

UPPER ELEM Flight Plan February 1st



<p>Lesson</p>	<p>Jesus Calmed a Storm</p>
<p>Bible Passage</p>	<p>Matthew 14, Mark 4-5, Luke 8</p>
<p>Story Point</p>	<p>Jesus calmed a storm to show the disciples that He is God.</p>
<p>Key Passage</p>	<p>“Lord my God, you have done many things— your wondrous works and your plans for us; none can compare with you. If I were to report and speak of them, they are more than can be told.” Psalm 40:5</p>
<p>Big Picture Q & A</p>	<p>Why did Jesus perform miracles? Jesus performed miracles to glorify God, to show He is the Son of God, and to care for people.</p>



Key Word Unscramble
Put the letters from the word in the correct box.

EILEPA	AES
YABD	OTBHS
COMPLSEN	SEWAL
LURES	MWID
EDVS	

Sign Scene
Write the scene for each passage of today's Bible story.

MARK 4:35-36	MARK 4:37-38	MARK 4:39-41

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leader bible study

After a long day of teaching, Jesus and His disciples got into a boat to cross over to the other side of the Sea of Galilee. When their short sailing trip was interrupted by a violent storm, the disciples found themselves in danger with nowhere to turn—except to the One who created all things.

Several of the disciples were experienced fishermen. They had spent significant time on the Sea of Galilee, but this storm was so strong that the waves overtook the boat. The disciples were afraid they would drown. As the disciples panicked, what was Jesus doing? He was sleeping!

The disciples woke Jesus. The situation was out of their control, and perhaps they felt forsaken by God. But their reaction was full of irony: “Teacher! Don’t you care that we’re going to die?” (Mark 4:38).

The disciples obviously did not know why Jesus had come to earth. Jesus had come to rescue people from sin. In dying on the cross, Jesus would truly be forsaken by God. (See Matt. 27:46.) Jesus would die the death the disciples—and all sinners—deserve so that they could live forever with God. Did Jesus care that the disciples were going to die? Absolutely. But He was going to rescue them from something worse than drowning. Jesus would save them from spiritual death.

Jesus calmed the wind and the waves. He displayed His power over creation and demonstrated that He is truly God. God has power over the wind and the waves. (See Job 12:15; 28:25; Ps. 33:7; 107:25-30; Amos 4:13.)

Vision for Grace Airways
We navigate the scriptures,
training up bold disciples,
on our ongoing journey to Jesus!

Gospel—Centered Preparation:

The heart of preparation is rooted in your understanding of the gospel and your personal application of the story.

After your study ask yourself:

- How do the verse and Big Picture Question connect to this story?
- What am I excited to teach from this passage?
- The main point this week is: _____
- Where is the gospel in this story?

February Focus: Jesus shows He is God



FEB 1st: Jesus Calmed a Storm

Matthew 8, Mark 4-5, Luke 8

Story point: Jesus calmed a storm to show the disciples He is God



FEB 8th: Jesus Fed a Crowd

Matthew 14, Mark 6, Luke 9, John 6

Story Point: Jesus miraculously fed a crowd with five loaves and two fish.



FEB 15th: Jesus Walked on Water

Matthew 14, Mark 6, John 6

Story Point: Jesus showed He is God by walking on water.



FEB 22nd: Jesus Showed His Glory

Matthew 17, Mark 9, Luke 9

Story Point: Jesus showed His glory to Peter, James and John.



Co-Pilot—Included Preparation:

On a Sunday morning, the Pilot is leading everyone in our ongoing journey to Jesus— that includes both flyers and Co-Pilots! The more consistency and continuity we have between Pilots, the better we can prepare our helpers to succeed and grow! With that consistency comes the mentorship aspect for our youth volunteers in particular, and utilizing our adult co-pilots as well: sharing activities, engaging them in the morning, and encouraging their involvement.

