

When I'm Afraid

Mark 4:1-2a; 35-41

Bible Memory Verse: "I can do all things through Him who gives me strength."
~ Philippians 4:13

Supplies needed for this lesson:
Pencil

Have you ever been scared? Everyone has been scared at some point in their lives. In our Bible story today, we'll find out that even Jesus' disciples were scared! But first we're going to talk a little more about situations that might scare us.

Print the worksheet called Scary Squares from the end of this lesson plan. Choose at least one picture (you can do two or three or even all four!) and answer the questions listed at the top of the page in the square below the picture(s) you chose. What are some scary things you've faced? What do you do to get help when you are afraid?

It's good to have someone to help us when we're afraid. Today's Bible story teaches us who we can call on anytime we are afraid. Click on the link below to watch a video of our true Bible story from the book of Mark. You can also read the story with your family from pages 2 and 3 of *Bible Discoveries* at the end of this lesson plan.

<https://www.youtube.com/watch?v=2Jh7dwrn64s>

So, even the disciples, who had watched Jesus do many miracles, were afraid of the storm and amazed that Jesus had power over the wind and the waves. Jesus is all-powerful (even more than a superhero!) and He loves us so much that He doesn't want us to be afraid. When we are facing something scary, we can remember that Jesus is in control of everything and we can call on Him to help us find peace during our "storms".

Next let's turn to page 4 in our *Bible Discoveries*. Follow the instructions at the top of the page to complete the activity. Jesus will be there whenever we are afraid.

For our final activity today, turn to page 1 of your Bible Discoveries. God helped His people when they were afraid throughout the Bible. Use your knowledge of stories we have learned in the past to answer the questions in the crossword puzzle. There is a word bank on the right side if you need a little help.

Jesus can help when we are afraid. We don't always know how He will help us but we know that He can. Put your Bible Discoveries someplace special at home to remind you of the different ways Jesus can help you when you're afraid.

Let's end our lesson today with a prayer of thanks that **Jesus can help when we are afraid.**

Prayer:

Dear God, thank You for helping us when we are afraid. It can be easy to forget You are there during the "storms" in our lives. Help us to remember to call on Jesus whenever we are afraid and know that He will help us. In Jesus' name we pray, amen.

From the LCKids web page, you can print this week's family page, *Bible Friends*.

Scary Squares

Choose at least one picture and answer the following questions in the square below it:

- What do you think is happening in the picture?
- How would you feel if you were in this situation?
- What do you think you would do to get help?



A large empty square box for writing answers.



A large empty square box for writing answers.



A large empty square box for writing answers.



A large empty square box for writing answers.

THE GOD WHO HELPS

Lesson 12

God helped Bible-time people when they were afraid. He can help us when we're afraid, too. Read the questions. Look for the right answer in the word clues. The pictures also give you clues. Write the answers in the crossword puzzle.



Across

1. When the angels came, the _____ were afraid. But the angels brought good news of Jesus' birth. (*Luke 2:8-9*)
2. _____ and Silas were in prison. But God helped them get out. (*Acts 16:25-26*)
4. _____ was afraid when he ended up in a fish's stomach. But he prayed and God got him out. (*Jonah 1:17; 2:1, 10*)

Down

1. Abraham and _____ really wanted kids. So God did a miracle to give them a son. (*Genesis 21:1-3*)
2. _____ was in prison. But God sent an angel to get him out. (*Acts 12:6-7*)
3. God kept _____ from being hurt in a lions' den. (*Daniel 6:16, 22*)

Word Clues


Daniel
Jonah
Paul
Peter
Sarah
Shepherds

Caught in a Storm!

