

*Get Ready!*

## The Man Who Can

By: Andrea Wagganer



### Text

Mark 4:35-41

### Key Quest Verse

“The Lord is good, a refuge in times of trouble. He cares for those who trust in him” (Nahum 1:7).

### 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 powerful over nature and personal “storms.”

**Feel:** Jesus cares even when it is hard to believe that He does.

**Do:** Communicate with God through Christ in prayer about the “storms” in their lives. Recognize at least one time that they have trusted in the power of Him.

**Leader’s Devotion**

One summer night during a severe storm a mother was tucking her small son into bed. She was about to turn the light off when he asked in a trembling voice, “Mommy, will you stay with me all night?” Smiling, the mother gave him a warm, reassuring hug and said tenderly, “I can’t dear. I have to sleep in Daddy’s room.” A long silence followed. At last it was broken by a shaken voice saying, “The big sissy!”

-author unknown

Whether a literal storm like in the above illustration or in our Bible Story, whether a child or an adult disciple, fear often accompanies events that seem out of our control. Just as the son asks his mother to stay in his room, it is much more comfortable to experience the storm with someone who is unafraid. As we go through struggles and weather the storms in our own lives, Jesus has offered to be with us. Just as He showed His disciples, He also reminds us that we have nothing to be afraid of – for He is the One who can calm the wind and the waves, God’s Son, our strength in times of need.

Take a moment and reflect on the following questions:

What storms has Jesus rescued me from personally?

What changed when I decided to trust Him?

What “storm” can I trust Him with today?

Perhaps the teens in your Sunday School class could benefit from a personal story, if you feel comfortable, share how Christ has calmed the wind and waves in your own life.

**Get Set!****Option A****PHOBIAS****Materials:** Small slips of paper

**Procedure:** Before class, write down phobias and their definitions from the list provided below on small slips of paper (for over 500 more options, go to [www.phobialist.com](http://www.phobialist.com)). Give each teen at least one slip of paper, depending on class size. On a voluntary basis, let each teen act out their phobia while the others guess what that teen is afraid of (extreme bonus points for any teen that can guess the actual phobia name). End with you acting out BRONTOPHOBIA: the fear of storms, thunder, lightning. After they guess it, move into the story of the disciples who experienced this fear and find out how they handled it.

ABLUTOPHOBIA: fear of washing or bathing

ALEKTOROPHOBIA: fear of chickens

EPHEBIPHOBIA: fear of teenagers

XANTHOPHOBIA: fear of the color yellow or the word yellow

SOMNIPHOBIA: fear of sleep

RHYTIPHOBIA: fear of getting wrinkles

COULROPHOBIA: fear of clowns

GENIOPHOBIA: fear of chins

HYPENGYOPHOBIA: fear of responsibility

PELADOPHOBIA: fear of bald people

CHAETOPHOBIA: fear of hairy people

**GO TO THE BIBLE STORY****Option B****VIDEO****Materials:** Video: *Message in a Bottle* 1:54:39-1:55:40 or *The Perfect Storm* 1:34:40-1:38:13

\*Note: the times listed above for each movie reflect the counter beginning at 0:00:00 from the beginning of the movie and not the beginning of the actual tape. Also, these are suggested films, certainly refer to your home collection that may include a storm scene on a boat.

**Procedure:** Show scene from one of the movies listed above. In each, characters are in the middle of a storm while on a boat (*The Perfect Storm* is much more intense). After viewing the short clip, discuss with the teens how they would have felt being on the boat and ask how they would have gotten help. Remind students that Hollywood may have spectacular productions, but no movie is as exciting as the true story – for one of those, turn to Mark 4:35-41.

**GO TO THE BIBLE STORY**

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Get Set!



