

Get Ready!

Jesus Calms the Storm

By: Julie Gallagher



Text

Matthew 8:23-27; Mark 4:36-41; Luke 8:22-25

Key Quest Verse

“Who is this? Even the wind and the waves obey him!” (Mark 4:41).

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:** God is all powerful.
- Feel:** Safe because God is in control.
- Do:** Pray when we're afraid.

Leader's Devotion

The song, "God is in Control," by Twila Paris comes to mind at the writing of this lesson. We see this week that the disciples were terrified of the storm even having Jesus right there in the boat with them. But, have you ever stopped to think about what they did in their fear? They went to Jesus, the only One who could do something about it. This is a powerful lesson on the power that God has and gave to Jesus to calm the storm. But, that is just the beginning. He is in control of everything and will bring us through the storms that we face. There is no power above Him. He is ultimately in control. Rest in that this week. Call on Him to carry you through the storms you are facing and be ready because He is faithful!

Get Set!

Option A**BOATS**

Materials: Wide plastic lid (from a margarine or Cool Whip container) for each child, drinking straw for each child, construction paper triangle for each child, hole punch, play dough

Procedure: I need some help from you today in telling our story. We're going to start by making some boats. Let the children decorate the triangles (sails). Punch 3 holes along one side of the triangle. Weave the straw through the holes. Put a small wad of play dough on the inside of the lid. Push the straw into the play dough and you have your boat. **In our story today, Jesus and His disciples went for a ride on the boat. Listen carefully to see what happened.**

GO TO THE BIBLE STORY

Option B**WHAT AM I AFRAID OF?**

Materials: Chalkboard and chalk, or newsprint and markers

Procedure: Before class write down several things that your students may be afraid of. Some examples might be: moving to a new school, bully at school, thunderstorms or tornadoes, something might happen to mom or dad, looking stupid in front of their friends, etc.

Let's take a look at these things I have written down. What do they have in common? That's right. They're things we might be scared of. Why do you think these things scare us? Who could help us? In our story today we're going to hear about some men who were afraid and what they did about it.

GO TO THE BIBLE STORY



Get Set!



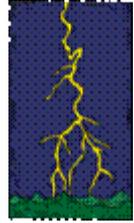
Bible Story

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

Materials: Rubbermaid tub or deep dish baking pan, water, boat from Option A or other boat that floats, straws, flashlights, pie tins, spray bottles

Divide the flashlights, straws, pie tins and spray bottles with water among your students. As you come to the stormy part of the story, let them blow the boat through the straws, spray rain, make thunder with the pie tins, and make lightning with the flashlights.

Jesus and His disciples decided to take a boat across the Sea of Galilee. Place the boat in the water. Jesus had been so busy teaching and healing that once He got on the boat, He relaxed and went to sleep. While they were sailing, a big storm came up all of a sudden. It started to rain, the wind started to blow, and there was a great big storm. Let the students create the storm with the straws, flashlights, pie tins, and spray bottles. It was such a great storm that they were in danger! The disciples were scared to death. They went to Jesus and woke Him up. They said, “Don’t you care if we drown?” Jesus got up and said, “Quiet! Be still!” Right away the winds died down (stop blowing the straws). The rain stopped. Stop spraying the water. And the storm stopped. Stop the lightning and thunder. God had given Jesus the power to stop the storm. The disciples were amazed that the wind and the waves obeyed Jesus.

Go!**Stormy Pudding****FOOD**

Materials: Paper plates, plastic spoons, 2 different kinds of pudding

Quest Connection

Have any of you ever been in a boat during a storm or seen what a storm is like on a lake? When a storm comes up, the colors of the sky and the water change. You can see the waves get bigger and bigger. Sometimes there is white on the top of the wave. We're going to make some stormy pudding today and make our own waves.

Procedure: Give each child a big spoonful of 2 different colors of pudding on his plate. Let them make waves on their plates with their spoons before eating the pudding.

Close

Prayer: Thank You, God, for keeping us safe even during the storms.

Go!**Beanbag Toss****GAME**

Materials: One or two bean bags, numbered squares taped to the floor (about 6 in. square), questions listed on the board or on newsprint

Quest Connection

Today we're going to play a game to help us remember our story and the things we've learned in class.

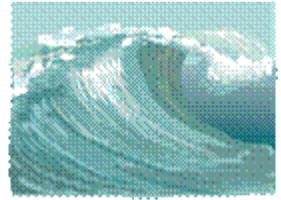
Procedure: Before the class, prepare a numbered list of questions to reinforce the story. Some include:

1. Who went on the boat with Jesus?
2. What did Jesus do soon after he got on the boat?
3. What did the disciples do when it started to storm?
4. How did the disciples feel when it started to storm?
5. What happened when Jesus said, "Quiet! Be still?"
6. What two things obeyed Jesus?
7. What sea were the disciples and Jesus crossing in the boat?

