Leader Guide

Teachers Dig In

Dig In to the Bible

- Read: Mark 4:35-41; Matthew 8:23-27; Luke 8:22-25
- <u>In This Passage:</u> Jesus and his disciples, who are experienced fishermen, are out in their boat when a fierce storm comes up. Their boat is filling with water, and they think they're going to drown. Jesus, meanwhile, is sound asleep in the boat. They wake him up, and he stops the storm just by saying, "Silence! Be still!" The disciples are in awe that Jesus has power to calm storms.
- Bible Point: Jesus has power to calm storms.
- <u>Summary Verse:</u> "Anyone who does the will of my Father in heaven is my brother and sister and mother!" (Matthew 12:50).

Dig Deeper

- <u>You'll Be Teaching:</u> *Jesus has power to calm storms.* Fear of storms is a very real fear for kids. Your kids may have experienced severe thunderstorms, blizzards, hurricanes, or tornadoes that left them fearful of inclement weather. This story can help them see that although storms still happen, Jesus has power over storms.
- <u>Think About:</u> What's the worst storm you've ever been in? How do you feel knowing Jesus is more powerful than that storm?

Dig In to Prayer

• Pray for kids in your group who have a fear of storms. Ask God to speak specifically to them through this story.

Quick Tip

• Be sensitive to kids who bring up serious "storms" in their lives, such as financial loss, divorce, or abuse. These are real problems kids may be facing. It is critical that your kids gain your trust and know that you love them. If you suspect abuse or neglect, immediately voice these concerns to your pastor or director.

This Lesson at a Glance



Kids use blue streamers to make and calm the stormy sea.

Supplies

- Bible •
- blue crepe paper streamers

PRAYER

Kids learn about written prayers and pray the Prayer of St. Francis.

JESUS CONNECTION

Kids make a storm of worries, then experience how Jesus can calm our stormy hearts.

SCRIPTURE SKILLS

Kids take time to be still and be with God.

Supplies

- **Bibles**
- "Hands-On Bible: Books of the Bible Poster Set" (purchase here)
- paper
- crayons
- music player (optional)
- reflective music (optional)

BIBLE MEMORY

Kids learn a Bible verse as they move to new spots.

Supplies

chairs (optional, 1 per child) •

ACTIVITY PAGES WITH A POINT

Older kids create a jigsaw puzzle; younger kids color a picture of the Bible story.

Supplies

- "Jesus Calms the Storm" Activity Page (1 per reader) (download here)
- "Jesus Calms the Storm" Coloring Page (1 per non-reader) (download here)
- scissors
- envelopes
- crayons
- three-hole punch and binders (optional)



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Kids play a version of Red Light, Green Light.

*Marked supplies can be reused from Core Bible Discovery

Let's keep kids safe! You can help by using supplies as instructed for only ages 3+, purchasing child-safe items, and being aware of allergy concerns.



BIBLE MESSAGE

Jesus Calms the Storm (Matthew 8:23-27; Mark 4:35-41; Luke 8:22-25)

[10 min]

Supplies

- Bible
- blue crepe paper streamers

Calm the Storm

Open your Bible to Mark 4, and show kids the words.

Say: In today's Bible story, there was a big storm. As we read what happened, I'll need your help making a storm.

Give each child a couple of long pieces of crepe paper streamers. Say: As I read what happened, listen for the storm to start. Then make a storm by waving your streamers silently. When I stop reading, you can make storm noises, too.

Read Mark 4:35-38.

Allow time for kids to make the storm wild with storm noises. Then loudly read Mark 4:39. If kids don't stop when you say, "Silence! Be still!" repeat that line a few times before continuing.

Say: Jesus has power to calm storms! His friends were amazed when he calmed the storm.

Discuss

Say: Maybe you've been in a scary storm, like a thunderstorm or a tornado. But you know, even without bad weather, sometimes life can feel stormy. We might be going through something that makes us worry or feel scared, as if we were in a bad storm.

Ask: • What's something in your life that feels stormy? Give your own example first. Have kids turn to a partner to share.

Say: Jesus has power to calm storms. Let's ask Jesus to calm those storms.

Lead kids in waving their streamers. Call out your own example, shortening it to a word or phrase. Then say: **Silence! Be still!** as kids calm their streamers. Repeat, letting kids call out their own examples until everyone who wants to has shared.

Say: Whenever you're in a stormy situation, just remember that <u>Jesus</u> <u>has power to calm storms</u>. Ask him to calm the situation—or at least to calm your fears!



PRAYER **Prayer for Peace**

Pray for Peace

Say: Today we're learning that Jesus has power to calm storms. When life feels stormy and scary, we can pray and ask God for his peace.

Sometimes when we pray, it's hard to find the words to say. It helps to pray a prayer someone else wrote for God. For hundreds of years, Jesus' friends have written prayers, and other Christians have said those words to God. too.

A man named St. Francis of Assisi wrote a special praver asking God to help him bring peace to scary times. Even though St. Francis lived around 800 years ago, people still pray St. Francis' prayer today. Let's pray it together now. As we pray, we'll act out the words to help us understand what they mean.

