

Jesus Calms a Storm

Bible Point

Jesus rescues us...through God's power.

Purpose

Sometimes we find ourselves in the center of one of life's storms—and we wonder how we'll ever make it. We might look around and feel like we're doomed for sure, without any escape or rescue. We may not physically stand on the bow of a sea-tossed boat, but we can probably relate to Jesus' friends' sense of panic or lack of control.

Jesus' disciples *were* in a real storm on a small boat in the middle of a large lake—and they thought they were going to drown. They were in a panic—the storm raged around them, threatening their lives. And Jesus was napping! They cried out to him for help, and Jesus didn't let them down. He calmed the storm, rescuing his friends from fear and death.

Elementary-age kids live through storms, too. Storms like divorce, fractured friendships, instability, stress, peer pressure, and more. This lesson is created to offer comfort and assurance that no matter how out of control things around us feel, Jesus always rescues us. And he'll never abandon us or let us down.

Never Fear, Jesus Is Here!

Mark 4:35-41



Prayer

God, thank you for being our Rescuer and for sending Jesus to calm the storms we face. Please guide me to help children view you and your love as their rescue, no matter what storms surround them. In Jesus' name, amen.

Prep

Opening Options	Sing & Play	Bible Discovery & Friendship Finale	Apply-It Options
<input type="checkbox"/> Option Cards* <input type="checkbox"/> <i>Ping-Pong Rescue</i> : ping-pong balls, paper <input type="checkbox"/> <i>Paper Boats</i> : paper	<input type="checkbox"/> countdown video* <input type="checkbox"/> <i>Music Video</i> DVD* <input type="checkbox"/> <i>Buddy Video</i> DVD* <input type="checkbox"/> Guac Bible Memory Buddy poster* <input type="checkbox"/> media player <input type="checkbox"/> Bible (bookmark Titus 3:5)	<input type="checkbox"/> "Jesus Calms a Storm" Bible Story poster* <input type="checkbox"/> Guac Bible Memory Buddy stickers* (1 per child) <input type="checkbox"/> Take-It-Home Flyers* (Unit 3, Week 2) (1 per child) <input type="checkbox"/> Bible (bookmark Mark 4:35-36, 37, 38, 39, 40-41) <input type="checkbox"/> disposable cups (1 per child) <input type="checkbox"/> water <input type="checkbox"/> ball	<input type="checkbox"/> <i>Explore More</i> : Bibles, spray bottles with water <input type="checkbox"/> <i>Game</i> : ping-pong balls

* in your **Simply Loved Kit**



Opening Options

Set up one—or both—of these intro activities to start your time together. Each activity connects kids to the Bible Point and to each other. Cut apart these Option Cards, and place one by each activity you choose. Crew Guides will follow the directions and build friendships with kids as they make discoveries together!



Ping-Pong Rescue

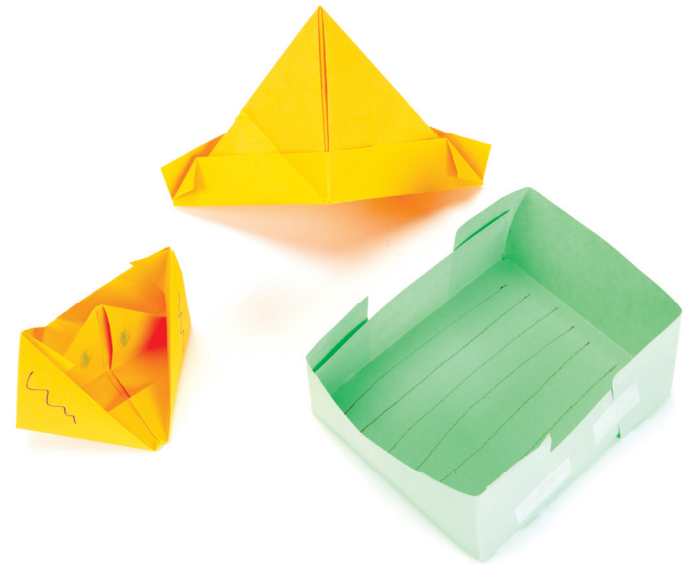
Supplies

- ping-pong balls, paper

Pair up, and give one partner a piece of paper and the other a ping-pong ball. Stand about 10 feet apart. One partner bounces the ping-pong ball and the other must “rescue” it by catching it using only the paper. Switch roles.

