

Lift My Eyes

fear not



Wednesday

Prayer Leader:

This week, we're learning to lift our eyes to Jesus by reflecting on four words: "Do not be afraid."

Today we hear Jesus talking to one of His disciples...can you think which one it might be?



Prayer Leader:

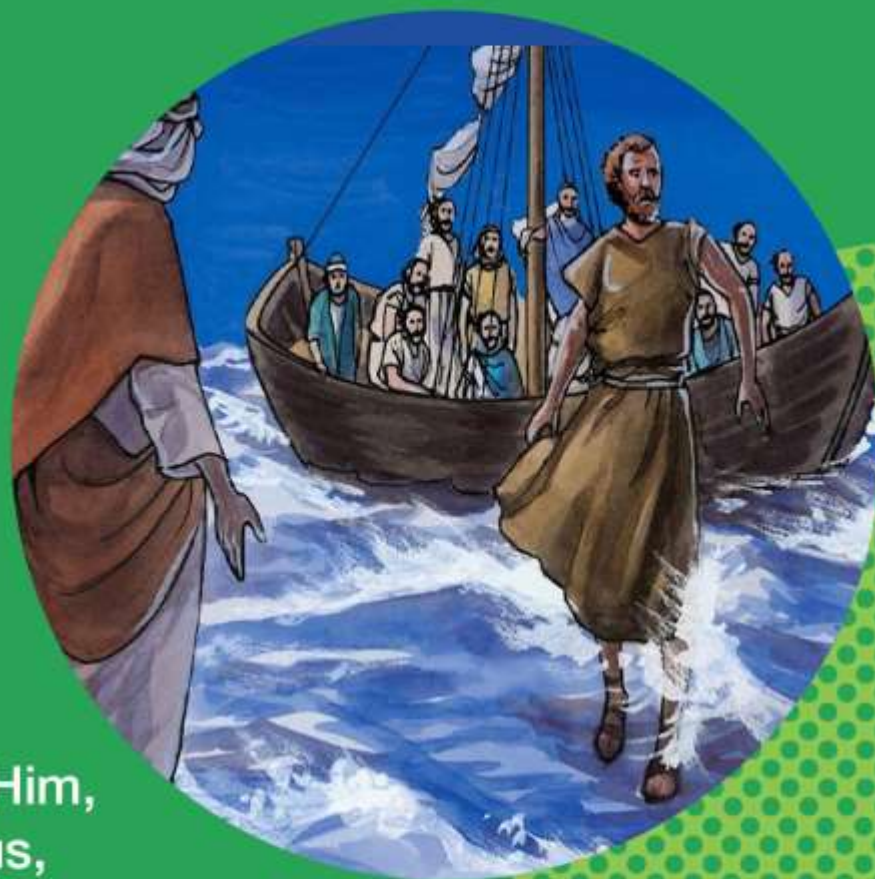
Did you guess right?

Jesus is talking to Peter...
who became the first Pope!

The disciples were on the lake and
Jesus walked on the water to them.

They thought they were seeing
a ghost and cried out in fear.

Jesus said "Do not be afraid."
Jesus invited Peter to walk towards Him,
but when Peter took his eyes off Jesus,
he began to sink.



Prayer Leader:

Just like Peter, there are times we are afraid, lose our focus and take our eyes off Jesus.

We have to remember that Jesus is always with us, showing us the right path.





Prayer Leader:

Close your eyes for a moment.
Think about a time when
you've been frightened.

- What helped you to get over your fear?
- What did you focus on to help you?

All:

Dear Jesus,
You are with me each day.
Help me to stay focussed on you,
so I can make the right choices
and follow you.
Lift my eyes to you I pray.
Amen