

Jesus Calms a Storm

Never Fear, Jesus Is Here!

Mark 4:35-41

Bible Point

Jesus rescues us.

Purpose

Life's storms come and go—and some are worse than others. When we're in the middle of those storms, it can be easy to panic and let worry take over. But whether it's a real storm or a personal storm, Jesus is—and always will be—with you.

Terrified when a strong storm hit their small boat in the middle of the lake, Jesus' disciples thought it was all over. And yet Jesus was napping in the boat! The disciples panicked, crying out, "We're going to drown—don't you even care?" But Jesus was in control. He spoke to the wind and waves and stilled the storm, rescuing his friends and displaying his awesome power.

Young children experience mini-storms every day, and emotions melt down on a regular basis. During these storms, too, Jesus brings calm and comfort. His love never leaves us.



Prayer

God, thank you so much for sending Jesus to rescue us. Thank you for the gift of your precious Son. Please guide me as I help children experience Jesus' love. In Jesus' name, amen.

Prep

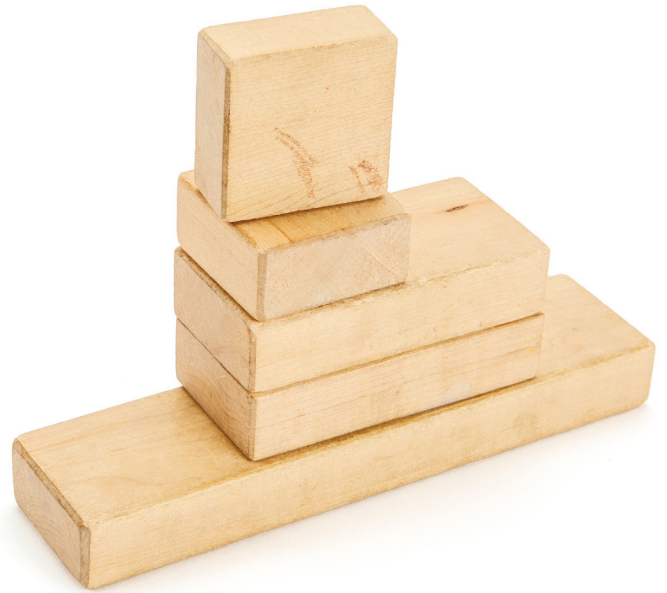
Opening Options	Sing & Play	Bible Discovery & Goodbye Circle	Apply-It Options
<input type="checkbox"/> Option Cards* <input type="checkbox"/> <i>Stormy Weather</i> : waterproof containers, water, sponges in various sizes <input type="checkbox"/> <i>Strong Boats</i> : building blocks	<input type="checkbox"/> <i>Music CD</i> * <input type="checkbox"/> <i>Music Video DVD</i> * <input type="checkbox"/> <i>Buddy Video DVD</i> * <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"/> <i>Music CD</i> * <input type="checkbox"/> Guac Bible Memory Buddy stickers* (1 per child) <input type="checkbox"/> media player <input type="checkbox"/> Bible (bookmark Mark 4:37-40) <input type="checkbox"/> spray bottle with water (optional)	<input type="checkbox"/> <i>Game</i> : large bedsheets (1 per Crew) <input type="checkbox"/> <i>Food-n-Friendship</i> : snack, napkins, hand cleanser, <i>Music CD</i> *, media player <input type="checkbox"/> <i>Coloring Creation</i> : "Jesus Calms a Storm" Coloring Creation pages* (1 per child), crayons, glue sticks, yellow or gold chenille wire pieces, child-safe scissors, <i>Music CD</i> *, media player

* 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!



Stormy Weather

Supplies

- waterproof containers, water, sponges in various sizes

Fill containers with 1 inch of water and place sponges inside the containers.

Play in the water, creating storms with wind, raindrops, choppy water, and more.

? What do you like to do on rainy days?

