

## LESSON SNAPSHOT

**BOTTOM LINE:**

God turns our fear into joy.

**OBJECTIVE:**

In this lesson kids will learn “when I feel fear, God is always near.”

**KEY PASSAGE:**

Luke 8:22-25, Jesus Calms the Storm

**MEMORY VERSE:**

*“I will be glad and full of joy because of you.” Psalm 9:2a (NirV)*

**SUMMARY:**

Jesus’ friends got very scared when a storm hit their boat. But Jesus showed them that he is in control, and he stopped the storm. When we feel afraid, we can tame our fear by talking to Jesus and remembering that he is in control.

**SIMPLE PRAYER:**

*Dear God,*

*Even when we feel fear, you are always near. Turn our fear into joy.*

*Amen*

## MEMORY VERSE

*"I will be glad and full of joy because of you." Psalm 9:2a (NirV)*

**LARGE GROUP MV ACTIVITY:** Say the verse several times together. Start by saying it in a whisper, then a little less softly. Keep repeating it until you are shouting the verse together.

Hand motions: "I will be glad" [Wipe your hands in front of your face in a large smile shape] "and full of joy" [Move your arms to draw a large circle in the air] "because of you." [Lift both arms and point to the sky with your hands.]

**SMALL GROUP MV ACTIVITY:** Have one kid volunteer to do the motions while the rest of the group says the verse.

## SKIT OR PUPPET SHOW

**TITLE:** Fear to Cheer

**ITEMS NEEDED:** None

**CHARACTER BREAKDOWN:** 2 Flexible

**CHARACTERS:** Jay, Ray

*Ray looks frightened as Jay enters.*

JAY: Hey Ray.

RAY: Oh hey, Jay.

JAY: You look like something's wrong. Are you all right?

RAY: I'm scared.

JAY: Oh no. Can I help?

RAY: I stayed up late last night and watched a scary movie that I wasn't supposed to. Even now, I feel so scared.

JAY: We all get scared sometimes. You won't feel this way forever.

RAY: Yes, I will. I'm going to be scared forever. I don't like feeling this way.

JAY: Have you asked God to help you?

RAY: No. Should I ask God to help me?

JAY: When you feel fear, God is always near.

RAY: When I feel fear, God is always near?

# SKIT OR PUPPET SHOW

JAY: When the disciples were on their boat and a terrible storm came, they were scared too. They thought they were going to drown. But they asked Jesus for help, and he calmed the storm.

RAY: Wow. Jesus calmed the storm. That's a miracle. And God can help me too.

JAY: Yes, let's ask him for help to turn your fear into cheer.

*Jay and Ray bow their heads to pray.*

RAY: Dear God, I am feeling scared right now. I don't want to be scared anymore. Please help me to be glad. Amen.

JAY: Amen. So, how do you feel?

RAY: Better.

JAY: Do you feel glad, yet?

RAY: I feel glad that God has sent me a friend like you.

JAY: Thanks. Let's go to my house. We can watch something funny and not scary. C'mon.

*End.*

## SNACK

**ITEMS NEEDED:** Apples, pretzel sticks, block of cheese

**ADVANCED PREPARATION:** Cut the apples into large wedges. Cut the block of cheese into small triangles (small but large enough to skewer onto a pretzel stick). Create a boat by skewing the inside of the apple slice with a pretzel stick. Place a piece of cheese onto the other end for the sail.

Post a sign outside the preschool area that says: "Today's snack includes "apple slices, pretzel sticks and cheese. Please let your child's teacher know if it is not ok for your child to have this snack."

**CONNECTION:** The apple boats remind us of the boats in today's story. We can even rock the apple wedges back and forth, like the boat rocked about in the storm. Even though the disciples were afraid of the storm, Jesus was with them. He turned their fear into joy. When I feel fear, God is always near.

## CRAFT

**ITEMS NEEDED:** Black construction paper, white and blue chalk

**ADVANCED PREPARATION:** None

**DIRECTIONS:** Set out the construction paper and chalk. Invite kids to draw a storm. Allow their imaginations (and drawings) to run wild. Afterward ask for volunteers to describe their pictures to you.

Storms can be scary business. The storm the disciples faced almost sank their boat. But even when we have fear, God is always near. God can turn our fear into joy.

## HANDS-ON ACTIVITY

**ITEMS NEEDED:** Parachute (or sheet or tablecloth), plastic boat

**ADVANCED PREPARATION:** None

**DIRECTIONS:**

Lay the parachute onto the ground. Have kids sit around the parachute, but not touch it. Place the plastic boat onto the center of the parachute.

Instruct kids to pick up the parachute. Move the parachute around to create waves for the boat. The goal is to keep the boat moving but to keep it on the parachute.

Walk around the room. When you tap a kid on the shoulder, they play the part of Jesus and say, "Be still." When Jesus speaks, everyone must stop moving the parachute.

Go again. If time permits, do this enough times so that everyone has a chance to play Jesus.

## MAIN LESSON

**BOTTOM LINE:** God turns our fear into joy.

**OBJECTIVE:** In this lesson kids will learn “when I feel fear, God is always near.”

**KEY PASSAGE:** Luke 8:22-25, Jesus Calms the Storm

**WORSHIP TIME:**

Prior to the lesson, sing one or two songs with the kids. Use CDs or live lyrics of songs that the kids are familiar with.

**LESSON:**

Today’s story comes to us from the Bible. (Hold up a Bible.) The Bible is God’s word to us, so we know that everything it says is true. (Open the Bible and set it down in front of you as you give the lesson.)

The Bible tells us that when we feel fear, God is always near. God turns our fear into joy.

