saul's transformation into Paul shows us that no one is beyond God's reach. When we come to God, He makes us into a new creation, leaving behind our old ways.

Pray:

Thank you, Lord, for forgiving us of all the wrong we may have done throughout our lives. Thank you for transforming us into a new creation and for giving your Son, Jesus into the world to make a way for us. In Jesus' name, Amen.

SHRMP Day 5

Bible Point:

God will deliver you

Bible Text:

Acts 27:13-44

Bible Story:

Paul Survives the Shipwreck

Key Bible / Memory Verse:

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:10 NIV

Lesson:

What a great week it has been. Welcome back to our final day. We will continue with Paul's story of how he was transformed by Jesus Christ into a new creation and was able to survive a terrible storm, shipwreck, and still was able to do what God destined for him to do.

Review Isaiah 41:10.

Today we will learn that no matter what happens in our lives, good, bad or ugly, we **do not have to fear or rely on our own strength. God will strengthen us** and deliver us to where we need to go, no matter our circumstances.

Have you ever been in a storm, either a literal one or a difficult situation in your life? How did you get through it? **Allow the group to respond.**

After Saul was transformed and given a new name, Paul, he went to preach the Gospel to the world.

Paul was arrested for preaching the gospel and performing miracles. Paul was being delivered to Rome on a ship, as a prisoner to stand trial before Caesar. During the journey, a violent storm arose, putting everyone's life in danger.

Despite being a prisoner, Paul had faith in God and trusted that He would protect him and everyone aboard the ship.

Read Acts 27:13-20 (The Storm Begins):

13 When a gentle south wind began to blow, they saw their opportunity; so they weighed anchor and sailed along the shore of Crete.

14 Before very long, a wind of hurricane force, called the Northeaster, swept down from the island.

15 The ship was caught by the storm and could not head into the wind; so we gave way to it and were driven along.

16 As we passed to the lee of a small island called Cauda, we were hardly able to make the lifeboat secure,

17 so the men hoisted it aboard. Then they passed ropes under the ship itself to hold it together. Because they were afraid they would run aground on the sandbars of Syrtis, they lowered the sea anchor and let the ship be driven along.

18 We took such a violent battering from the storm that the next day they began to throw the cargo overboard.

19 On the third day, they threw the ship's tackle overboard with their own hands.

20 When neither sun nor stars appeared for many days and the storm continued raging, we finally gave up all hope of being saved.

Discussion:

- 1. What happened when the storm hit? (The ship was caught in a violent storm and couldn't move forward.)**
- 2. Why do you think the storm was described as a "hurricane force" wind? How does this show how dangerous the situation was?**

Paul's Faith During the Storm

Read Acts 27:21-26 (Paul's Encouragement):

21 After they had gone a long time without food, Paul stood up before them and said: "Men, you should have taken my advice not to sail from Crete; then you would have spared yourselves this damage and loss.

22 But now I urge you to keep up your courage, because not one of you will be lost; only the ship will be destroyed.

23 Last night an angel of the God to whom I belong and whom I serve stood beside me

24 and said, 'Do not be afraid, Paul. You must stand trial before Caesar; and God has graciously given you the lives of all who sail with you.'

25 So keep up your courage, men, for I have faith in God that it will happen just as he told me.

26 Nevertheless, we must run aground on some island."

Discussion:

- 1. How did Paul respond to the storm and the hopeless situation? (He encouraged others and reassured them that no one would be lost.)**
- 2. Where did Paul get his confidence? (He trusted in God's promise that he would survive and fulfill His purpose.)**

The Shipwreck and God's Deliverance

Read Acts 27:27-44 (The Shipwreck):

27 On the fourteenth night we were still being driven across the Adriatic Sea, when about midnight the sailors sensed they were approaching land.

28 They took soundings and found that the water was a hundred and twenty feet deep. A short time later they took soundings again and found it was ninety feet deep.

29 Fearing that we would be dashed against the rocks, they dropped four anchors from the stern and prayed for daylight.

30 In an attempt to escape from the ship, the sailors let the lifeboat down into the sea, pretending they were going to lower some anchors from the bow.

31 Then Paul said to the centurion and the soldiers, “Unless these men stay with the ship, you cannot be saved.”

32 So the soldiers cut the ropes that held the lifeboat and let it drift away.

33 Just before dawn Paul urged them all to eat. “For the last fourteen days,” he said, “you have been in constant suspense and have gone without food—you haven’t eaten anything.

34 Now I urge you to take some food. You need it to survive. Not one of you will lose a single hair from his head.”

35 After he said this, he took some bread and gave thanks to God in front of them all. Then he broke it and began to eat.

36 They were all encouraged and ate some food themselves.

37 Altogether there were 276 of us on board.

38 When they had eaten as much as they wanted, they lightened the ship by throwing the grain into the sea.

39 When daylight came, they did not recognize the land, but they saw a bay with a sandy beach, where they decided to run the ship aground if they could.

40 Cutting loose the anchors, they left them in the sea and at the same time untied the ropes that held the rudders. Then they hoisted the foresail to the wind and made for the beach.

41 But the ship struck a sandbar and ran aground. The bow stuck fast and would not move, and the stern was broken to pieces by the pounding of the surf.

42 The soldiers planned to kill the prisoners to prevent any of them from swimming away and escaping.

43 But the centurion wanted to spare Paul’s life and kept them from carrying out their plan. He ordered those who could swim to jump overboard first and get to land.

44 The rest were to get there on planks or on other pieces of the ship. In this way everyone reached land safely.

Discussion:

1. **What happened as the storm worsened? (The sailors were afraid the ship would be destroyed, but Paul assured them that God would protect everyone.)**
2. **How did God deliver them? (Paul's faith in God kept him strong, and God sent him a message to assure everyone's safety.)**
3. **Despite the storm, what was God's plan for them? (God promised Paul that everyone on the ship would be saved, even though the ship itself would be destroyed.)**

Key Bible Verse and Application

- **Key Bible Verse for Memorization:**

Isaiah 41:10

Discussion on the Verse:

1. **What does this verse promise us? (God promises to be with us, to strengthen us, and to help us in the midst of fear and hardship.)**
2. **How can this verse give you comfort when you face storms or difficult situations in your own life?**

- 3. Why was it important for Paul to trust in God's promises during the storm, and how can we apply this to our own lives?**

Reflection Questions:

- 1. Can you think of a "storm" or difficult time in your life when God helped you through it? How did God provide for you or protect you in that situation?**
- 2. What are some ways you can trust in God when you face tough challenges or fears? How can you encourage others like Paul did?**

Paul's story of surviving the shipwreck teaches us that even in the most dangerous and scary situations, God is with us. He will deliver us through life's storms, just as He delivered Paul and the others on the ship.

Pray:

Thank you, Lord, for your protection and guidance through life's difficulties. We ask that you help us trust in your plan and to grant us the strength to face any storm in our lives with faith. In Jesus' name, Amen.