Whether it's a beautiful sunny day or a rainy, stormy day, Jesus is with us. **Jesus rescues us!**

Strong Boats

Supplies

- building blocks

Build strong boats that could withstand a storm.

? Tell about a time you were scared in a storm.

In our Bible story, we'll hear how Jesus and his friends were in a boat in a terrible storm. Jesus' friends were scared, but they learned **Jesus rescues us.**

Opening

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



"The Cleanup Song" (*Music CD track 1*)

Help kids transition by cleaning up before sitting with their Connect Crews. A Connect Crew is a smaller group of kids with one Crew Guide.



Sing & Play

Welcome

Hello, friends! Wow, am I excited to see you today! Let's sing our welcome song.



"Hello, My Friends" (*Music CD track 2*)

Let's say hello to our Crew Guides. They're our go-to friends who are here to have fun and learn along with us.

- Kids give their Crew Guides a fist bump.

Bible Point

Let's find out today's Bible Point: **Jesus rescues us.** Every time you hear the words **"Jesus rescues us,"** hold out your arms (demonstrate) and say, "Yay, Jesus!" Let's try that together.

Repeat the Bible Point several times, inviting kids to follow along.

Jesus rescues us. (*Yay, Jesus!*) **When you rescue, you help someone.**

Jesus helps us when big storms come. (*have children pretend to be afraid*)

Jesus helps us be brave! (*have children show muscles*)

Jesus rescues us. (*Yay, Jesus!*)

Repeat several times.

Supplies

- Bible
- *Music CD*
 - "Hello, My Friends"
- *Music Video DVD*
 - "Rescue Me" music video
 - "God Is for Me" music video
- *Buddy Video DVD*
 - Guac Bible Memory Buddy video (Week 2)
- media player
- Guac Bible Memory Buddy poster



Yay, Jesus!

Repetition cements learning, 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!"

Let's sing a song! Jesus never leaves us. We can talk to Jesus and ask him to help us.



"Rescue Me" music video



Bible Memory Buddy & Verse

It's time to talk to Buzzly, our bee friend. He helps us *beee* close friends with Jesus! Let's call for Buzzly. Do what I do!

- Flap hands quickly like a bee.
- Make buzzing sounds.



Guac Bible Memory Buddy video (Week 2)

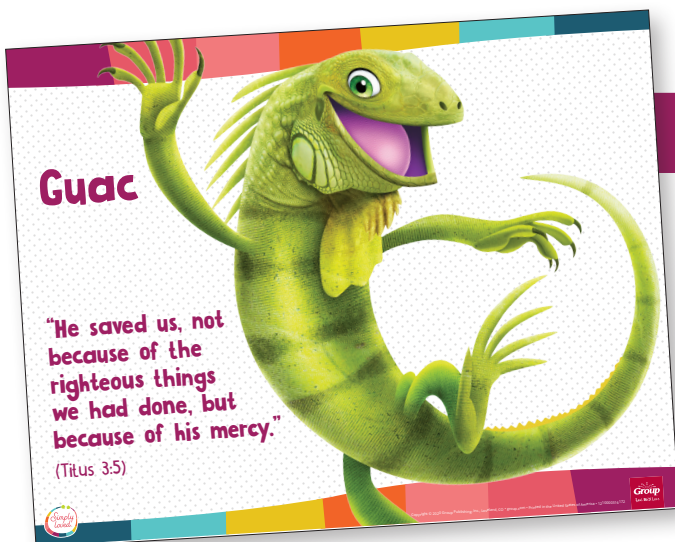
Guac tells us that **Jesus rescues us**. (Yay, Jesus!)

- Show the Bible Memory Buddy poster.
- Explain that Guac is an iguana, which is a large lizard. Iguanas have a special ability: They can hold their breath underwater for up to 28 minutes!
- Have everyone hold their nose and pretend to hold their breath. Then take in a deep breath.
- **You might hold your breath when you're nervous or scared. But we can breathe easy because Jesus helps us. Jesus rescues us!** (Yay, Jesus!)