Bible Story from Mark 4:1-2, 35-41

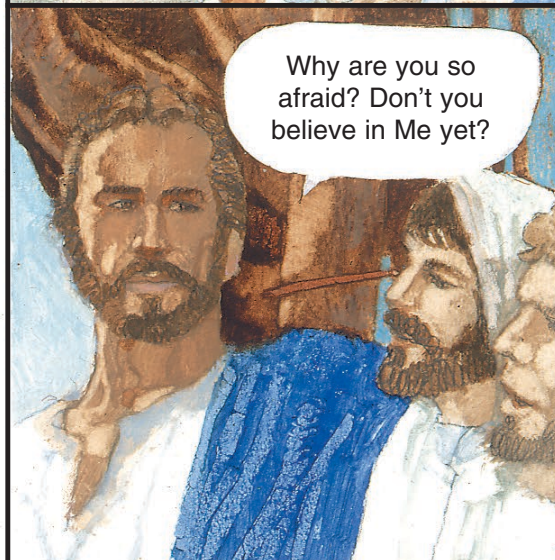
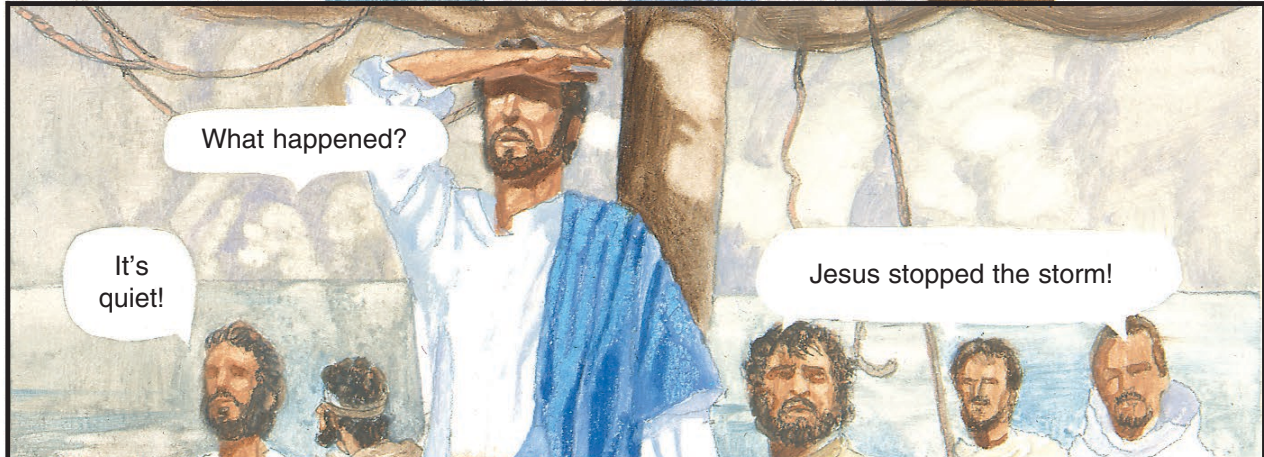
One day Jesus was teaching.
He was by the Sea of Galilee.




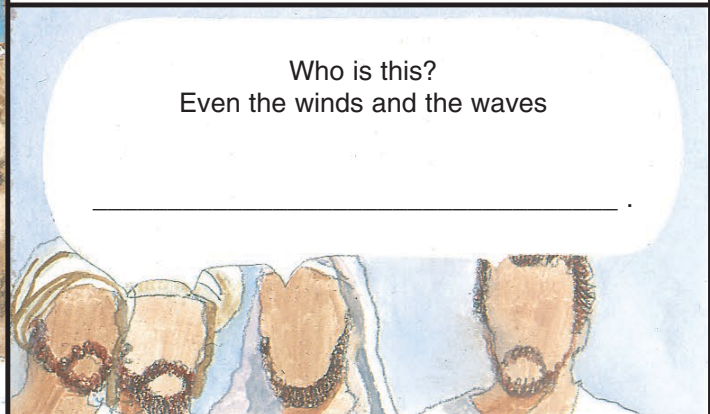
 Read Mark 4:39. Did Jesus care? Did He have the power to help?



Write what Jesus said.



 Read Mark 4:41. Write in what the disciples said. Then draw in their faces. How do you think they felt?



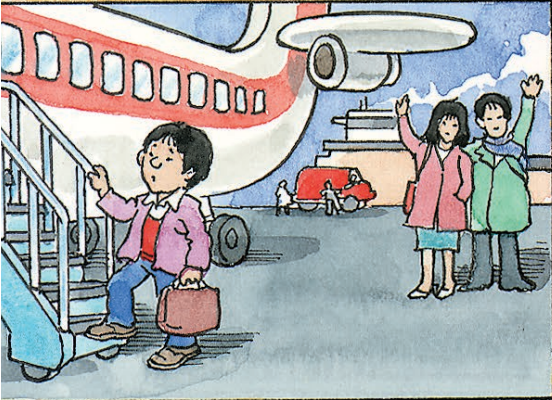
I can do all this through him who gives me strength.

Philippians 4:13

SCARY TIMES

All of us have times when we are afraid. Jesus has the power to help us handle the scary times.

These kids are all facing something scary. How can they let Jesus help? Choose what you think is the best thing for them to do. Or you could write your own idea.



What could Rob do?

- ☐ Pretend not to be afraid.
- ☐ Pray that nothing will go wrong.
- ☐ Ask the flight attendant for help.
- ☐ _____

What could Kris do?

- ☐ Say she's sorry and try to make it up.
- ☐ Pray for a way to show her friends she's sorry.
- ☐ Ignore them and maybe they'll forget.
- ☐ _____



What could Steven do?