First the prayer mentions stormy, messy, scary things in life. As I say those things, we'll move our arms like big waves in a storm, like this! Demonstrate.

With every storm, St. Francis asks God to bring something peaceful. He talks about sowing good and peaceful things. "Sowing" is like a farmer planting seeds. When I say those things, we'll calm the waves and spread out our arms peacefully, like this! Demonstrate.

Pray: Lord, make me an instrument of your peace.

(Storm motion) Where there is hatred,

(Peace motion) let me sow love;

(Storm motion) Where there is injury,

(Peace motion) pardon (or help):

(Storm motion) Where there is doubt,

(Peace motion) faith:

(Storm motion) Where there is despair,

(Peace motion) hope;

(Storm motion) Where there is darkness.

(Peace motion) light:

(Storm motion) Where there is sadness,

(Peace motion) joy.

Amen.

Say: Prayer reminds us that Jesus has power to calm storms. I'm so glad that our friendship with God brings peace during scary times.

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JESUS CONNECTION Silence the Storm

<u>Tips</u>

- Change the volume of your voice to reflect the storm. As the storm grows, your voice can get louder. As the storm subsides, you can speak in a hushed voice.
- You may want to move across the room, guiding kids in adding the new actions as you pass in front of them. This lets the storm "build" in a dramatic way, from one side of the room to the other.

Make a Storm

Say: Jesus' friends found themselves in a stormy sea—with huge waves, a bobbling boat, and wild wind! The storms in our lives may not involve wind and rain. We may face hard things that feel scary or out of control. Let's create a storm like that and see how Jesus has power to calm storms. Just follow my lead.

Lead kids in slowly rubbing their hands together.

Think of a small worry. Something that makes you feel uncomfortable or that you think about from time to time. Pause for kids to think while continuing to rub their hands together.

Lead kids in tapping their fingertips on a hard floor, a table, or the back of their other hand. Say: **Our storm is growing a little. Think about someone who's hard for you to get along with. Maybe a friend you had a fight with or a sibling who drives you crazy.** Pause for kids to think.

Lead kids in clapping. Say: Now the storm is really in full force! Think about something you heard in the news that was scary. Pause.

Lead kids in patting their legs. Say: Oh no! Our fears and worries are bigger than ever! Shout out some of the worries or fears you've thought of! Leaders, you go first! Allow several seconds for the "thunder" of worries to surround everyone.

Calm a Storm

With everyone still patting their legs, say: <u>Jesus has power to calm storms</u>! Do what I do.

Jesus is more powerful than anything we worry about. Lead kids in clapping again.

Jesus is right beside you—even when you don't feel his presence. He's always with you. Lead kids in tapping their fingertips again.

Jesus knows and loves you—more than anyone in the world does! Lead kids in slowly rubbing their hands together.

Jesus offers us peace in exchange for our worries and fears. Lead kids in resting their hands on their laps and taking a deep breath.

Ask: • What words describe our room when the storm was at its biggest?

Say: Sometimes our hearts feel noisy, chaotic, or out of control. Jesus showed his friends that he's more powerful than nature and that he would take care of them. When worries or hard times turn our hearts into unsettled, stormy seas, we can find peace in knowing that Jesus has power to calm storms.



SCRIPTURE SKILLS Be Still

Supplies

- Bibles
- "Hands-On Bible: Books of the Bible Poster Set" (purchase here)
- paper
- crayons
- music player (optional)
- reflective music (optional)

<u>Tips</u>

- It may take a while for kids to find the Bible verse. That's okay! This activity is primarily about building Bible navigation skills.
- If you have a lot of non-readers, have some picture Bibles on hand for them to flip through as older kids look up verses. They won't look for anything specific, but they can look at the pictures to practice paging through Bibles.
- Find reflective worship music and other great DIG IN resources here.

Explore Psalm 46:10

Say: Jesus calmed the storm when his friends were out on the boat. Jesus has power to calm storms for us, too. Our storms aren't always filled with rain and thunder. Sometimes they're hard or scary times in our lives that can just *feel* stormy. Let's see what the Bible says we can do in those times.

Make sure kids all have Bibles. Younger kids can sit with older kids so they can observe the skills of using their Bibles even before being able to read.

Say: Our Bible verse is in the book of Psalms, chapter 46, verse 10. Psalms is a collection of songs and poems in the Old Testament. Even though it sounds like it starts with an S, it starts with a silent P. To find Psalms, open your Bible near the middle. Allow time.

- Point to the book of Psalms on the poster so kids can see the name and what books come before and after it.
- Mention that the chapter numbers are the big numbers, and help kids find the big 46 in Psalms.
- Mention that the verse numbers are the small numbers, and help kids find the small 10 in Psalm 46.
- When everyone has found the verse, ask someone to read Psalm 46:10 aloud.

Say: This verse reminds us that when life feels stormy, we can rest and be still because we know we can trust God. Just as Jesus told the storm to be still, God can help our hearts be still and find rest in him.