Show the Bible. **The Bible is God's true story of love! Our Bible Memory Verse comes from the Bible. Let's say it 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)



Let's praise God for giving us his Son, Jesus.



"God Is for Me" music video

Bible Discovery


Hold up a Bible. **Today we'll hear a story from the Bible about a time Jesus and his friends were in a boat. Jesus had been out with his friends teaching people about God. Then it was time to say goodbye, so they got on a boat to cross a lake. Do this with me.**

- Wave goodbye.
- Have Crews pretend to step into a boat as they get in knee-to-knee circles.
- Pretend to row the boat on a lake.
- Happily sing "Row, Row, Row Your Boat" together.

Jesus was tired! He lay down in the back of the boat, rested his head on a cushion, and took a nap.

- Have children curl up on the floor and put their hands under their heads and then pretend to sleep.

Let's hear what happened next.

 Read aloud Mark 4:37.

Uh-oh! A big storm came over the lake. Do what I do!


- Have Crews sit up.
- **The wind is blowing so hard! It's rocking our boat!** Sway back and forth, arms high, like the wind is blowing. Blow air like the wind.
- **The waves are crashing all around!** Have everyone throw their hands up in the air. If you'd like, walk around and mist everyone with the spray bottle.
- **Listen to that thunder!** Have everyone call out "Ka-boom!"
- **Oh no! The boat is filling with water!** Pretend to scoop out water.

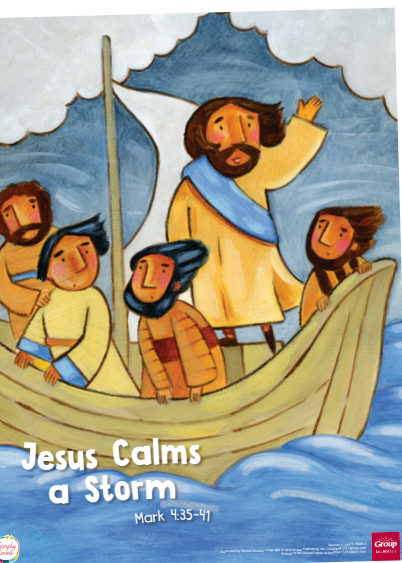
Show the Bible Story poster. Invite kids to point out the boat, the stormy waves, the disciples, and Jesus.

Supplies


- Bible
- "Jesus Calms a Storm" Bible Story poster
- spray bottle filled with water (*optional*)

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

 Read the verse from the Bible. You're showing kids that God's Word is special. Don't worry—we've kept the verses short for young attention spans.



What was Jesus doing during the storm? Let's read and find out!

 Read aloud Mark 4:38.

Jesus was still asleep! His friends were so scared, they began to panic. Do this with me!

- Wave your hands in the air.
- Shout, **"Help us!"**
- Wave your hands in the air.
- Shout, **"Rescue us!"**

Jesus' friends thought the boat might sink. But **Jesus rescues us. (Yay, Jesus!)**
We can always ask for his help. What do you think happened next? Put your hands in your lap and let's find out!

 Read aloud Mark 4:39-40.

Wow! Jesus really came through! Do what I do.

Jesus woke up, *(yawn and stretch)*

He looked around. *(put hand over brow and peer around)*

Then he said, "Storm, calm down!" *(put hands out in front of you and lower them)*

Jesus' friends were so relieved—Jesus had saved them. But they were still a little scared. They'd never seen anyone calm a storm before, and Jesus had calmed the storm just by speaking. Wow! **Jesus rescues us. (Yay, Jesus!)**



Now's a great time for Apply-It Options. Choose one or more that fit your time frame to support today's Bible discoveries before the closing Goodbye Circle.

Apply-It Options

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

Game

Supplies: large bedsheets (1 per Crew)

Make waves with a bedsheet.