As you prepare for the lesson, ask yourself:

- **Does my planning allow for Co-Pilot participation throughout the morning?**
- **How did I prepare my Co-Pilot to help with classroom management?**
- **What specific activities will my Co-Pilot assist with today?**
- **In what ways can I encourage my Co-Pilot?**

Engagement

- Sit with child during the story
- Playing alongside flyers
- Reengage chatty/distracted kids
- Ask to volunteer an example during discussion
- Help play to Co-Pilot's strengths

Activities

- Attendance stickers
- Timeline
- Joining in the verse and BPQ&A
- Assigned to a specific flyer
- Helping find books in the Bible
- Leading crafts & songs

Encouragement

- Thank you for stepping in there!
- You did a great job with _____.
- You really helped me while I was _____.
- Thank you for being _____'s buddy today.
- Your help really made this morning go smoothly.
- _____ was the right thing to do. You handled it well!
- I'm so glad you are here today!

Sunday Morning Flight Plan



Take Off

- Open in Prayer
- Hook
- BPO and A & Key Passage
- Timeline & Introduce Story

10 Min

Journey

- Attendance & Bible Sticker
- Bible Story
- God's Attributes

15 Min

Flight Lab

- Experience of the Bible Story
(Make connections through an activity & motion)

15 Min

Pilot's Log

- Pray
- Calm activity during pick-up
- Give activity sheets to parents as they pick up students

5 Min

PICK UP:

First Service:
Around 9:45

Second Service:
Around 11:45



10 min Take Off

Celebrate being here! Introduce the morning.

Open in Prayer

Hook

Prompt kids to discuss a time they felt afraid. What scared them? We often feel afraid when we face situations that we don't understand or weren't prepared for. Today we will learn about a time Jesus' disciples felt very afraid. What do you think scared them? How do you think they handled their fears?

Big Picture Question

Jesus lived and traveled in the region we know today as Israel. During His ministry, Jesus performed many miracles. ***Why did Jesus perform miracles?*** Well, that is what I call our big picture question. And here's the answer: ***Jesus performed miracles to glorify God, to show He is the Son of God, and to care for people.*** Keep that in mind this month as you hear about Jesus' amazing miracles.

Key Passage

Show the key passage poster. Lead the boys and girls to read together Psalm 40:5. This psalm is a wonderful reminder that God is good. All He does is good. All His plans are good. We can trust Him through every trial and all hard times we face.

Timeline/Introduce Bible Story:

When Jesus came to earth, people didn't know who He was. The Old Testament prophets had said that the Messiah would come, but people did not recognize Him. Jesus spent three years in public ministry. He taught people about God and His kingdom. He also performed miracles. Today's Bible story is called "Jesus Calmed a Storm." Now that sounds pretty miraculous!

Transition to Bible Story: (OPTIONAL) Show the Bible Story Video.



15 Min Journey

Where we travel into God's word

Bible Story

Open your Bible to **Matthew 8; Mark 4; Luke 8** Read from the Bible or use your storytelling skills to help you tell the story.

Jesus had been teaching all day. When He got into the boat with His disciples, He fell asleep. Have you ever slept through a storm? Maybe you slept through it in the comfort of own bed. Could you imagine sleeping through the storm while you were outside? The storm was so intense that Jesus' disciples thought they were going to die. Where did they turn? Look at Mark 4:38. [Allow kids to read the verse and respond.] The disciples assumed Jesus didn't care about what might happen to them.

Jesus got up and rebuked the wind and the waves. Immediately, the storm stopped. **Jesus calmed a storm to show the disciples He is God.**

How did the disciples react to this miracle? Look at Mark 4:41. [Allow kids to read the verse and respond.] They knew Jesus was no ordinary man. The wind and waves obeyed Him!