Be Still

Say: Being still doesn't just mean not moving around. It means our minds can rest from worrying or trying to figure everything out.

[10 min]

Let's trust Jesus with our worries right now as we spend some time with him and be still. If it helps you think about his peace, you can draw or write something. Or you can just sit quietly and rest.

- Set out paper and crayons in case kids would like to do reflective journaling or drawing.
- Turn on some quiet music if you'd like.
- Encourage kids to spend time being still and being with Jesus.

As your time comes to a close, gather kids back together.

Ask: • How did it feel to take the time to let your mind be still?

• How did that remind you of Jesus making the stormy sea be still?

Say: Jesus is always with us, even when things feel hard or scary. Jesus

has power to calm storms, so we can be still and find rest in him.



BIBLE MEMORY Anyone!

Supplies

chairs (optional, 1 per child)

Play a Game Like Fruit Basket Upset

Say: The Bible has two main sections: the Old Testament, which tells about before Jesus was born, and the New Testament, which tells about after Jesus came.

Today's Bible story is from the New Testament and tells how Jesus has power to calm storms. Let's learn another Bible verse from the New Testament now.

In Matthew 12:50, Jesus said, "Anyone who does the will of my Father in heaven is my brother and sister and mother!"

Let's play a game to help us learn this verse. I'll assign each of you to be a certain family member. Some will be brothers, some sisters, some mothers, and some cousins.

- Quickly assign each child a family member role. If you have a smaller group, limit your roles to only brothers and sisters. If you have a bigger group, include mothers and cousins.
- Have kids sit in chairs in a circle. If you don't have chairs, simply have kids remove their shoes and stand behind them-each pair of shoes will mark a place. There shouldn't be any extra places.
- As the Caller, you'll stand in the middle. •
- Each round, the Caller says, "Anyone who does the will of my Father in heaven • is my..." then chooses a family member role. Kids in that role must get up and find a new open spot. For example, the Caller might say, "Anyone who does the will of my Father in heaven is my sister!" and all the Sisters move while the Caller tries to take one of their spots.
- The person without a spot becomes the new Caller.
- The Caller can also say the full verse with all family members (adding in cousins), meaning everyone must get up and move.

Talk About It

Ask: • How did you feel when you were called in our game?

• Tell about a time you got invited to something fun.

• How do you feel knowing Jesus is inviting you to join his family?

Say: When your role was called in the game, you were invited to run around and play! And Jesus invites you to be an active part of his family, too. When you follow God, you're Jesus' brother or sister! And you've joined a great family, because Jesus has the power to calm storms.



ACTIVITY PAGES WITH A POINT Waves Be Still

Supplies

- "Jesus Calms the Storm" Activity Page (1 per reader) (download <u>here</u>)
- "Jesus Calms the Storm" Coloring Page (1 per non-reader) (download here)
- scissors
- envelopes
- crayons
- three-hole punch and binders (optional)

<u>Tip</u>

• WARNING! Don't just print and distribute! <u>Here's why</u>.

Older Kids: Do an Activity Page

Say: Jesus has power to calm storms. Let's calm a stormy sea now.

Distribute the activity pages and scissors. Kids will cut the page into a jigsaw puzzle—the more pieces, the harder it will be. Kids can mix up all their pieces to make a storm. Then have kids reassemble their puzzles to calm the sea.

Ask: • What do you normally do when your life feels like this puzzle—all mixed up?

Say: Sometimes real storms like thunderstorms and hurricanes can be scary. Other times life just feels stormy. Everything feels all mixed up and unsettled. We can't always fix that! But <u>Jesus has power to calm storms</u>. We can turn to him and ask him to calm our hearts and our minds.

Give kids envelopes so they can take their puzzle pieces home.

Younger Kids: Color a Coloring Page

Distribute the coloring pages and crayons. Say: <u>Jesus has the power to</u> <u>calm storms</u>! He told the storm to stop, and it did! Let's color that stormy boat ride.

Allow time for kids to color.

When kids finish coloring, three-hole-punch their pages and put them into binders, if desired.



Storm Clouds A-comin'!

Stop the Storm

Say: Jesus has power to calm storms. He calmed the storm when his friends were so scared on the stormy sea. Can you calm a storm? Let's find out.

- Appoint a Storm Stopper, who will stand in the center of the room. (Have more • than 10 kids? Appoint one Storm Stopper for every 6-10 kids.)
- Everyone else will gather around the edges of the room and be Storm Clouds. •
- Storm Clouds will take baby steps to move closer to the child in the middle of • the room.
- Storm Clouds must make stormy sounds when they move closer to the Storm • Stopper. These may include the "woosh" of wind, a patter of rain, and the "pow!" of thunderclaps.
- If the Storm Stopper points to a Storm Cloud, the Storm Cloud has to stop • moving for the count of three. The Storm Cloud can then move again until the next time it's pointed at.
- When a Storm Cloud reaches the Storm Stopper, that cloud becomes the new Storm Stopper. You can announce that although the Storm Stopper couldn't calm storms, Jesus has power to calm storms.
- Let the game keep going as long as needed to fill time until parents begin to arrive.