Jesus and his disciples had gone out onto their boat. They were sailing at night and Jesus fell asleep in the boat. A storm came onto the water. The wind blew and the waves tossed the boat from side to side. Water was getting into the boat, and they were in great danger.

The disciples were full of fear. They went to where Jesus was in the boat. He was still asleep. They woke him up and said, “Jesus, Master. We are going to drown.” They were very afraid.

Jesus got up. He spoke to the wind and the waves. He told the storm, “Be still.” Immediately the storm stopped. It was over.

The disciples were amazed at what Jesus had done. They had been afraid, but they didn’t need to be because Jesus was right there with them.

When we feel fear, God is always near. Sometimes I get scared. I bet there are times when you are scared too. But no matter how afraid we are, we can remember to ask God for help. He can turn my fear into joy. When I feel fear, God is always near.



# MAIN LESSON

**SIMPLE PRAYER:**

*Dear God,*

*Even when we feel fear, you are always near. Turn our fear into joy.*

*Amen*

## MAIN LESSON DISCUSSION QUESTION

**WIGGLE TAMER:** Have kids sit in a line. Set two sheets of paper on the ground in front of each kid. This is the calm sea. Have kids hold one sheet of paper in each hand. Let them move the papers appropriately as you describe a coming storm that causes the water to become ever more wavy and turbulent. Face them with your own blue sheets so that they can mimic your energy and intensity.

**SMALL GROUP MEMORY VERSE ACTIVITY:** Have one kid volunteer to do the motions while the rest of the group says the verse.

**DISCUSSION QUESTIONS:**

Why were the disciples afraid?

Who was asleep in the boat?

What did Jesus do to help the disciples?

Even when I feel fear, God is always \_\_\_\_\_.

**SMALL GROUP GAME OR ACTIVITY:** Role-play today's story. Use chairs or large sheets of cardboard that the kids hold up to recreate the boat. Have kids act out being tossed around as the storm threatens the boat. Remind them to show their fear. Have one kid or leader play Jesus and command the storm to "be still".

## SPECIAL 1 PAGE LESSON FOR 1 & 2 YEAR OLDS

**PLAY TIME:** Spend the first 15 minutes on the floor playing with the kids. Cars, dolls, blocks, and simple puzzles are great for this time.

**BIBLE TIME:** Seat the kids in the place they will be having snack. Hold up a Bible or Illustrated Kids' Bible and say, "This is the Bible. God wrote the Bible. Everything in the Bible is true." Then allow each child to pat the Bible with his hand.

**LESSON:** The disciples were full of fear.  
A terrible storm had come near.  
The boat was tossed and the disciples did think;  
That at any moment the little boat might sink.  
But Jesus said "Be still" to the rain and the wind.  
And the storm immediately came to an end.

When I feel fear, God is always near.

**MAKE IT REAL:** After the lesson say, "God loves you, and he wants you to love him too." Then point to each child and say, "God loves you (child's name)."

**MEMORY VERSE:** "I will be glad and full of joy because of you." Psalm 9:2a (NIRV)

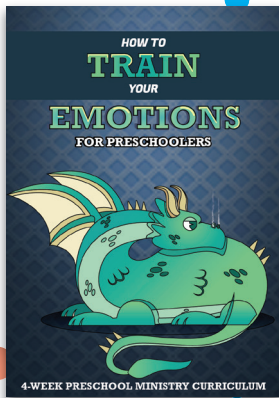
Teach the kids the verse, using the following hand motions: "I will be glad" [Wipe your hands in front of your face in a large smile shape] "and full of joy" [Move your arms to draw a large circle in the air] "because of you." [Lift both arms and point to the sky with your hands.]

**PRAYER TIME:** Ask the children to fold their hands and bow their heads. Say, "Let's pray before our snack. Thank you God for our mommies and our daddies. Thank you for loving me. Thank you for this snack we get to eat. Amen."

**SNACK TIME:** Wash each child's hand with a wet wipe and then serve the snack. At this age crackers or goldfish with water are generally best, but you always want to be mindful of any food allergies.

**POTTY BREAK:** After snack is a great time to ask those who are potty trained if they need to use the bathroom, or change diapers of those who are not yet potty trained.

**PLAY TIME:** Finish the day with more playtime until it's time for dismissal.



# MAKE IT STICK

4 Simple Ways You Can Make This Lesson Stick With your Kids

## How To Train Your Emotions Lesson 2

### THIS WEEK'S LESSON: FEAR



#### DRIVING:

Ask your child what they learned about this week on the drive home:

As you drive around, take some time to admire the nature that is all around you. Talk about your favorite parts, like the trees, the flowers, or the mountains. Are there any parts that made you nervous or afraid, like wind, extreme cold, or earthquakes? Talk about how God is always near, even when we feel fear. Ask him to turn your fear into joy.



#### PLAYING:

Make this week's lesson real:

During bath time, bring a toy boat into the water and recreate the story of Jesus calming the storm in Luke 8:22-25. Talk about the fear the disciples felt and how Jesus had the power to take their fear away.



#### EATING:

Share a snack of goldfish crackers. Talk about the animals that live in the sea.

Transition the discussion to boats that sail above the water, and the story of the disciples' boat that almost sank in the storm. Remember that Jesus turned their fear into wonder and amazement. Even when we have fear, God is always near.



#### SNUDDLING:

Snuggle up together and read the memory verse together: "I will be glad and full of joy because of you." Psalm 9:2a (NIRV). Talk about how whenever we feel fear, God is always near. He can turn our fear into joy.



-“I will be glad and full of joy because of you.”  
- Psalm 9:2a (Nirv)



-“I will be glad and full of joy because of you.”  
- Psalm 9:2a (Nirv)



-“I will be glad and full of joy because of you.”  
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-“I will be glad and full of joy because of you.”  
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