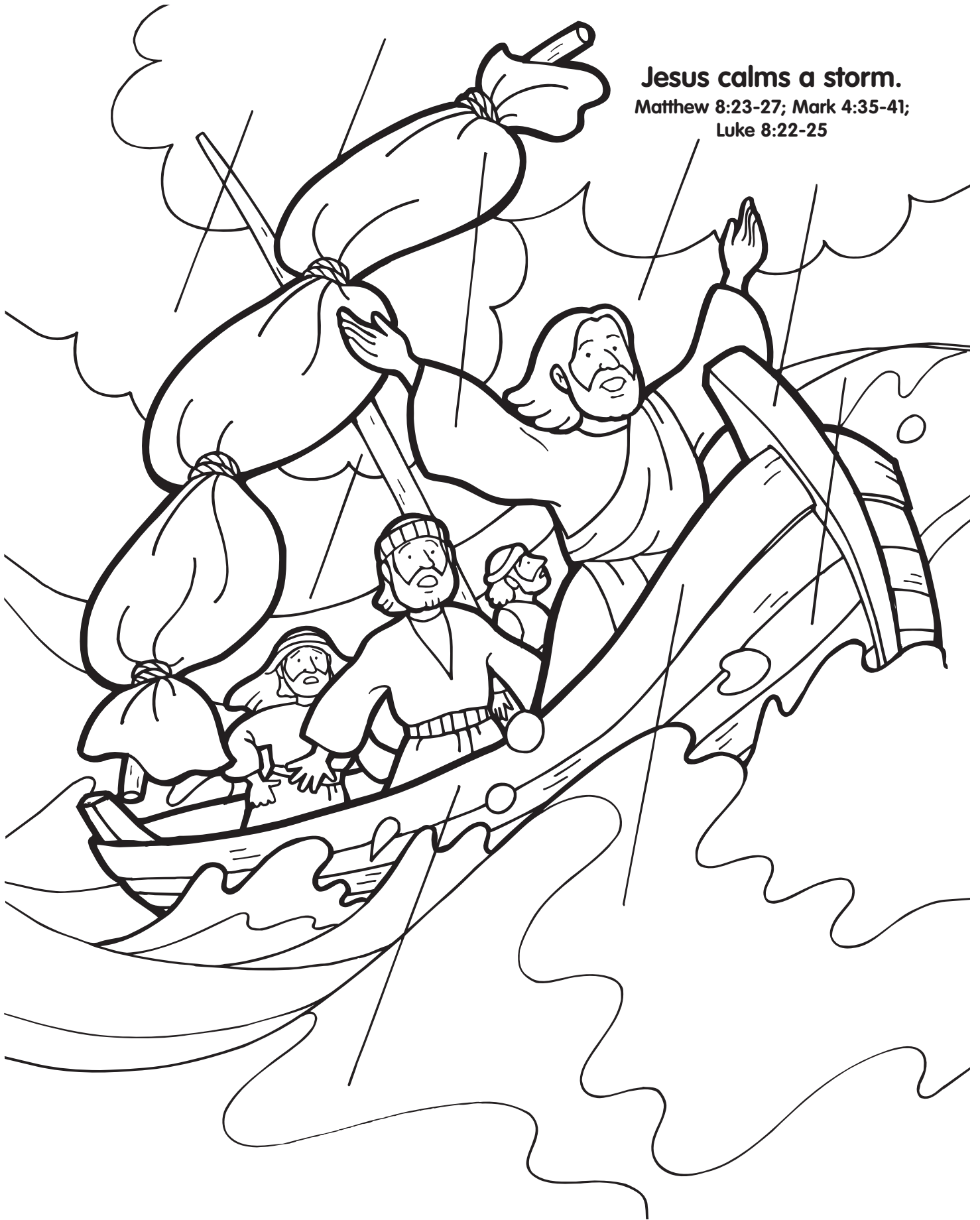
- ☐ Go to the party with someone else who can't skate well.
- ☐ Ask Jesus to help him learn to skate before the party.
- ☐ Skip the party.
- ☐ _____

What could Karla do?

- ☐ Ask Jesus to let her be sick tomorrow.
- ☐ Practice giving the report in front of her family.
- ☐ Talk with her teacher about it.
- ☐ _____



Jesus calms a storm.
Matthew 8:23-27; Mark 4:35-41;
Luke 8:22-25



Jesus Calmed the Storm

Hidden Message Word Search

Find the words on the list that are hidden in the puzzle. The words can be right to left, up and down, or diagonally. Then find the hidden message between the words, unscramble it and write it below.

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

ASLEEP
BOAT

CALM
DISCIPLES

FAITH
SAILING

STORM
WATER

Write the hidden message here:
