



## Jesus Helps in a Storm

(based on Mark 4:35-41)

It was a beautiful evening. Jesus had finished teaching for the day and felt tired. It was time to relax.

“Let’s sail across to the other side of the lake,” suggested Jesus. “It’s time to leave the crowds behind for a while, so we can rest.”

Jesus and the disciples climbed into a boat and got ready to sail. The weather was good. A nice breeze filled the sail and pushed the boat along. Jesus went to the back of the boat, put his head on a pillow, and fell fast asleep.

All of a sudden, the weather changed. A fierce storm blew up and battered the boat. Swoosh went the wind! Crash went the waves! Lightning flashed across the sky and thunder roared. The waves grew bigger and bigger.

The little boat started rolling from side to side.

The disciples thought the storm would pass by, but it just got worse. The wind roared harder, and the waves got bigger. Water from the waves splashed into their boat. Jesus’ disciples were terrified. They called out to Jesus.

“Wake up!” they shouted. “Can’t you see we’re going to sink? Don’t you care what happens to us?”

Jesus woke up. He looked at the storm. He looked at the waves. He felt the strong wind. He stood up and spoke to the wind and the waves. “Be quiet!” he commanded.

Immediately, the wind stopped blowing. The rain stopped falling. The waves stopped splashing. Everything became quiet and still. Just like that.

Jesus turned to his disciples and asked, “Why were you so scared? Haven’t you learned to trust God? Be at peace.”

The disciples were amazed and said to one another, “Did you see that? Even the wind and the waves obey him.”



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Use one or more activities from each section to explore grace and gratitude with your children this week.

### Recognizing God's Grace

- Read and enjoy the story together—imagine and wonder.
- Read *Loon Baby* by Molly Beth Griffin (HMH Books for Young Readers, 2011), a book about a loon baby who experiences fear of storms and being lost in the lake when he can't find his mother. Then his mother appears and his experience of the lake changes and his fears subside.



### Responding to God's Grace

- Draw pictures of storms complete with rain, wind, and lightning. A possible caption is "Peace During the Storm." Trusting in God can bring peace, even in a storm.
- Have everyone think of many things a person might be afraid of. Talk about the difference between things that make us afraid, and things that are genuinely dangerous.
- Not every storm is dangerous, and the beauty of some storms can be appreciated from a safe place. Watch videos of storms. Enjoy the beauty, and talk about ways to be safe in a storm.

### Celebrating in Gratitude

- Everyone occasionally experiences fear of something they must do. Have everyone think of something they are afraid to do, or an area of their life in which they would like to grow. Give everyone a strip of aluminum foil to fashion into a bolt of lightning. Use your voices to make thunder and other storm sounds. Remember that Jesus offers peace in the storm.
- Make a fun snack. Cut apples into quarters. Cut out the seeds. Put the apples on a plate, skin side down. Insert a small pretzel stick into the apple, like a mast. Cut a triangular piece of cheese to thread on the pretzel for a sail. (Tip: Room temperature cheese will be easier to puncture without breaking.) Scatter fish-shaped crackers around the apple boats.
- Pray this prayer:

*God, we are afraid sometimes. Thank you for being with us, and for bringing peace in the storms we face. Amen.*