

# Jesus Calms the Storm

(Mark 4:35-41)

## Pre-Session Warm Up

Have you ever been afraid? What makes you afraid? [Teacher, discuss being in the dark, big dogs, parents fighting, being lost, storms, etc. Let each child have a chance to tell about a scary situation they've been in.]

How many of you have ever been in a really bad storm? What makes a bad storm so scary? (Lightening can start fires, wind can blow things down, rain can cause floods.)

We don't have to stay afraid or let our fears get control of us. In our Bible story we're going to hear about what Jesus' disciples did when they were afraid. Maybe we'll get some ideas about what to do when we're afraid.

## Opening Prayer

Father, give us ears to hear Your voice this morning so that we might learn what to do when we're afraid. In Jesus' name, we pray. Amen.

## Memory Verse

*You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You. (Isaiah 26:3)*

## Lesson

In the early days of Jesus' ministry, He lived around the Sea of Galilee.

One time, after teaching all day, Jesus told His disciples to sail over to the other side of the lake...

Mark 4:35

*As evening came, Jesus said to his disciples, "Let's cross to the other side of the lake."*

They left the crowd, got into the boat and started off to the other side of the lake.

Mark 4:36

*So they took Jesus in the boat and started out, leaving the crowds behind (although other boats followed).*

The Sea of Galilee is actually a very large lake. It is surrounded by hills and storms blow into the lake almost without warning. Many of Jesus' disciples were fishermen on the Sea of Galilee. Some of them had probably experienced getting caught in a storm. Because a small fishing boat could easily sink in the wild waves, no one wanted to be out on the Sea of Galilee during a storm. And, as they were crossing the Sea of Galilee a great storm came up.

Mark 4:37

*But soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water.*

How do you think the disciples felt when they saw the waves crashing around them? The disciples were afraid when they saw the huge waves! This storm had these experienced fishermen fearing for their lives.

Many times you and I are afraid, especially when we have problems. Almost every day we go through hard things, and sometimes we become afraid. But remember that Jesus, God the Son, has the power to give you peace when you are afraid. Peace is quietness on the inside that only the Lord Jesus can give.

God's Word says, "*You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.*" (Isaiah 26:3) How can the Lord Jesus give you peace? [Teacher, allow the children to respond.]

He can give you peace when you remember He is with you and has the power to take care of you. He is God the Son who controls everything. He loves you and wants what is best for you. That's why

you can trust Him. You don't have to be afraid in the midst of the storms of life.

But the disciples were afraid as they saw the huge waves coming in over the sides of the boat. As the waves threatened to swamp the ship, Jesus slept soundly in the back of the boat!

Mark 4:38

*Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, "Teacher, don't you care that we're going to drown?"*

How could Jesus sleep in such a storm? (Either He was completely exhausted, or He had complete faith that God would take care of Him.)

The disciples woke Jesus, crying, "Don't you care if we drown?" Jesus cares for us so much He came from heaven to die on a cross, giving His life blood so you and I could have our sins forgiven. He took the punishment we deserved for sin. He loves you and me more than we can imagine. Yes, Jesus cared about His disciples very much!

Mark 4:39

*When Jesus woke up, he rebuked the wind and said to the waves, "Silence! Be still!" Suddenly the wind stopped, and there was a great calm.*

How could He do that? (Jesus is God the Son. He can do anything.) How would you have felt if you had been in the boat when Jesus stopped the terrible storm?

Jesus rebuked the disciples for their lack of faith.

Mark 4:40

*Then he asked them, "Why are you afraid? Do you still have no faith?"*

Jesus was more disappointed than He was angry. He had hoped they would have trusted Him more. But their fear showed Him their lack of

faith in Him. When they saw what Jesus had done, the disciples felt the terror of being in the presence of God.

Mark 4:41

*The disciples were absolutely terrified. "Who is this man?" they asked each other. "Even the wind and waves obey him!"*

Now the disciples were more afraid of Jesus than they were of the storm.

The disciples had been with the Lord Jesus for some time now. They had seen Jesus' power over sickness time after time, but this time Jesus stopped a terrible storm with just a few words! But they still didn't realize He was God in a human body. He is the mighty One, the creator of the universe. He has all power and all wisdom and all knowledge. And He loves you with His everlasting love.

He can be with you every minute of every day. In fact, the Lord Jesus promises, "*I am with you always*" (Matthew 28:20). You don't have to be afraid because you can trust Him to take care of you. And He has all power to protect you in any type of situation. You don't have to worry or be afraid. When you are afraid, you can tell Him how you feel and ask Him to take care of the problem. He will help you be calm and quiet on the inside. Isn't it wonderful to know that He can do anything! The wind and sea became completely calm because of Jesus' power.