- Have Crews hold on to the edges of the bedsheet.
- On “go,” have Crews move their arms up and down to make waves.
- Have Crew Guides call out the name of a child in their Crew. That child will “swim” under the waving sheet and out another side.
- Continue calling names so each child “swims” several times.

You had to be brave when you swam under the sheet. But you made it to the other side!

- **Tell about another time Jesus helped you be brave.**

Jesus' friends weren't very brave in the storm. But Jesus helped them, and Jesus helps us, too!
Jesus rescues us. (Yay, Jesus!)



Food-n-Friendship

Supplies: snack, napkins, hand cleanser, *Music* CD, media player

- Give a napkin to a friend and say, **“Jesus rescues us!”** (Yay, Jesus!)

 **“God, You Are So Good”**
(*Music* CD track 3)

- Eat snack together.
- **When we're worried, we can ask Jesus for help. Who has something to talk with Jesus about?**
- Pray together.

Jesus rescues us. (Yay, Jesus!)
Let's show Jesus' love and help each other clean up!



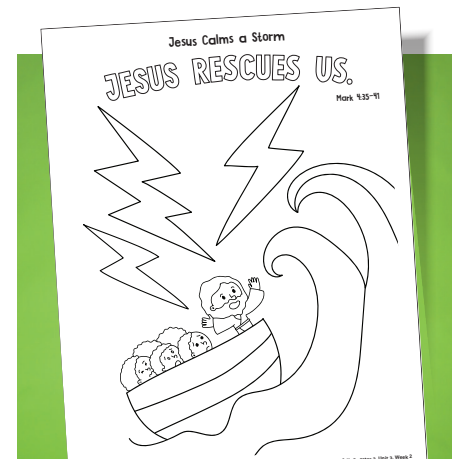
Coloring Creation

Supplies: “Jesus Calms a Storm” Coloring Creation pages (1 per child), crayons, glue sticks, yellow or gold chenille wire pieces, child-safe scissors, *Music* CD, media player

Jesus rescues us (Yay, Jesus!) **just like he rescued his friends from the big storm.**

- Review the Bible story as you identify Jesus, the boat, the disciples, and the storm on the page.
- Color the picture.
- Help kids bend yellow or gold chenille wire pieces into lightning bolts and glue them to the picture.
- Play music as kids create.

 **“His Mercy”**
(*Titus 3:5a*)
(*Music* CD track 7)



Supplies

- Music CD
 - “Goodbye, My Friends”
 - “His Mercy” (Titus 3:5a)
- media player
- Guac Bible Memory Buddy stickers (1 per child)



Goodbye Circle

It's almost time to say goodbye! Let's sing our goodbye song as we join hands and make one big circle!



“Goodbye, My Friends” (Music CD track 4)

Jesus rescues us. (Yay, Jesus!) When things seem out of control or when we feel upset or scared, Jesus is always there. He can calm a real storm, and he can calm our hearts when we're upset. We can always talk to Jesus and ask him to help us. **Jesus rescues us** (Yay, Jesus!) just like he rescued his friends.

No matter what's happening around us, we can know that Jesus is always with us. Let's celebrate!

Jesus rescues us! (Yay, Jesus!) When you rescue, you help someone. Jesus helps us when big storms come. (have children pretend to be afraid) Jesus helps us be brave! (have children show muscles) **Jesus rescues us.** (Yay, Jesus!)

Repeat several times.

- Show the Bible Memory Buddy poster, and remind kids that Guac helps us remember **Jesus rescues us.** (Yay, Jesus!)
- Invite Crew Guides to share Jesus' love and give each child a Guac sticker. Have children “swim” around the outside of their Crew circles to receive a sticker from their Crew Guides. Crew Guides give each child a sticker as they say, “**Jesus rescues us**, and that means you, [child's name].”



“His Mercy” (Titus 3:5a) (Music CD track 7)

- Do Bible Memory Verse motions and move to the music!

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

