



# Jesus Calms a Storm

Mark 4:35-41

First- and second-graders' biggest fear is for their personal safety. They've likely been taught from infancy not to talk to strangers, not to touch electrical sockets, and to stay out of the street. While fear might be a natural human emotion, God doesn't want elementary children to live in fear. Use this lesson to teach children that Jesus is always ready and willing to help calm their fears.



### ► Bible Point


We turn to Jesus when we're afraid.

### Key Verse

"Cast all your anxiety on him because he cares for you" (1 Peter 5:7).

### Weaving Faith Into Life

Kids will turn to Jesus when they're afraid.

LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<b>1</b> Getting Started	<b>Rain Game</b> <i>(about 10 min.)</i> Make sound effects of a storm, and learn the Key Verse.	Bibles	
<b>2</b> Bible Exploration	<b>Boat Building</b> <i>(about 20 min.)</i> Build boats to prepare for the storm they'll hear about when they read in the Bible about Jesus calming a storm.	My Bible Fun, modeling clay, crayons, several pairs of scissors, 2 foam cups per child, marker, toothpicks, tubs of water (optional) <b>Teacher Pack:</b> Bible Timeline 	Tear out the Lesson 11 pages from each My Bible Fun student book.  Use a marker to draw cut lines around the foam cups about 1½ inches from the bottom.
	<b>Storm Warning</b> <i>(about 10 min.)</i> Use their boats to experience what happened with Jesus and the disciples in Mark 4:35-41.	Bible, CD player, foam boats (from previous activity) <b>Teacher Pack:</b> CD	

**Bold text** within the lesson is spoken text.





LESSON	WHAT CHILDREN DO	SUPPLIES	EASY PREP
<p><b>3</b> Weaving Faith Into Life</p>	<p><b>No More Fear</b> <i>(about 15 min.)</i> Practice giving their fears to God.</p>	Bible, scrap paper, markers	
<p><b>4</b> Lasting Impressions</p>	<p><b>Daily Challenges</b> <i>(about 5 min.)</i> Choose a Daily Challenge to apply God's Word.</p>	My Bible Fun	
	<p><b>Weaving Faith at Home</b> <i>(about 2 min.)</i> Talk about how to share what they learned with their families.</p>		

*Bold text within the lesson is spoken text.*





# Jesus Calms a Storm

Mark 4:35-41

BIBLE BACKGROUND FOR LEADERS



## Jesus Tells the Disciples to Sail Across the Sea of Galilee

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Jesus' suggestion to go to the other side of the Sea of Galilee sounds to us like a simple procedure. However, several factors made such a journey difficult. First, it's unlikely that many Jews from the west side of the lake ever ventured to this area of the east side, inhabited mostly by Gentiles. Second, the boats were small fishing boats not intended for crossing the lake. And finally, the geography surrounding the lake made it vulnerable to sudden storms that could turn this calm lake into a violent sea. Such a storm arose, and though many of the disciples were experienced sailors, they woke Jesus for help.

## Jesus Calms the Chaotic Storm

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When Jesus awoke, he immediately demonstrated his power and control. There was no hint of worry or concern in his words. He simply said, "Quiet!" He then said, "Be still," a term which literally means "muzzle yourself and continue to be silent."

We have the benefit of knowing the end of the story. But imagine the disciples' amazement when the raging waves instantly became calm. Even today, with our advanced technology, we don't have any control over the weather and can't even forecast it very accurately. In the instant the storm ceased, the disciples began to realize more fully who Jesus was. He'd demonstrated his power in healing people, but never before had he done anything of this magnitude.

## Jesus Uses the Storm to Teach the Disciples About Trust

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Jesus seemed surprised that the disciples' faith was so weak. After all they'd seen, they still hadn't fully grasped who Jesus was or what he was capable of. But now they'd seen something so powerful, so

awesome, that they were terrified to think of who Jesus really was.

The disciples' terrified response is understandable when we consider God's power and purity in light of our own weakness and imperfection. But the disciples came to learn that no matter how bad a situation seemed, the first thing they needed to do was turn to Jesus.

## The Jesus Connection

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Who or what do you trust when life gets scary? So often we seek security in money, possessions, position, or human relationships. But all these things can fail. It's far better to invest in a relationship with the Son of God. We have the comfort of having the all-powerful Jesus as our best friend. What can you do today to put your trust more fully in Jesus? You can write your prayer here.

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## Rain Game Supplies

Bibles

# 1 GETTING STARTED

## Rain Game

### What You'll Do

Welcome kids warmly as they arrive, and ask them how their week went.