Jesus' disciples knew Jesus was a good man and a good teacher. But when Jesus calmed the wind and the waves, He showed His disciples that He is also God. God rules the sea and stills its waves. (Psalm 89:9)

Jesus Calmed a Storm

Matthew 8; Mark 4; Luke 8

**STORY POINT: JESUS CALMED A STORM TO SHOW
THE DISCIPLES HE IS GOD.**

Jesus spent all day teaching crowds of people near the Sea of Galilee. That evening, Jesus wanted to cross over to the other side of the sea. So Jesus and His disciples got into a boat and began sailing. Jesus fell asleep on a cushion at the back of the boat.

All of a sudden, a storm came. The wind was strong. Water was coming into the boat, and the disciples were afraid!

The disciples looked to Jesus for help, but Jesus was still fast asleep at the back of the boat. He didn't seem to even notice the storm.

The disciples woke up Jesus. "Lord, save us!" they said. "We are going to die!"

Jesus got up and spoke to the wind. Then Jesus said to the sea, "Silence! Be still!"

At the sound of Jesus' voice, the wind stopped blowing and the waves stopped crashing. Everything was calm. The disciples were safe.

Jesus looked at His disciples and asked, "Why are you afraid? Do you still have no faith?"

The disciples were amazed. "Who is this man?" they asked each other. "Even the wind and the waves obey Him!"



Christ Connection: Jesus' disciples knew Jesus was a good man and a good teacher. But when Jesus calmed the wind and the waves, He showed His disciples that He is also God. God rules the sea and stills its waves. (Psalm 89:9)

Discussion & Bible Skills

Distribute Bibles. Guide boys and girls to open their Bibles to Mark 4. Explain that the Gospel of Mark helps us see that Jesus is the Son of God. Choose a volunteer to read aloud Mark 4:39-41. Jesus and His disciples were in a boat on the Sea of Galilee. The disciples were afraid they would die in the storm. **Jesus calmed a storm to show the disciples He is God.** The Bible says God rules the sea and stills its waves. [See Psalm 89:9.] Lead the group to discuss:

- 1. What would you have thought if you saw Jesus sleeping through the storm that day?** *Invite kids to share their thoughts. Perhaps Jesus' sleeping might seem like He did not care. Emphasize that even if God seems silent in our difficult situations, He is always near and always at work—often in ways we do not expect. He does everything for His glory and our good.* (Option: Choose a volunteer to read Acts 17:27.)
- 2. What can you do when you feel afraid of what is happening around you?** *when the disciples were afraid during the storm, they turned to Jesus for help. We can look to Jesus in faith every day. We can look to Him to rescue us from sin, and we can ask for His help to live in a way that honors Him. Even when we feel afraid or doubt God, we can cry out to Him. Jesus cares. He will answer, and—like the disciples did—we can worship Him.* (Option: Choose a volunteer to read Isa. 41:10).
- 3. What do you know to be true about God that can help you have peace in hard situations?** *Lead kids to recognize that we can trust that God is in control and has power over everything, even when times are hard. Trusting God gives us peace that can show the world that He is mighty. Jesus proved that He can be trusted. His miracles, teaching, death, and resurrection showed that He is who He says He is. Only Jesus can save us when we look to Him in faith.* (Option: read Ps. 56:3-4.)

God's attributes- helping the children understand what God is like, shown to us in the Bible. In today's story we see that God is:

-Powerful -In Control

Travel Guide:

Use the travel guide for maps, charts, etc... as useful with helping the children learn and understand today's story.



15 min Flight Lab

Instill Wonder as you experience the Bible
CHOOSE ONE ACTIVITY

Who is this?

Give each kid three index cards. Explain that on each index card, a kid should write his name and an unusual fact about himself. Encourage kids to think of facts the other kids might not know about them.

Collect the cards and instruct the kids to stand in a circle. Begin by reading aloud a fact written on one of the cards. Then ask, "Who is this?" Kids should point to the person they think wrote the fact about himself.

Remind kids that if they hear their own fact, they should point to someone else so they don't give away the answer.

Reveal the identity of the true "fact writer" after kids all point to someone. Play until you have read each fact.

