

### Afraid to Dive (cont.)

"I know, but it isn't easy to do that!"

"Not at first, but if you make trusting God a habit, then it really does become easy. Let me show you a verse that really helped me learn to trust in God for everything. Miss Brock and Kayla walked to the cabin. After Kayla changed her clothes, the two of them sat on the porch and Miss Brock opened her Bible to Philippians 4:13. "Let's read this verse together," she said. "*I can do all things through Christ which strengtheneth me,*" they read.

"Do you know what that means?" Miss Brock asked. Kayla shook her head. "It means that we can trust Christ to help us with anything, no matter what we are afraid of. You don't have to dive if you don't want to. But you *do* need to learn to trust God to help you with difficult things."

"Thanks," Miss Brock, Kayla said. "I'll try to do that."

The next day it rained during swim time, and the girls went to the game room instead. Kayla thought about the verse Miss Brock showed her as she played checkers with her friend Megan. She thought about it again when she went to bed that night. As she

lay in the dark, she decided to pray about her fear. *Dear God, she prayed, I know that you are with me always, and that you will give me the strength and the courage to dive. Help me to trust in You, Amen.*"

The next day was sunny and hot. All the girls were ready to jump in the cool water of the pool. One by one, the girls in Kayla's cabin jumped off the diving board. Miss Brock looked at Kayla and smiled. Kayla smiled back and walked toward the diving board. She remembered the verse one more time, "*I can do all things through Christ which strengtheneth me,*" as she climbed onto the board.

"Hey, Look at Kayla!" Megan yelled. They all watched as she walked to the end of the board, raised her hands into the air, and did a perfect dive into the water. When Kayla surfaced, everyone was cheering for her.

"Don't cheer for *me*," Kayla said. "It was God who gave me the courage to do it."

All the girls climbed out of the pool to dive in again. And Kayla was the first one off the board!



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## Afraid to Dive Cheryl Reid

"Come on, you can do it!" the other girls called to Kayla. "Just jump!" Kayla stood on the end of the diving board and looked down. Even though it was only three feet, it seemed so far to the water! Fear took over, so Kayla turned around and climbed down off the diving board. The girls in her cabin at Camp Clearwater had been swimming two times, and each time all the girls jumped off the diving board except for Kayla. She was just too afraid.

Miss Brock, Kayla's counselor, met her by the diving board. "Don't worry, Kayla; you'll work up your courage, and then it'll be easy to dive."

"I'm not too sure about that," Kayla replied. "Last year my friend hit her head on the diving board and had to get three stitches. Every time I think about diving, I'm afraid the same thing will happen to me."

"Accidents happen," Miss Brock agreed, "but we need to learn to trust God in *every* situation. If I think about what *might* happen, I might never drive my car, or fly in an airplane, or even walk down the street! Whenever I begin to think about what might happen, I ask God to help me trust in Him. He doesn't want us to worry about the future; He wants us to trust Him every minute of the day."

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