

Sunday morning  
teaching plan

Date:  
29<sup>th</sup> March  
2026

<b>TITLE:</b>	Keeping the Faith
<b>THEME:</b>	The Life of Jesus
<b>AIM:</b>	Keeping the Faith when life is hard, confusing, or distracting

### BACKGROUND AND CONTEXT

Life isn't always easy. School, friendships, pressure, and uncertainty can shake even the strongest faith. But the Bible reminds us that faith isn't about never doubting—it's about trusting God through the hard times.

Jesus shows us that even a tiny amount of faith, like a mustard seed, can make a big difference. Faith helps us face challenges, stay calm in the storm, and keep moving forward when life is confusing or scary. Even when we stumble or feel distracted, God is patient and ready to help us keep our focus on Him.

### WARM UP

Word Snap!

- Banana
- Alien
- Phone
- Chicken nugget
- Explosion
- Friend
- School
- Fear
- Trust
- Family
- Faith
- Jesus
- Hope
- Prayer
- Doubt
- Courage
- Peace

Which words came up a lot?

Did anyone struggle when certain words came up?

What came to mind when you heard 'faith'?

Were the responses similar or really different?

Everyone thinks of different things when they hear *faith*... let's look at what Jesus actually says about it.

## MAIN TEACHING

### What is faith?

'The assurance of things hoped for, the conviction of things not seen' Hebrews 11:1

### Mustard seed Faith

Give out a mustard seed. They could stick it to a card.

#### Matthew 17:20

Faith as small as a mustard seed can move mountains.

- Faith doesn't have to be big—it just has to be real.
- Even small trust in God matters.

#### Questions:

- What do you think "mustard seed faith" looks like in real life?
- When is it hardest to have even a little faith?
- What "mountains" are you facing at the moment?

### Trouble

#### John 16:33

In this world you will have trouble. But take heart! I have overcome the world.

- Jesus never promised life would be easy.
- Faith isn't about avoiding problems—it's about trusting through them.

#### Questions:

- Why do you think Jesus tells us life will be hard?
- What kinds of struggles do people your age face?
- How could faith help in those situations?

### Calm Waters

#### Matthew 14:29-31

- Peter had faith... but then doubted.
- Jesus didn't reject him—He reached out.

#### Questions:

- What caused Peter to lose focus?
- What things distract us from faith today?

- What does this story show about how Jesus responds to doubt?

## Faith in Real Life

Split into small groups. Give each group a scenario:

### Examples:

- Feeling left out at school
- Anxiety before exams
- Friends pressuring you to do something wrong
- Doubting God when prayers aren't answered

### Task:

- How would someone *lose* faith here?
- How could someone *keep* faith here?
- Which Bible passage helps most?

**Share back briefly**

## TAKEAWAY

### Seed prayers.

On the card of the mustard seed write:

One area they struggle to trust God

One way they want to grow their faith

"God, help me trust you when..."

## EXTRA INFORMATION

### Equipment:

Bibles

Pens

Paper

Mustard seeds

Sellotape