- In the Bible story we will hear today, Jesus' disciples witnessed something that made them say, "Who is this?" They realized something amazing about Jesus. We'll find out what it was.

Is it possible?

Instruct the kids to form a line in the center of the room. You may use masking tape to mark a line for the kids to stand on. Read a series of actions and instruct the kids to take a step to the left of the line if it is something they can do or could learn to do. Kids will take a step to the right of the line if it is something they could never do.

Suggested actions: play basketball, plant a tree, control the weather, lift a school bus, dance in a talent show

- Humans can do many things. But one thing we cannot do is control the weather. In fact, we can barely even predict the weather, even with all our modern technology! Today we learned about a time Jesus showed His power as God by controlling weather.

Key Passage Activity

Write words or phrases of Psalm 40:5 on six or more separate index cards. Prepare at least one card per kid. If your group is large, make multiple sets. Display the key passage poster. Lead kids in reading Psalm 40:5 aloud together.

Mix up the cards and challenge kids to arrange them in the correct order. When kids finish, guide them to read the cards aloud to check their work. If time remains, mix up the cards and play again.

Make Calming Jars

Give each kid an 8-ounce bottled water and a cup. Instruct kids to pour the water into a separate cup, leaving about 1/4 cup of water in the bottle. Invite kids to squeeze about 1/4 cup of glitter glue into their bottles.

Help kids use funnels to add more water to the bottle, leaving about 1/2 inch of space at the top. Let kids add 1 or 2 teaspoons of glitter to the bottle. Use hot glue or duct tape to secure the lid to the bottle. Shake well.

Tell kids that when they are feeling afraid or anxious, they can shake the bottle. As they watch the glitter settle, they can take deep breaths and pray, asking God to give them peace.

- In the story we will hear today, Jesus' disciples were terrified. Jesus' disciples knew Jesus was a good man and a good teacher. But in the middle of their storm, they didn't understand His power. Listen for how Jesus shows He is God. When life feels out of control, we can turn to the One who is always in control. Jesus is powerful, and He loves us.

Noisy Orchestra

Guide kids to stand in a line, shoulder to shoulder. Explain that you will give them instructions. The first kid in line should begin. Then the second kid, third kid, and so on until all kids are performing an action. Then prompt the first kid to begin a new action. Kids will join in one by one. Complete all the actions to simulate the sound of a storm.

Steps: 1. Rub your hands together; 2. Snap your fingers; 3. Clap hands in a random pattern; 4. Pat hands on legs; 5. Stomp feet; 6. Pat hands on legs while stomping feet; 7. Stomp feet; 8. Pat hands on legs; 9. Clap hands in a random pattern; 10. Snap your fingers; 11. Rub your hands together; 12. Be still.

- Many of Jesus' disciples were experienced fishermen, but in the story we will hear today, they encountered a powerful storm on the water and didn't think they would survive. We'll find out how Jesus helped.

Indoor Storm

Split the group of kids into three smaller groups. Assign each group a role: rain, wind, or thunder. Ask each group to make noises that correspond to that sound in a storm. Kids can slap their thighs for rain, whistle for wind, and make thundering noises with their mouths. When you say "storm," children should use their bodies to make a loud storm. When you say "silence," children should freeze and be quiet and still. Play several rounds as time allows, calling out different elements assigned to each group.

- The Bible tells us amazing stories about Jesus' power. Today's Bible story is about a boat, a storm, and how Jesus did something amazing—something that only God could do.



5 min Pilot's log

Where we prepare to depart.

Pray:

If time, share prayer requests and allow kids to record in the **prayer journal section of their *Travel Guide***.

ALWAYS CLOSE THE MORNING WITH PRAYER.

This is how we model incorporating prayer into their lives.

Waiting for parents/Activity Page:

Tie back into the lesson, remind them of the Big Picture Question/verse, etc...