To play the game, let the children take turns tossing a bean bag onto one of the numbered squares. They can either aim for a certain number or throw randomly. They answer the question on the list with the same number as the square. This can be played as an individual game or as a team game. Points can be awarded for correct answers.

Close

Now you are all experts on our story today! Be sure to tell your family about what you learned.

Go!**Sea in a Bowl****SCIENCE**

Materials: Mixing bowl, water, spoon, rubbing alcohol, mineral spirits, food coloring, water bottle for each child

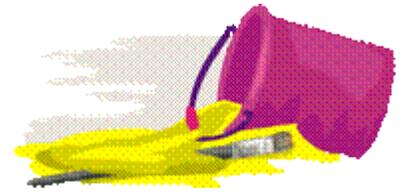
Quest Connection

Does anyone remember the name of the Sea that Jesus and the disciples were crossing? The Sea of Galilee is shaped like this mixing bowl. There are mountains around the edges. The wind can come up over the mountains and hit the water. The wind almost seems to stir the water in the lake like stirring the water in this bowl with the spoon. The wind can make huge waves come up quickly even on a clear day. It isn't surprising that the storm came up all of a sudden when Jesus and His disciples were crossing the Sea. We're also going to make our own waves to take home today.

Procedure: Fill half of the water bottle with rubbing alcohol. Add 2-3 drops of food coloring and shake. Fill the rest of the bottle with mineral spirits. Put the top on, but do not shake. Hold the bottle horizontally until clear, then raise and lower ends to create waves.

Close

Prayer: Thank You, God, for giving Jesus the power to control the waves. Help us to remember that You can help us, too.

Go!**Blow Painting****ARTS/CRAFTS**

Materials: Newspapers to cover table, light colored construction paper, squeeze bottle with tempera paint, straws, water and paper towels for cleanup

Quest Connection

Can anyone remember our memory verse? Let's practice it together: "Who is this? Even the wind and the waves obey him!" (Mark 4:41). Even the wind obeyed Jesus. We're going to see if your wind will obey you today.

Procedure: Cover the tables with newspaper. Give each child a piece of paper. Squeeze little pools of paint onto the paper. Let the child use the straw and blow the paint. They'll want to point the straw in the direction they want the paint to go. When they are finished, discuss whether their paintings look like waves and if so, whether they are calm or stormy.

Close

Sometimes it's hard to make things work out the way we want, isn't it? I'm glad that God is so powerful that He can do anything, and it works out just right.

Go!



Listen to the Rain

MUSIC

Materials: Paper towel roll for each student, toothpicks, contact paper, rice or beans, songs “Christ in the Vessel” and “Why Worry”

Quest Connection

When the disciples were in the boat, a big storm came up and they were very scared. What did they do when they were scared? That’s right – they went to Jesus. We can go to Jesus and to God when we’re afraid. We don’t have to worry, because we can pray and God will help us. Let’s make an instrument to help us remember that God will help us when we ask Him to.

Procedure: Help the children make rain sticks. Let the children poke the toothpicks into the sides of the paper towel roll. Place the contact paper at the bottom of the roll to close the opening. Pour some beans or rice into the roll and then cover the top with contact paper. You can cover the whole roll to decorate it or let them color as there is time. As they tip the rain stick, the rice should hit the toothpicks and sound like a rain stick. Sing the songs listed with them letting them “play” their rain sticks as they sing. You might also do other rain related songs.

“Christ in the Vessel”

With Christ in the vessel you can smile at the storm.

Smile at the storm, smile at the storm.

With Christ in the vessel you can smile at the storm

As we go sailing on.

Sailing, sailing on. Sailing, sailing on

With Christ in the vessel you can smile at the storm

As we go sailing on.

“Why Worry”

Why worry? When you can pray.

Trust Jesus. He’ll be your stay.

Don’t be a doubting Thomas,

Rest fully on his promise.

Why worry, worry, worry, worry,

When you can pray?

Close

Prayer: **Help us to remember that we don’t have to be afraid during storms.**

Go!**Poetry****CREATIVE WRITING****Materials:** Paper, pencils**Quest Connection**

We've been talking about how powerful Jesus was and that He could even stop a storm. How do you think you would have felt if you were one of His disciples? We're going to work on a simple poem today.

Procedure: Describe the method of writing a simple five line poem. This does not rhyme.

