

*Get Ready!*

## No Fear

By: Marsha Crockett



### Text

Mark 4:35-41

### Key Quest Verse

“Peace I leave with you: my peace I give to you . . . Do not let your hearts be troubled and do not be afraid” (John 14:27).

### Bible Background

The beautiful blue Sea of Galilee and its immediate areas provided the setting for many inspiring events and the major portion of Christ's ministry. Eighteen of His recorded miracles were performed in this vicinity – ten of these alone in the city of Capernaum. At least three famous wonders, involving the Sea of Galilee itself, showed His authority and power over forces of nature.

Here Jesus amazed professional fishermen by filling their nets with so many fish that they were ready to break (Luke 5:1-11).

Here the Lord walked on the surface of the water (Matthew 14:22-33). Peter temporarily walked with Jesus on the water as long as he had his eyes on the Lord. When Peter started looking at himself, he started to sink. “Looking at the Lord in Love” is a good definition of faith.

Here the Master calmed the storm and the sea (Mark 4:35-41). He commanded, “Peace, be still!” He then stilled the storm of fear and confusion within the terrified disciples.

When Christ rules as King of Kings and Prince of Peace in the future Kingdom, He will bring peace to the nations, peace on earth. Today, believers enjoy PEACE WITH GOD through Christ (Romans 5:1) and the PEACE OF GOD (Philippians 4:7), an inner peace that passes all understanding, when the Master of the Tempest dwells within their hearts.

*Get Ready!***Lesson Quest**

**What I want my students to:**

**Know:** Jesus is faithful and is always with us.

**Feel:** Regardless of the circumstances, we have nothing to fear.

**Do:** Turn worries into wonder as we see God’s faithfulness at work in our lives.

**Leader’s Devotion**

So often I worry my way through a dilemma as I work and sweat to make the problem go away. But when frustration peaks, I stop and pray, asking God, finally, for help. One of two things happens when I turn to Him. Either the problem is resolved as He reveals an obvious solution, or I stop worrying about it as I cast all my cares on Him. Invariably I breathe a sigh of relief, but wonder why I make God into a “God-of-last-resorts.” It’s through such lessons that I’m learning how faithful and ever-present God is. More and more I’m making Him my “God-of-first-resorts.” And someday I may even grow to realize that Jesus asleep in my boat is enough to calm my storms.

*Get Set!*



### Option A

#### THE GAME OF LIFE

**Materials:** The game of “Life.” Try to have enough games for everyone to play. If you can’t find enough games to borrow, you can often pick up the games at second-hand stores at bargain prices.

**Procedure:** As students arrive, direct them to the Life game and help them get started if they’ve never played before. Allow the students to play for 15 or 20 minutes. If they haven’t finished the game, have them stop and remember whose turn it is. If time permits, let them continue the game at the end of the lesson.

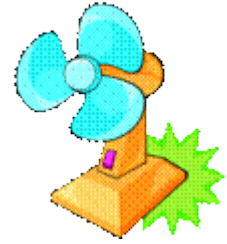
**Why do you think this game is called Life?** (Because it involves real things that sometimes happen to people.) **Were there any of these things that actually have happened to you or your family?** (Let the kids identify with these.) **Sometimes even the ordinary things of life, like going to college, or having a family can be a worry as we make decisions about it. And sometimes very hard things can happen as well, like a fire, or an illness, or losing a job. These situations are sometimes called “the storms of life.” But as Christians we don’t ever have to be afraid or worried about these storms, because God stays right by our side when those things happen.**

**Let’s read a story found in the Bible about a storm and how Jesus helped His friends.** Have two or three versions of the Bible available and ask a few of your best readers to read the entire text (Mark 4:35-41). Ask students to listen to some of the differences in each version.

**Have you ever felt like the disciples and wondered if Jesus really cared about you and your problems? The problems of life don’t always disappear do they? Just because we love God, He never promised that life wouldn’t have problems. Even Jesus had hard times and suffered. But, we can be certain that God never stops caring, loving and working things out in our lives for the good. And, He promised to never leave us alone, but to give us peace. Open your Bible to John 14:27.** Make sure everyone has the same version of the Bible or can share a Bible so that the class can read this verse together.

**GO TO THE BIBLE STORY**

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**Get Set!**

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**Option B****EARTH, WIND AND FIRE**

**Materials:** Access to the Internet, an electric fan, a spray bottle with water, a couple of towels

**Procedure:** Before class go to the Internet and research earthquakes, tornadoes, hurricanes and volcanoes. Print out several interesting pictures and facts. (Check out [www.pbs.org/wnet/savageearth/](http://www.pbs.org/wnet/savageearth/).) If your Sunday School room has a computer, have a couple of students work on this project. If the Internet is not available, find old magazines that students can use to cut out similar pictures. If possible check with your local library for videos about natural disasters and show a short segment of it at the start of class.