? Tell about a time you tried to rescue something. It could be anything: an animal, a bug, a friend, or maybe even a falling vase.

In today's Bible story, Jesus rescues his friends, who thought they might die. Jesus' friends were scared, but they learned that no matter what's happening around us, **Jesus rescues us.**



Paper Boats

Supplies

- paper

Fold a piece of paper into whatever boat shape you like.

? Tell about a time you or someone you know were on a boat or something that helps you float in water.

Boats keep us safe in deep water. But storms can rock the boat and make people feel unsafe. In today's Bible story, we'll discover that no matter what's happening around us, **Jesus rescues us.**

Opening

Now's a great time for Opening Options. Choose one—or both—to introduce today's Bible discoveries.



countdown video (1 minute)

Help kids transition, clean up the activities, and sit with Connect Crews. A Connect Crew is a small group of kids with one Crew Guide.

Sing & Play

Hello, friends! Welcome! I'm so glad you're here! Let's get started by singing a song!



"God Is for Me" music video

Bible Point

Today is going to be a lot of fun, but we're also going to talk about a time that was *really* scary for Jesus' friends. We're going to learn how, through God's power, **Jesus rescues us**. That's our Bible Point today, so every time you hear the words "**Jesus rescues us!**" I want you to respond in a certain way. Do what I do!

- Extend your arms at your sides as you look up, smile, and say, "Yay, Jesus!"
- Repeat several times.

Repetition helps kids remember! So be sure to say today's Bible Point A LOT. Have fun with it! Kids will love listening for it and responding with "Yay, Jesus!"

I'm so thankful that **Jesus rescues us**. (*Yay, Jesus!*) Let's show Jesus we trust him by singing another song. He loves to hear our praise for him!



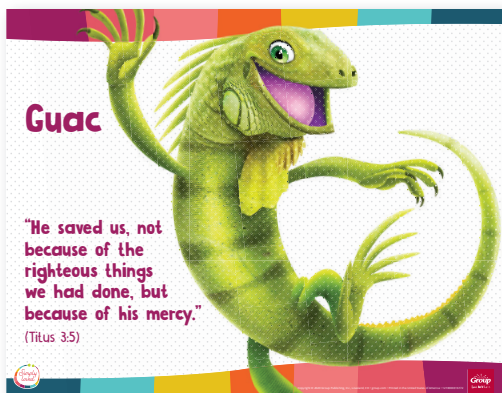
"Won't Worry 'Bout a Thing" music video

Supplies

- Bible
- media player
- *Music Video* DVD
 - "God Is for Me" music video
 - "Won't Worry 'Bout a Thing" music video
 - "Rescue Me" music video
- *Buddy Video* DVD
 - Guac Bible Memory Buddy video (Week 2)
- Guac Bible Memory Buddy poster



Yay, Jesus!



Bible Memory Buddy & Verse

Let's check in with our Bible Memory Buddy, Guac the iguana. How much do you know about iguanas? Let's find out with a This-or-That Challenge! You'll hear two fun characteristics about iguanas. It's up to you to decide which is true—this fact or that!

- ❓ **Do iguanas hold their breath in water or totally avoid water?**
 - Have everyone hold their nose to vote for *this* (iguanas hold their breath in water) or wag a finger back and forth for *that* (iguanas totally avoid water).
 - Make a drumroll sound by patting your thighs or the floor.
 - Dramatically give the answer: **Iguanas hold their breath in water—for up to 28 minutes!**
 - Watch the Bible Memory Buddy video.



Guac Bible Memory Buddy video (Week 2)



Show the Bible. **The Bible is God's true story of love! The Bible is made up of different kinds of writing. Our Bible Memory Verse comes from the Letters section in the New Testament. It's Titus 3:5. Let's say the verse together. I'll say a line, and then you repeat after me.**

"He saved us, *(extend arms out at your sides to form a cross)*
not because of the righteous things we had done, *(shake head no)*
but because of his mercy." *(give yourself a hug)*
 (Titus 3:5)

I love God's Word! It helps me remember that, through God's power, Jesus rescues us. *(Yay, Jesus!)* **Jesus cares about us so much. We can always ask for his help. Let's do that right now with this song.**



"Rescue Me" music video

Bible Discovery

Circle Up & Connect

Let's circle up and spend a little time simply getting to know each other in smaller groups called **Connect Crews**.

- Arrange kids into Connect Crews with one helper—or Crew Guide—per group.
- Invite kids to sit in knee-to-knee circles with their Connect Crews.
- Have kids give their Crew Guides and each other handshakes.
- Have kids take turns saying their names and answering this question. Crew Guides go first.

❓ **What's the most unexpected thing that happened to you this week?**

The Heart of the Matter

You won't believe what happened in today's Bible story! But first, I need you to be my assistants. I need your help with a task that has two parts. Who's in? Allow for responses. Ensure kids don't have any valuables nearby that shouldn't get wet. Have kids sit in a big circle.

Distribute to each child a cup that contains a little bit of water. **This is part one of the task. Carefully balance your cup on your head. Don't touch anyone else, and don't let your cup fall. Once your cup is balanced, you can't touch it again.** Allow time for kids to get their cups balanced.

❓ **What do you think about being my assistants so far?**

I think you're great assistants! Now you'll have to be very still and very calm so you don't get wet. Part two of the task gets tricky.

Show kids the ball. **We're going to play catch. You can throw the ball to anyone in our circle, but whatever you do, don't let your cup fall!**

Have kids play catch for a couple of minutes. If kids are keeping their cups well-balanced, add a complication, such as bouncing the ball or making it a Hot Potato where they must get rid of it as quickly as possible. If a child's cup spills, have him or her continue playing catch. Call time after a couple of minutes.

You did a great job, my helpful assistants. And your job was risky—maybe even a little scary! Well done. Even if you got wet, you succeeded!

❓ **Explain how you felt when the cup of water was on your head. Call out your answers.** Welcome responses from the whole group.

Now let's talk in our Crews about another question.

- Invite kids to sit in knee-to-knee circles with their Connect Crews.
- ❓ **How was this experience like or unlike a time you felt stressed or worried about something in your own life?** Invite Crew Guides to share first.
- Crew Guides give thumbs-up when everyone has shared.

Supplies

- Bible
- "Jesus Calms a Storm" Bible Story poster
- disposable cups (1 per child)
- water
- ball

We call helpers Crew Guides. If you lead a small class, you can be the Crew Guide. Simply circle up with the kids. If you have helpers, form smaller groups so each child can be known—and so kids can befriend your helpers, too!



In today's Bible story, we'll hear about a time Jesus' disciples were very stressed and worried. They were afraid they were going to die! But then Jesus did something amazing. Let's discover what happened.

Experience the Bible Story

I'll need your help again. Crew Guides, choose kids in your Crew to take the following roles.

- Boats
- Disciples
- Storms

Okay, Boats, make a boat by joining hands and forming a boat shape. Disciples, climb inside the boat. Storms, surround the boat.


 Read aloud Mark 4:35-36.

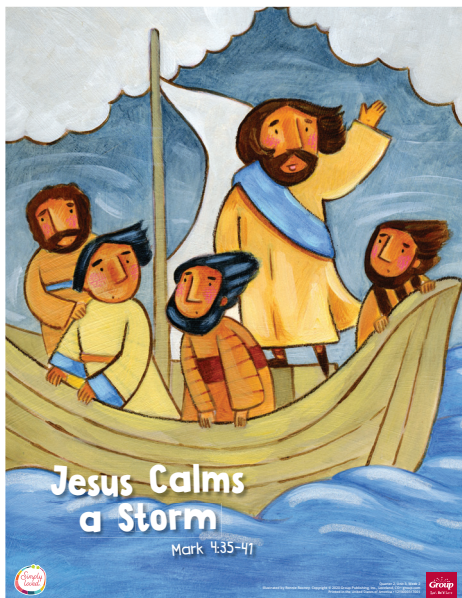
Let's row across the lake. Have Disciples "row" the boat to the center of the room.

Whew! Look around you and see how far out we are in this giant lake! The water must be very deep. Everyone, reach out and dip your fingers in the lake. Brrr! Have everyone pretend to touch the "water" outside the boat.

- ? **Have you ever been in a boat in very deep water? What was that like?**
Invite a few responses from the whole group.
- ? **Explain what you think it would be like to be inside a small boat in a very big lake.**

At first, all was calm. Then something started to happen. Boats, begin to rock back and forth. Everyone else, sway with the boat. Keep swaying while I read what happened.

 Read aloud Mark 4:37.



Let me help you picture this. Show the Bible Story poster. Point out the boat, the storm, and the disciples.

Oh no! A huge storm came over the lake. Storms, make blowing wind sounds. Stomp your feet for thunder. Wave your arms and make the wind blow around the boat. Snap your fingers and slap your thighs for rain. Pause. Faster! Keep it up!

Boats, you're really rocking now! Sway back and forth even harder.

Disciples, how's it going? How do you feel about your boat ride so far? What are you thinking? Call out your responses. Invite responses from the Disciples.

It's a scary time! A tiny boat in a big lake in a giant storm. Waves are crashing over the sides of the boat.

- ? **What do you think happens when a boat fills with water?**
Welcome responses from the whole group.

Jesus' friends were panicking. Disciples, show us your panic. Pause.

Now let's all freeze for a moment (pause dramatically) and find out what the disciples did.



Read aloud Mark 4:38.

Jesus was napping in the middle of the crazy storm! He wasn't afraid. The disciples, on the other hand, were a worried mess! They were sure their boat would sink and they would drown as the storm raged around them. Storms, show us your raging wind, thunder, and waves. Boats, get rocking! Keep going while we see what happened next.



Read aloud Mark 4:39, and speak with great authority when Jesus says, "Silence! Be still!"

Storms, be still! Stop raging. Pause. **Boats, be still! Stop rocking.** Pause. **Disciples, be still! Stop panicking.** Pause.

Speak in a quiet voice. **All Jesus had to do was say, "Silence! Be still!" and the wind and rain stopped. Everyone, take the deepest breath you can and hold it. Now let it out slowly. Feel the calm take over your whole body. Take another deeeeeeep breath. Hold it. Exhale slowly. Now...listen. Shh!** Cup your ears and listen to the silence. Have everyone listen and be silent for several seconds. **The storm was completely still.**



Read aloud Mark 4:40-41.

The disciples were amazed at Jesus. **Jesus rescues us**, (*Yay, Jesus!*) just like he rescued the disciples. They'd never seen or imagined power like his before. Everyone—Boats, Storms, and Disciples—show me your amazed faces. Pause. Thanks for your help! You can sit with your Crews now.

The disciples wondered, "Who is this man?" And ever since Jesus lived on earth, people have been asking the same question. He's done so many miraculous things. Jesus is amazing! He is our Rescuer. **Jesus rescues us**. (*Yay, Jesus!*) Let's talk about something in our Connect Crews.

- Invite kids to sit in knee-to-knee circles with their Connect Crews.
- **Have you ever been afraid and in need of rescue? How did Jesus help you?** Invite Crew Guides to share first.
- Crew Guides give thumbs-up when everyone has shared.

On our own, we don't have superpowers to help us face our fears when life gets scary and out of control. But God does. Since Jesus is God's Son, he has all of God's power. That's how he calmed the wind and the waves, and that's how he can calm our hearts, too.

Jesus loves everyone, and he knows bad and scary things can happen in our lives. And he knows there'll be times we feel out of control and afraid. But he'll never leave us. Just like he calmed the storm and rescued his friends, through God's power, **Jesus rescues us**. (*Yay, Jesus!*)

Now's a great time for Apply-It Options. Choose one—or both—of the following reinforcement activities support today's Bible discoveries before the Friendship Finale.

Apply-It Options

Choose one—or both—of these activities to support kids' learning after Bible Discovery.

Explore More

Supplies

- Bibles, spray bottles with water

Jesus is always with us, ready to help give us power we need. He's promised!



Distribute Bibles, and help kids find and read Matthew 28:20 together.

Form a big circle. If you have a large group, form Crew circles and give each Crew Guide a spray bottle with water.

We all experience different storms. Call out something that's like a storm in your life. Give a quick example to begin, like moving to a new house, a real storm, or a sickness. Spray a mist of water toward those who name a "storm."

When we go through these times, Jesus is with us. We can call out to Jesus like the disciples did. We can ask for his power and trust that he'll help us. Set the spray bottle aside, and have everyone take two long, deep breaths.

Jesus rescues us. (*Yay, Jesus!*) **Jesus is our refuge—or our safe spot—when storms come. We can encourage others to look to Jesus for rescuing, too.**

- ❓ **What's one way you could help someone who's going through a storm?** Invite responses from the whole group.



Game

Supplies

- ping-pong balls
- Have kids gather around you, and distribute a ping-pong ball to each child or small group of kids.
- Tell them on the count of three, they'll make a ping-pong ball "storm" by bouncing their ping-pong balls high all at once.
- Before they catch their ping-pong balls, they must complete this pattern: snap-snap-clap-clap. The goal is to allow the ball to bounce only once between snap-clap patterns before catching it.

Continue playing until kids have mastered the challenge. If you'd like, make up a new pattern for another round.

In our Bible story, Jesus' friends were terrified and thought they might sink into the lake. But Jesus didn't abandon his friends. He didn't let them down. He calmed the storm. Through God's power, Jesus rescues us. (*Yay, Jesus!*)

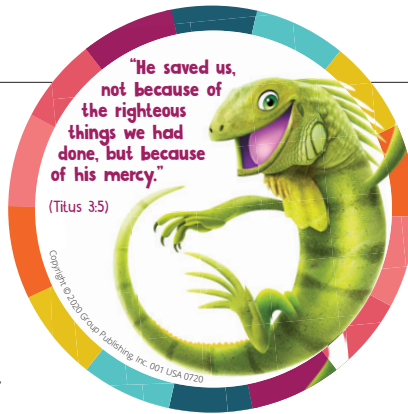
- ❓ **What's one way you can remember to focus on Jesus and call out to him when you need help?**



Friendship Finale

Invite kids to sit in knee-to-knee circles with their Connect Crews.

Guac, our Bible Memory Buddy, can help us remember that Jesus rescues us. (Yay, Jesus!) You'll each receive a Guac sticker to help you remember Jesus is always watching out for you throughout your week. You can wear it now or keep it for later. Crew Guides will give each person a sticker like this.



Supplies

- Guac Bible Memory Buddy stickers (1 per child)
- Take-It-Home Flyers (Unit 3, Week 2) (1 per child)

- Demonstrate the following actions with a Connect Crew.
- In their Crews, kids will take turns squatting down and holding their noses. One by one, Crew Guides will take kids' hands and raise them up, as if out of water. Then Crew Guides will place a Guac sticker in each child's hand. It's like being rescued by Jesus!
- As they give each child a Bible Memory Buddy sticker in the same way, Crew Guides say, "[Child's name], **Jesus rescues you.**"
- Crew Guides give thumbs-up when everyone has received a sticker.

Saying each child's name in a loving way helps kids simply experience Jesus' love through you!

Jesus didn't let the storm hurt his friends. He calmed the storm and calmed their fears. And Jesus is there for you in every one of life's storms. Jesus loves you, always.

I'd like to read you something about our friend Jesus. As you listen, close your eyes and think about our stormy boat ride. Pause as kids do this. Now imagine you're in the boat again, and it's rocking back and forth. Go ahead and sway, but keep your eyes closed. Pause. Now reach out to take your friend Jesus' hand as he rescues you from the storm.

- Read the first section of the Unit 3, Week 2 Take-It-Home Flyer.
- **Now I'll give you one of these flyers to help you talk about Jesus' love in your Connect Crews and at home, too.**
- Distribute Take-It-Home Flyers to Crew Guides, and have them share about their own friendship with Jesus as they answer the "Talk Starter" question and then invite kids to talk.
- Kids share prayer requests—things they'd like to tell Jesus—in their Connect Crews.
- Connect Crews pray together.
- Crew Guides distribute Take-It-Home Flyers and follow the directions to help kids fold the paper to "fly" home.