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**Bible Story**

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

**Advanced preparation:** Gather at least one spray bottle (fill with water), cookie sheet and fan

Asking for volunteers, assign one Storm Supervisor, two Speaking Specialists, and one Dialogue Director. Their responsibilities include:

Dialogue Director – read aloud the scripture, Mark 4:35-41, except for the specific words of Jesus or the disciples, these words will be read by the Speaking Specialists.

Speaking Specialists – one will read the words of Jesus (vs 35, 39, 40) and the other will read the words of the disciples (vs 38, 41). Most importantly, the words will be spoken into the fan when appropriate, as if in a storm.

Storm Supervisor – According to the prompts in the scripture, use fan (wind), spray bottle (waves/rain), and cookie sheets (thunder) to create the effects of a storm while the Dialogue Director and Speaking Specialists vocally create the biblical scene.

**Go!**



### Frightening Foil

#### OBJECT LESSON

**Materials:** Foil

### Quest Connection

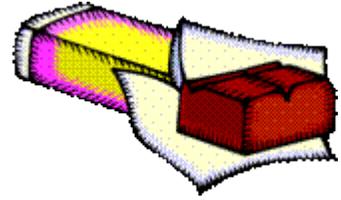
Reread verses 39 and 40 from Mark 4, our Bible Story. **It is so easy to become afraid in situations that seem impossible to survive. But, Jesus reminds us that when we are frightened we have a faith choice – to believe in Christ whom even the wind and waves obey, or to fear the worst and forget that Christ is able to be our strength in every “storm.” The next time we are afraid, remember it is an opportunity for a faith choice. Let’s use our faith to overcome our fears rather than letting fear diminish our faith!**

**Procedure:** Give each teen a piece of foil and let them sculpt an image of something that they fear in their own life. (Examples: spiders, flying on a plane, a mean English teacher.) After a couple minutes of sculpting, allow for a time of sharing, explaining what each sculpture is and why it is “scary” to each teen. After everyone has had a chance, discuss together the reasons for fear (unfamiliarity, danger, harm, etc.). Once that list has been exhausted, discuss the reasons for trusting in God and His Son to be our strength in times of fear. (Use scripture to help with this list: Psalm 118:6, 8-9; Nahum 1:7; 2 Timothy 1:7; Philippians 4:13; Philippians 4:6 & 7.)

### Close

Together, read Deuteronomy 31:6. **“Be strong and courageous. Do not be afraid or terrified because of \_\_\_\_\_ (them) \_\_\_\_\_ for the Lord your God goes with you; he will never leave you nor forsake you.”** Replace “them” in the verse with the specific fear each teen had made a foil sculpture of. Together, flatten all the foil sculptures into long strips, let the teens use them to bookmark either the Bible Story or any verse that helps them to remember that Christ calms the storms and fears in our lives.

\*Find out what others are afraid of where they place their faith using the worksheet, “Official Fear Survey.” Have teens administer survey to friends and family members and bring back to class – tabulate together and find out what age groups have what fears and if men really are afraid of shopping!

**Go!****Whadaya Mean Jesus is Like a Snickers?****RELAY**

**Materials:** Assorted candy bars cut into bite-size pieces (the smaller the better) and a blindfold. Another option: check out the website [www.smm.org/sln/tf/c/crosssection/namethatbar.html](http://www.smm.org/sln/tf/c/crosssection/namethatbar.html) for additional candy bar ideas and a great guessing game for the teens . . .

**Quest Connection**

Had one of us been a disciple of Jesus, we too would have most likely said, “Who is this? Even the wind and the waves obey Him!” For the disciples at the time in their faith journey had very few experiences with Christ and had not yet realized the power of this man, their Lord. Indeed we are often like that in our faith journey, with little experience as Christ as our Savior and Lord, we do not always know of or trust in His power. Like a little taste of the candy bar, or only looking at the cross section (check out that website), we may not know what we have tasted or what we are looking at until we see the entire bar or are told the official name. There are those seeking Christ who may only have seen such a small glimpse of Him attending one or two church services in their lives. It is possible for us to act as the disciples did once they realized the real power of Christ and the message of the gospel – WE CAN SHARE IT! Better than a Snickers, Christ is worth giving to a friend.