Gather everyone together.

Say: **Let's work together to make the sounds of a huge rainstorm. Ready? I'll do something to make a sound, and then the person to my right will make the same sound, then the next person, and so on, until everyone is making the same sound.**

Lead the children in practicing one sound by rubbing your hands together; direct kids to follow the pattern you explained.

Say: **I think you've all got the idea. So I'll do one sound like we just did, and then I'll change the sound, and one by one we'll start making the new sound go around the circle. Be sure to watch me so you'll know what sound to make when it's your turn. We'll make the storm get louder and louder!** Check for understanding.

Start the "storm" by rubbing your hands together and telling children that it's gently raining. Then have the person to your right join in, and so on around the circle. When all the children are rubbing their hands together, start a new sound: finger snapping. Tell kids that the raindrops are getting bigger. Each person must continue to rub hands until it's his or her turn to snap fingers. (If kids have trouble snapping, let them clap softly.)

After finger snapping has continued all around the circle, begin the next sound: hands slapping thighs. Explain that the storm is really building. Finally, add the sound of thunder by stomping your feet as you continue to slap your thighs.

To end the rainstorm, reverse the activities. When everyone is quiet, have children sit down in the circle.

Say: **Storms can be really loud and scary at times. But our Bible Point says ► WE TURN TO JESUS WHEN WE'RE AFRAID. Our Key Verse helps us understand that even more.** Help kids find 1 Peter 5:7 in their Bibles. Then say: **Listen while I read our Key Verse, 1 Peter 5:7.** Read the Key Verse aloud: **"Cast all your anxiety on him because he cares for you" (1 Peter 5:7).** Have kids repeat the verse with you several times.

Say: **To have anxiety about something means to be worried about it. So our Key Verse tells us that when we're worried, we can pray and ask God to take our worries away and calm our fears. Let's turn to God right now to do that.** Lead the children in a prayer, inviting them to pray about their worries.





### Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- Tell about a time you were in a big storm.
- What did you do to stay calm?
- What other kinds of things make you afraid?

Say: **We made some great storm sounds, and it was kind of fun! But when real storms or other scary things happen, it can make us really worried. Our Bible Point reminds us that ► WE TURN TO JESUS WHEN WE'RE AFRAID. Today we'll read in the Bible about a time Jesus calmed his disciples' fears. And that's not all he calmed! I'll show you what I mean.**

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## 2 BIBLE EXPLORATION

# Boat Building

### What You'll Do ■■■■■■

Show the Bible Timeline. Say: **Today we'll hear how Jesus calmed a storm!**

Give each child a My Bible Fun page, two foam cups, and one toothpick. Evenly distribute scissors, modeling clay, and crayons. Say: **Let's make some cool boats to help us as we hear what happened in the Bible.**

Lead kids through the instructions found in My Bible Fun. Encourage them to decorate their boats, as well. (If you have tubs of water, you can let kids try out their boats.)

### Talk With Kids ■■■■

Say: **There are all kinds of times when we might be afraid, but in the Bible today we'll hear about a time when the disciples were on a boat in a storm. Jesus taught the disciples to turn to him and trust him when they were scared. Like that, ► WE TURN TO JESUS WHEN WE'RE AFRAID. Let's hear more about how the disciples learned how to do that.**



### Boat Building Supplies

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- My Bible Fun
  - modeling clay
  - crayons
  - several pairs of scissors
  - 2 foam cups per child
  - marker
  - toothpicks
  - tubs of water (optional)
  - Teacher Pack**
  - Bible Timeline

### Boat Building Easy Prep

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Tear out the Lesson 11 pages from each My Bible Fun student book.

Use a marker to draw cut lines around the foam cups about 1½ inches from the bottom.





### Storm Warning Supplies

Bible  
CD player  
foam boats (from  
previous activity)

#### Teacher Pack

CD: "Storm Warning"  
(track 21)

## Storm Warning

### What You'll Do ■■■■■■

Have children sit in a circle with their foam boats. Open your Bible to Mark 4:35-41, and show kids the passage. Say: **Jesus was preaching near a lake, and many people had come to hear him. Use your boats now as we hear what happened in Mark 4.**

**There were so many people at that lake to see Jesus that Jesus sat in a boat near the edge of the water while the people crowded along the shore to hear him. Rock your boat gently as if it were near the shore of a nice, quiet lake.** Allow time.