After reviewing the information, ask the students if they've ever been affected personally by a natural disaster. What was it like? How did you feel? How did it get resolved? If no one has had such an experience, ask the students to reflect on the events of September 11, 2001. Nearly everyone will be able to relate to these feelings of helplessness, and loss of control.

**Sometimes it feels like life is out of control when frightening things happen to us. Even grown-ups deal with fears. But, in our Bible lesson we learn two important things about Jesus as the Son of God. First of all, He is involved in the forces of nature and can calm the fiercest storm. Secondly, when we're in the midst of the storm, we can always turn to Him and receive His calming peace.**

**Let's review our story found in Mark 4 by recreating the situation on the Sea of Galilee.**

Line up chairs two by two, which will be the seats in the boat. Leave a space for someone to lie down to portray Jesus sleeping. Have several others seated in the boat pretend to row the boat. Before class, ask one student to help you by agreeing to turn on the fan and turn it off again and to spray the water bottle into the wind when signaled. Begin reading the story. When you come to the part about the wind and waves, have the helper turn on the fan and spray the water toward the boat. When you read about the disciples being afraid, have one of them begin to wake up Jesus. And then have Jesus stand and lift His hand and repeat the words "Quiet, be still." Then have the helper immediately turn off the fan and stop the water. Have a couple of towels available for kids to dry off if needed.

**GO TO THE BIBLE STORY**

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**Get Set!**

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**Bible Story**

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**Teacher Tip:** Provide markers for students to highlight portions of the story in their Bibles

Let's turn in our Bibles to Mark 4:35-41.

It reads, "That day when evening came, he said to his disciples, 'Let us go over to the other side.'

Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him.

A furious squall came up, and the waves broke over the boat, so that it was nearly swamped.

Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, 'Teacher, don't you care if we drown?'

He got up, rebuked the wind and said to the waves, 'Quiet! Be still!' Then the wind died down and it was completely calm.

He said to his disciples, 'Why are you so afraid? Do you still have no faith?'

They were terrified and asked each other, 'Who is this? Even the wind and the waves obey him!'"

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**Go!**

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**Bible Story Flip****ART****Materials:** 10 index cards for each student, stapler, felt pens

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**Quest Connection**

**Now that we've reviewed the Bible Story, I want you to illustrate this story in your own book.**

**Procedure:** Give each child 10 or more cards. Have them draw a scene with water and a boat. Each page should have only 1 picture that is slightly different than the picture before it so the pictures progress in sequence. After all the cards are drawn, stack them up and staple the outside edges together. Flip through the book with your thumb to see the “animated” Bible story.

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**Close**

Encourage the children to show the flip book to friends or family and explain the story of Jesus helping His friends with their fears.

**Go!****Protection Tag****GAME**

**Materials:** Soft Nerf ball or some other soft object, hat or some other object

**Quest Connection**

**Many people wish they had the peace that Jesus gives to His followers, but they don't know Him. Let's say our memory verse together. These are wonderful words that many people need to hear.**

**Procedure:** Choose who will be "It." This person will use a soft Nerf ball, or some other soft object, to throw at the players as a way of tagging them. If they get tagged by the ball they are out of the game. But one person is given a hat (or some other special item) that protects them from being tagged out unless they are hit twice with the ball. If they are hit twice, they must give the protection hat to someone else who is out so that they can return to the game.

**Close**

**Think about how the being tagged by the ball was like our fears. How did it feel to get tagged out? Did you wish you had the protection on? What would the hat protection represent from our Bible Story? (Jesus). Repeat together John 14:27.**

**Go!****Fear Factor****GUEST QUEST**

**Materials:** Invite several individuals you know either from the church or from other areas of life whose jobs involve some aspect of fear, either in fulfilling their own job, or in helping people in fearful situations (policemen, firemen, doctors, nurses, counselors, etc.)

**Quest Connection**

**What are some questions you would like to ask our guests?**

**Procedure:** Work with the students before the guests arrive, to come up with several good interview questions. Plan to serve cookies and punch to make this a special event with special guests. If the guests are Christians, it might be nice to ask them how their faith has helped them or has grown. Also, if they have a favorite verse to help them when they feel frightened.

**Close**

Before the guests leave, ask all the students to gather around these guests and pray for them. If your group is comfortable doing so, have them each pray individually for the guests. If not, lead them in prayer asking God to protect them in the midst of fearful situations, and to continue to increase their faith as they serve God.