**Procedure:** Blindfold teens and let them taste the bite-size pieces of each candy bar keeping track of their guesses by writing on scrap paper. Once everyone has had a chance to taste and tabulate, compare guesses and see who knows their candy bars the best.  
MMMMmmmmmmmm!

**Close**

**Prayer:** Dear Lord, help each of us to share with others who we know Christ to be – the Lord of our lives. And, may we know more of Him through each day of our journey, understanding better and trusting more daily in His power.

**Go!**



### Fear Factor

#### GROUP DISCUSSION

**Materials:** List of “Future Fears” below and three faces included in teaching resource section. Tape each face on a separate wall in the Sunday School space, close enough that no one is leaving the building and far enough away that it takes physical energy to get from one to the other.

### Quest Connection

We all have times that we feel like the disciples did as their boat became swamped – “Jesus, don’t you even care – can’t you see what’s happening here – I’m going to drown – don’t you care?” It probably seems sometimes that we are in the middle of a storm and Jesus is asleep with His head on a pillow. But, we have to remember as we are frantic with stress and fear about our future, that Christ is calm only because He already knows what we are still learning. He does care and with faith, we are strong enough to combat all the storms and struggles that attack our daily lives. Pass out worksheet, “I Trust Jesus With.” Have a time for the teens to recognize and write about a time Jesus has helped them through a struggle and encourage them to share that story with another friend this week.

**Procedure:** Read one sentence at a time from the “Future Fears” list to the teens. After listening to the sentence, each teen decides just how much fear that causes them and stands in front of the coordinating face. Ask why each teen chose to stand by a certain face and encourage discussion between the teens to discover similar fears and support from one another.

Future Fears:

I am afraid about what happens after I graduate from high school.

I am fearful of losing friends.

I’m afraid God will call me to be a missionary in a foreign country.

I fear that my family may not always be together.

Sometimes I get afraid of starting something new – like school, sports, or joining a new club.

It scares me to think of getting a job.

I am afraid being in situations that make it harder and harder for me to follow Christ.

I am scared I will not be able to go to college.

I am afraid for my safety when I am at school.

It scares me to share my faith in Christ with others.

It scares me to think about not fitting in with a group I want to be in.

### Close

This week, any time fear of the future begins to creep into our day, let’s picture Jesus asleep on a boat in the middle of a storm – able to relax, because He knows what we also know, with faith I am able to overcome this fear!

\*\*\*For an extra special reminder for the teens as they leave class – hand them each a fortune cookie that you have in advance placed a small slip of paper that reads: “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future” (Jeremiah 29:11). This can easily be done by using a pair of tweezers to pull the original “fortune” out and replace it with God’s words.

**Go!****SOS! Signals of Stress****COMPUTER**

**Materials:** Package of 12” balloons, flour, funnels, spoons, printed website: <http://stress.about.com/cs/teenstress>

**Quest Connection**

**Often a balloon with flour inside is not enough to calm our fears and our stress, but always with Christ inside our lives, stress and fear can be overcome.**

**Procedure:** Holding the base of the balloon, each student spoons flour through a funnel into the balloon (funnels can be made out of construction paper, rolling one corner toward the other until in the shape of an ice cream cone). Make sure the balloon is packed as full of flour as possible, and then tie knot in the end of the balloon. Wa-La – the students have an instant stress balloon – squeeze in palm of hands and feel the tension flow from the body!

While the teens are working on and playing with their stress balloons, either log onto a church computer or refer to a printed version (done beforehand by going to <http://stress.about.com/cs/teenstress> and clicking on the 6<sup>th</sup> article, “What is Stress”). This webpage includes fun illustrations and good questions such as, “What is the sign of stress for you?” and “How do you balance the stress in your life?” Get discussion going by reading over the stressors and indications of stress and ask who can relate or not relate with what this page indicates as stressful? What daily stress will the teens use their stress balloons to combat? Who do the teens trust to confide in about the stress in their life? Teens can begin to understand that many of life stresses are shared by others their own age and even adults that they think might not “get it.”