This week if you are afraid, remember our memory verse. Say it out loud and think about what it means. Will you remember Jesus is so powerful He can take care of everything - even the problem that's causing you to be afraid? Will you talk to Him about it and ask Him to give you His peace - quietness on the inside? Will you trust the Lord to see you through the storms of life?

## Closing Prayer

Dear Jesus, we know that You can do anything. Thank You for using Your power to help us. We know we can trust You for help when we are scared. In Jesus' name, we pray. Amen

## Learning Activities

### Craft Corner

Make paper boats. (There are many patterns and instructions available on the internet.)

### Game Center

#### *Storms in Life*

Draw some big waves on the white board. These are problems or things you're afraid of. Ask the kids to name a "storm" in their life -- something they are afraid of or a problem that is worrying them. (For example, someone who has been making them upset, an illness or health problem, or someone they love is having problems at school or home.) On each wave, write a way in which Jesus can help you. (*Jesus loves us, hears our prayers, gives us courage, helps us to know how to handle our problems, gives us people to talk to, gives us activities and objects that comfort us.*)

#### **Drama**

Assign parts of the story to different students. Create a boat area and put on costumes. Have some students be waves and the storm (waving cloth, blowing with fans, sprinkling water).

Do a dry-run. Walk the students through the basic story outline, discussing scenes, setting, how to say their lines. Then see if the group can do the drama without your help. Then interview the characters asking them such as, "Why they were acting like that, etc."

Or, use the following review questions in a game of your choice:

1. What is the name of the lake where Jesus lived? (The Sea of Galilee.)
2. What happened while Jesus and His disciples were sailing over to the other side of the lake? (A great windstorm arose and the waves were coming into the boat.)
3. What was Jesus doing while the waves were threatening to swamp the ship? (He was sleeping soundly in the back of the boat.)
4. How could Jesus sleep in such a storm? (Either He was completely exhausted, or He had complete faith that the Father would take care of them.)
5. Why were the disciples afraid if Jesus was calm? (They knew that storms are dangerous and they didn't have faith in Jesus.)
6. When the disciples found Jesus asleep on a pillow, what did they say to Jesus? ("*Don't you care if we drown?*")
7. How did Jesus calm the storm? (He spoke and said, "*Peace be still.*")
8. How would you have felt if you had been in the boat when Jesus stopped the terrible storm?
9. Why was Jesus disappointed that the disciples were so afraid of the storm? (It showed their lack of faith in Him.)
10. What did the disciples fear even more than the storm? (When they saw that Jesus could stop a storm just by speaking a few words, they realized He had power even over the forces of nature. They wondered what power He did have and where He got it from.)
11. What is peace? (Quietness on the inside; in our hearts.)
12. What do you do when you are afraid? Who do you talk with? (We are all afraid at times, but remember that Jesus is always with us.)

13. How can the Lord Jesus give you peace when you are in the middle of the storms of life? (Remember that He is with you and is powerful enough to control everything in life.)
14. What can you do to depend on God's help during hard times? How has God helped you or your family in the past? How do you need God's help today?

# Peace in the Bible

PEACE is a word used in a variety of ways in both testaments. In Old Testament days, it was the usual word of greeting. It is also used throughout the Bible to indicate a spirit of tranquility or freedom from inward or outward disturbance.

The most frequent use in both testaments is to show spiritual tranquility which all can enjoy through faith in Jesus Christ.

Look up the following Bible verses concerning PEACE and fill in the missing words.

1. Luke 10:5—When you enter a house, first say, "PEACE to this \_\_\_\_\_."
2. John 14:27—Jesus said, "PEACE I \_\_\_\_\_ with you; my PEACE I give you."
3. Luke 2:13-14—Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, "Glory to God in the highest, and on \_\_\_\_\_ PEACE to men on whom his favor rests."
4. Isaiah 9:6—For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, \_\_\_\_\_ of PEACE."
5. Psalm 29:11—The Lord gives strength to his people; the Lord \_\_\_\_\_ his people with PEACE.
6. Proverbs 3:13, 17—Blessed is the man who finds wisdom, the man who gains understanding. Her ways are pleasant ways, and all her \_\_\_\_\_ are PEACE.
7. Philippians 4:7—And the PEACE of \_\_\_\_\_, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
8. Numbers 6:26—The \_\_\_\_\_ turn his face toward you and give you PEACE.
9. Isaiah 48:22—There is no PEACE," says the Lord, "for the \_\_\_\_\_."