Line 1: write a noun

Line 2: two adjectives (comma between)

Line 3: three verbs (comma between)

Line 4: a thought or short phrase

Line 5: repeat the first line

Example:

Jesus

Tired, powerful

Sleeps, wakes, stops

Winds and waves obey Him

Jesus

Help the children decide on a noun – probably Jesus or disciple. Next help them think of words that describe Him. Then come up with some action words about what they did. Write a short phrase about it and repeat the first line. You might consider doing one as a class for an example.

Close

When you get home, put your poem somewhere to help you remember the things we learned today.

Find the words in the puzzle and then put them in the correct order of the memory verse.

Q W S Q K N K R Z M
 K O Q R W A V E S H
 P T E U K C L L L I
 O H J R Y T L P W M
 T B A T K U S T Q R
 S M B S D T G P K G
 N J D N M M V E W T
 V N I X T H I S H H
 A W O B E Y H N O E
 E V E N J X J Y I S

MARK	THIS	IS
THE	EVEN	OBEY
WAVES	WHO	AND
HIM	THE	WIND

_____ ? _____

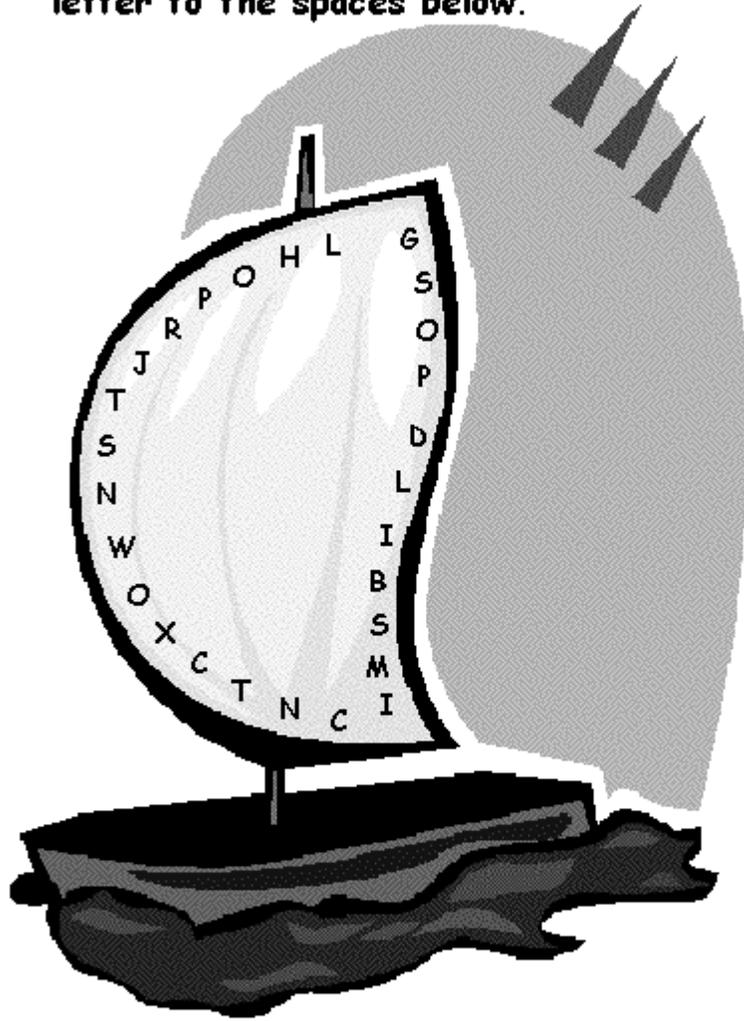
_____ . _____ 4:41

Jesus and His disciples went across the Sea of Galilee.
Use a blue crayon to color every box containing the letter C. Transfer the rest of the letters into the boxes below to see what Jesus said.

C	Q	C	C	U
I	C	E	C	T
C	B	C	E	S
C	C	T	C	I
C	C	L	L	C

_____!

Start at the top corner of the boat (the letter G) and copy every other letter to the spaces below.





NOTHING TO FEAR!



List some things that scare you.

Here is what the Bible says about being afraid. Look up each verse and fill in the blanks.

1. Psalm 56:3

When I am _____ I will _____ in You.

2. Joshua 1:9

Do not be _____; do not be _____ for the _____
your _____ will _____ with _____ wherever _____.

3. Psalm 4:8

I will lie down and _____ in _____, for You alone, O _____ make
me _____ in _____.

4. Hebrews 4:8

The _____ is my _____; I will _____ be _____. What can
_____ do to _____?



JOURNAL PAGE

THINK OF A SOMETHING THAT
SCARES YOU. WRITE A PRAYER TO
GOD ABOUT IT.