\*An alternative, or an addition, to using the website as a discussion starter is to invite a health-care professional from the church to class to discuss the effects of stress on teens and ways to deal with good and bad stress.

**Close**

Silently, allow a time for teens to go to Christ in prayer and ask for help concerning an area of stress in their life. Together, thank Him for already knowing our needs and providing help.

**Go!****Stress Solutions****REFLECTION**

**Materials:** Pencils, lined paper, a timer, “My Stress Alarms” worksheet, relaxing instrumental music and tape/CD player

**Quest Connection**

**It’s important to not only be prepared for the stress in our lives and how we react to it, but to also know that the best way to manage our daily stress is to hand over our problems to God. After Jesus calmed the storm He asked the disciples, “Do you still have no faith?” Stress will inevitably be part of our lives, but by placing our faith in God we have the promise of His strength and His peace.**

**Procedure:** Set timer to ring every three minutes. Begin by letting each teen create a stressful situation and write it down on the top of a piece of paper. At three minutes, when the alarm sounds, pass the paper one person to the right who begins to write out a solution to the stressful scene, continue until the original writer has his/her own paper and then shuffle and randomly pass out again to be read aloud. Read all the stories for some fun laughter as well as helpful solutions to stressful situations from the teens. After reading the stories pass out worksheets for teens to write down their personal stress alarms (muscle tension, crying easily, negative thoughts about self, quickly snap at others . . .). While writing and thinking, play relaxing music to increase stress release!

**Close**

Wrap up this stress session with a one word prayer – randomly, allow teens to offer up the stress in their lives through one or two words. Close the prayer by asking, **Dear Lord, hear our prayers.**



**Go!****I Can't, But He Can****GROUP DISCUSSION**

**Materials:** Worksheet “Call on Jesus,” as well as, the song by Nicole C. Mullen

**Quest Connection**

Each of us has special gifts, but there is usually someone better at this or that. I don't think any of us in this room has ever jumped over 29 feet or ran 200 meters in less than 22 seconds, but we've been given a promise that **WE CAN**. Open your Bibles to **Philippians 4:13** – here we read that with Christ all things are possible. It's hard to believe sometimes, but it's true if we call on Jesus to be our strength. Let's listen to a song by Nicole C. Mullen. Pass out worksheet. Can you relate to the lyrics of this song? Do you believe Jesus will move mountains to rescue us when we ask Him? He calmed the storms when the disciples asked, and we are just as much His followers today – I know He hears us when we talk with Him.

**Procedure:** Begin by asking who can do the following:  
(Maybe you know of fun talents your students have – include those in this list as well.)

Runs 200 meters in less than 22 seconds (Florence Griffith-Joyner)  
Sticks to walls and spin webs like a spider (Spiderman)  
Talks anyone into getting a haircut (Delilah)  
Paints pictures without the use of her hands (Joni Erickson Tada)  
Jumps over 29 feet (Carl Lewis)  
Calms the wind and waves (Jesus)

**Close**

Allow for some quiet time for the teens to write their own verses to this song.

# My Stress Alarms

Body:

Mood:

Thoughts:



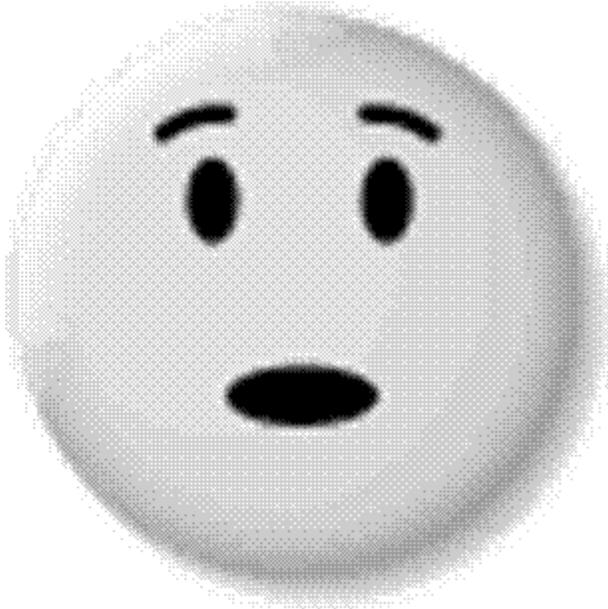
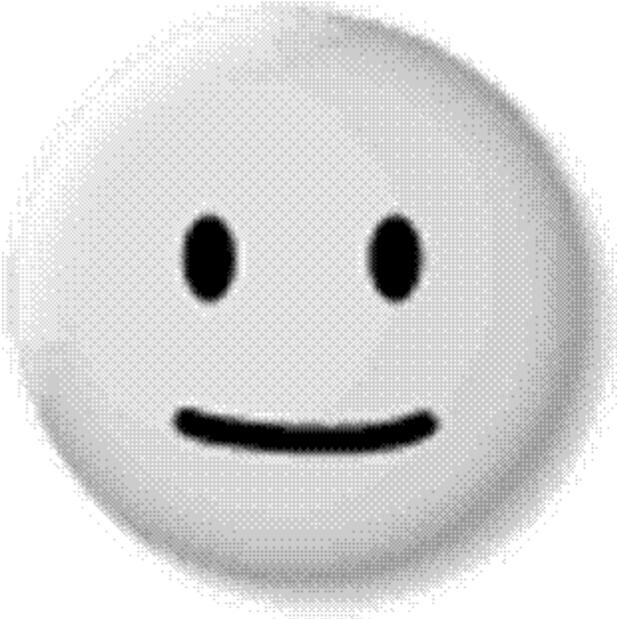
Interactions with Others:

# My Weather Report



**Draw your own weather report showing how stormy life is or is not for you right now. This is just for you to see and Christ to know, so be honest with Him and you. No matter what the report, Christ cares about the weather and the storms in your life!**

Resource Page





# Official Fear Survey

My biggest fear is \_\_\_\_\_

The most frightening dream I've had is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

When I was a child, I was afraid of \_\_\_\_\_

When I am afraid, I tell \_\_\_\_\_ about my fears.

Circle Often, Sometimes or Never:

I pray when I am afraid	OFTEN	SOMETIMES	NEVER
I worry about my life	OFTEN	SOMETIMES	NEVER
I place my faith in Christ	OFTEN	SOMETIMES	NEVER
I experience stress in my life	OFTEN	SOMETIMES	NEVER
I fear the uncontrollable	OFTEN	SOMETIMES	NEVER

AGE:

GENDER:

# Call on Jesus

By **Nicole C. Mullen** from *"Talk About It"*

©2001 Wordspring Music, Inc./Li'l Jas Music/SESAC

I'm so very ordinary  
Nothing special on my own  
I have never walked on water  
I have never calmed a storm  
Sometimes I'm hiding away from the madness around me  
Like a child who's afraid of the dark

But when I call on Jesus  
All things are possible  
I can mount on wings like eagles and soar  
When I call on Jesus  
Mountains are gonna fall  
'Cause He'll move heaven and earth to come rescue me when I call

Weary brother  
Broken daughter  
Widowed, widowed lover  
You're not alone  
If you're tired and scared of the madness around you  
If you can't find the strength to carry on

Repeat chorus

Call Him in the mornin'  
In the afternoon time  
Late in the evenin'  
He'll be there  
When your heart is broken  
And you feel discouraged  
You can just remember that He said

*write your own verse -  
personalize this song  
with your Words !*