Say: **When evening came, Jesus said to his disciples, "Let us go over to the other side." And this is what happened.**

Play "Storm Warning" (track 21 on the CD). As children listen, encourage them to act out what happens with their boats. For example, they can begin with calm seas by gently tipping their boats back and forth, and then move the boats more vigorously as the storm increases. Have them stop making the waves abruptly when Jesus says, "Quiet! Be still!" to stop the storm.

### Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- What things that the disciples were afraid of scare you, too?
- What can you tell about Jesus, knowing that he wasn't afraid?
- Why do you think the way the storm stopped is really special?
- What things could we learn from what Jesus did in this Bible passage?

Say: **The disciples must've been really scared. And it seemed like a normal time to be afraid. But Jesus told them that even in the storm they didn't need to be afraid because he'd always be there to help them. Our Bible Point tells us that**  
▶ **WE TURN TO JESUS WHEN WE'RE AFRAID.** Jesus wants us to trust him in scary times, too.

## 3

### WEAVING FAITH INTO LIFE

## No More Fear

### What You'll Do ■■■■■■

Give each child a marker and two or three pieces of scrap paper. (Give each person, including yourself, the same number of papers.) Sit in a circle with the kids.

### No More Fear Supplies

Bible  
scrap paper  
markers





Say: **On each piece of paper, write or draw a worry or fear you have.** Be ready to help children with spelling. As kids are writing, open a Bible to 1 Peter 5:7, and place the opened Bible in the center of the circle.

Say: ► **WE TURN TO JESUS WHEN WE'RE AFRAID.** Then read aloud today's Key Verse, 1 Peter 5:7: **"Cast all your anxiety on him because he cares for you" (1 Peter 5:7),** and place the open Bible back in the circle.

Say: **When we give our fears to God, he'll take care of them for us so we don't have to be afraid anymore. Let's go around the circle, taking turns giving our fears to God. I'll start by saying, "I give this fear about [name a fear you wrote] to God. Then I'll crumple my paper and place it on the Bible. As we go around the circle, you can each give your fear to God. If you'd rather not say your fear out loud, that's okay, too. Just say, "I give my fear to God," and place your crumpled paper on the Bible.**

Go around the circle until everyone's fears are on the Bible.

### Talk With Kids ■■■■

Lead children in this discussion.

Ask:

- What does it really mean to give your fears to God?
- Why do we sometimes stay afraid rather than give our fears to God?
- What can you do in the future when you're anxious or worried?

Say: **Just like the disciples, we all have fears. But it's what we do with them that matters. Like we did in our activity, when we think of something we're scared of, we can give it to Jesus. And we can trust that he'll take care of us in that area of our lives. Let's remember this week that ► WE TURN TO JESUS WHEN WE'RE AFRAID.**

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## 4 LASTING IMPRESSIONS

### Daily Challenges

#### What You'll Do

Say: **Let's think about how ► WE TURN TO JESUS WHEN WE'RE AFRAID.**

Have kids find this week's Daily Challenges on their My Bible Fun pages and choose one to do this week. They can choose one or more of these three options:

- **When you're afraid of something, tell Jesus about it, and thank Jesus that we can turn to him when we're afraid!**
- **Pray with your family, and ask God to help you trust him when you're afraid.**
- **Recite the Key Verse each day as you get ready for school as a reminder that Jesus can help you with any fears you face that day.**



Daily Challenges  
Supplies

My Bible Fun





Make sure you choose a Daily Challenge as well, and tell kids what you chose. Kids will be more inclined to follow through on their commitments when they see you doing the same.

### Talk With Kids

Lead kids in this discussion.

Ask:

- **What's a practical way you're going to do your Daily Challenge? Include a time, a place, and other ideas.**

Say: ► **WE TURN TO JESUS WHEN WE'RE AFRAID** like the disciples did. When we see or hear something scary, when there's something we're worried about with our families or at school, or when we're not sure what's going to happen in the future, we can always turn to Jesus. Let's turn to Jesus as we follow through on our Daily Challenges this week.

## Weaving Faith at Home

Encourage kids to talk with their parents about the Daily Challenges they chose and what they learned about turning to Jesus when they're afraid. Kids can also do the activities in the "HomeConnect" section of their My Bible Fun pages with their families.

Talk to your Director about emailing the FREE FamilyConnect to all your church's families. Available at [group.com/digital](http://group.com/digital).

Take a couple of minutes to pray with your kids. Pray: **God, thank you that you're super strong. Thank you for giving us Jesus, and thank you that we can always turn to him when we're afraid. In Jesus' name, amen.**