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**Go!**

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**Think it Through****GROUP WORK**

**Materials:** Resource Page

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**Quest Connection**

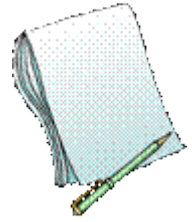
**Courage isn't about not being afraid. It's doing something with faith that God will see us through despite the fear.**

**Procedure:** Cut out the situation cards from the Resource Pages. Pass out the cards to each student, or for larger groups, assign 2 or more students to one card. Have one child read the card to describe a fearful situation. Discuss possible ways to handle each fear, and what it feels like to face this fear. After each situation has been discussed, talk about how we can trust God to be with us in each situation.

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**Close**

Take time to pray with the students about any fears they may have, especially any fears that they are currently experiencing.

**Go!****Letters to Jesus****JOURNAL**

**Materials:** Paper, pen and envelope for each student

**Quest Connection**

Encourage your students to write a letter to Jesus as a trusted friend.

**Procedure:** Ask your students to express their fears or worries to Jesus, asking Him to help them get through it or to see it in a new perspective. At the end, have them write out their memory verse. When they've finished their letter, have them seal it in an envelope with their name in the return address corner. Keep the letters for at least a couple weeks and then return them to the students. Have them reread their letter to themselves. Ask them how their situation has changed.

**How has Christ helped you handle the fear?**

**Close**

If some of the students are still struggling with the same fear, remind them how the disciples felt like Jesus didn't care about their fears, but in reality He did and He used the fear to strengthen their faith. Continue to pray for the students and encourage them to pray for one another.

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**Go!**

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**Facing Our Fears****GAME**

**Materials:** 30 index cards, Resource Page, glue

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**Quest Connection**

Ask someone to open his or her Bible and read Philippians 4:6-9. **What are some specific things that this verse tells us we can do in order to handle our fear God's way?** (Be thankful, pray, think about the right things instead of all the bad things that could happen, etc.)

**Procedure:** You'll need 30 index cards. Cut out the cards from the Resource Pages and glue the words onto the index cards. This way the words won't show through the paper. Turn the cards face down and mix them up. Lay them out in several rows to play concentration. One student begins by turning over two cards. If the cards match, he keeps the cards and goes again. If not, he turns them back face down. The next player does the same until all the cards have been matched.

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**Close**

Have the kids review the fears they're holding. Which do they identify with? Be sure that you, too, share some of your own fears. Only when we recognize our fears can we give them over to Jesus.

## Resource Page

<p><b>THINK IT THROUGH</b></p> <p>You're walking to school in your neighborhood when a car comes racing around a corner, just missing you by a hair! Your hands are shaking and you feel like your legs can't hold you up. What do you do?</p>	<p><b>THINK IT THROUGH</b></p> <p>You get to class and your teacher asks everyone to turn in their big research report that was due today. You start digging through your backpack but can't seem to find yours. What do you do?</p>
<p><b>THINK IT THROUGH</b></p> <p>After you go to bed, you hear your parents arguing about something. The harsh voices and even some crying go on for quite a while. What do you do?</p>	<p><b>THINK IT THROUGH</b></p> <p>Your older brother just joined the Army. He's now been given orders to go overseas to a dangerous area where known terrorists reside. What do you do?</p>
<p><b>THINK IT THROUGH</b></p> <p>You're trying to eat your lunch at school, but some tough guy doesn't have anything better to do than make rude remarks about you and your lunch. What do you do?</p>	<p><b>THINK IT THROUGH</b></p> <p>It's your first day of school and you're worried about catching the bus back home. They all look alike, and you just can't remember which number your bus was. What do you do?</p>

## Resource Page

BIG DOGS	BIG DOGS
HEIGHTS	HEIGHTS
DEEP WATER	DEEP WATER
DARKNESS	DARKNESS
FAILING	FAILING
DEATH	DEATH
GETTING LOST	GETTING LOST
GETTING HURT	GETTING HURT
BRIDGES	BRIDGES
FLYING	FLYING
SPIDERS	SPIDERS
FALLING	FALLING
LOUD NOISES	LOUD NOISES

**Resource Page**

THUNDERSTORMS	THUNDERSTORMS
BUGS	BUGS

**Draw a line correctly connecting the words of your memory verse.**

# Journal Page

Draw a picture of a boat on a stormy sea. Write the words "Quiet! Be Still!" on the bottom of the picture to remind you that Jesus can quiet our storms. Punch two holes in the top of the picture and tie a string through the holes to hang on your wall or on the refrigerator at home.