Be sure to **re-set expectations on what their choices are while waiting for mom and dad:**

- Activity page
- Key Passage Activity (See next page for list of options)
- Coloring page
- Gospel Kit Activities
- Anything quiet at the tables you are ok with (*origami, free draw on blank paper, hangman game at white board, putting Book of the Bible cards in order, etc....*)

Be sure that the Co-Pilots hand out the Activity sheet to each child or to parents so they can go home with families.

Key Passage Review Extra Ideas:

Invite kids to sit around tables. Give each kid a pencil. Show the key passage poster and lead them to read it aloud.

Give a piece of paper to one kid at each table. Instruct him to write down the first word of the key passage and pass the paper to the person on his right. That person will write down the second word, pass the paper to her right, and so on. Kids will pass the paper around the table, writing one word at a time until they finish the key passage. When kids finish, invite groups one at a time to say the key passage together.

Display the key passage poster. Lead the kids to read it aloud. Then challenge them to read it in various ways: whispering, shouting, quickly, slowly, and so on.

Form two groups of kids. Call on the first group to say the key passage together. Then call on the second group to say it.

Prompt the first group to say the passage a few phrases at a time, pausing for the second group to echo. When kids finish saying the key passage, lead the second group to begin and the first group to echo.

Instruct kids to sit or stand in a circle. Choose one kid to begin by saying the first word of the key passage. Guide kids to say the key passage, one word at a time, moving around the circle.

Allow kids to look at the key passage poster if they need help remembering the words. Continue around the circle a few times. Consider shouting, "Switch!" and letting kids move to another place in the circle before playing again. *Or toss the ball to different kids rather than go in order.*

Before the session, write out the key passage on a chalkboard or dry erase board in eight separate phrases. Display the phrases where kids can see them. Give each kid a marker and eight craft sticks. Instruct kids to copy from the board, writing each phrase on a separate stick. Then instruct kids to mix up their sticks and then quickly rearrange the phrases in the correct order. Kids may work individually or in pairs. Provide rubber bands for kids to bundle their sticks and keep them as a method of practicing the key passage during the week.

Prayer Extra Ideas:

Prayer Chain—In small groups, ask children/co-pilot to write prayer requests on a few paper strips. Connect paper strips into a chain and display our growing conversation to the Lord. Feel free to revisit older requests as well.

Painted Rocks—Have each child choose a painted rock to write on. Write a word of encouragement, a word about Jesus, a name, etc. The goal is to take it with them and place it somewhere near their typical living space—a neighbor’s house, a store, a playground, etc. Then pray over the place or the people who are there.

Pointing to a Map—Choose one or two kiddos to spin/close their eyes/find a certain color (you can be creative and have fun) and point to a country on the map. Place a pin in the place(s) and pray over it as a group. Even if you don’t know anything about the country, we can lift up the people, pray for Jesus’ light to shine there, the Gospel to be active there, and churches to grow, etc.

Looking out the Window—Grab a dry erase marker, have the kids gather at the windows, and look outside. Ask the children to look for 3 things they can see out of the window to pray over. Using the dry erase marker, write those things on the window (Pre-K & K may draw things) and then pray over those things. Feel free to leave them on the window, so whenever we look through, those things are brought to our mind to pray for again.

Head Shoulders Knees and Toes—Pray through the song.

- Head (mind, imagination, thoughts, creativity)
- Shoulders (physical strength, things we might be dealing with)
- Knees (dancing, playing, jumping, etc.)
- Toes (walking and following after Jesus, standing strong in our faith)
- Eyes, ears, mouth & nose (seeing goodness, listening to Him, speaking truthful words, our senses, etc.)

Preschool Carpet Bag Prayers— Choose an item(s) out of the carpet bag. Discuss the item and different people/things the item could represent (car—driving safely, mechanics, trips, first responders, etc) Encourage kids to “think outside the bag” and help them make connections. Pray over the people, places, and things that were discussed.

You're
ready
for
Sunday!



