

# Jesus Calms the Storm

## Overview

### Materials You'll Need

- 🕒 newspaper or regular white paper



### Scriptures

Mk 4:35-41

### Bible Truth Objective(s)

Jesus is stronger than the violent storms, and even the winds and sea obey Him

### Behavioral Objective(s)

To know that Jesus has control over everything, and we can always count on Him to keep us safe

### Memory Verse

"Believe also in Me." (Jn 14:1)



## Bible Knowledge

### The Sea of Galilee

The Sea of Galilee is an unusual body of water. It is relatively small (13 miles long and 7 miles wide), but it is 150 feet deep, and the shoreline is 680 feet below sea level. Sudden storms can appear with little warning over the surrounding mountains, which can rise 3000 to 4000 feet above sea level, stirring the water into violent 20-foot waves. This is because the warm tropical air from the lake's surface rises and meets the colder air from the surrounding hills. Although the lake itself seemed small and not at all hard to cross, the turbulence from the resulting waves would have made the journey very difficult. Some of the disciples were experienced fishermen and would have known about this phenomenon. So it is not that they had foolishly set out in a storm. They had been caught without warning, and their danger was great.

### Jesus' Authority Over Nature

The boat that the disciples were in would have

been a fishing boat because many of Jesus' disciples were fishermen. This boat was large enough to hold Jesus and His twelve disciples and was powered both by oars and sails. During a storm, however, the sails were taken down to keep them from ripping and to make the boat easier to control.

As experienced sailors, some of Jesus' disciples had probably been caught in similar storms while they were out fishing. However, they were still terrified by the ferocity of this particular storm. Although the disciples had witnessed many miracles performed by Jesus, they still didn't have the faith that Jesus could control nature. They eventually woke Jesus up, with a plea for help. It is interesting that they found Jesus asleep. This shows that while He is the Son of God, Jesus was also full of humanity. Like any other person, Jesus needed rest and was asleep on the boat while the storm raged on.

With a word Jesus silenced the wind and calmed the waves, thereby demonstrating His divine power and authority. After witnessing such power, the disciples asked each other, "Who can this be, that even the wind and the sea obey Him?" In essence, they were all acknowledging the power and mightiness of Jesus Christ.



## Understanding Your Students

Feeling afraid, insecure, unsafe, and unprotected are all valid emotions that children at this age experience in their day-to-day lives. It is important to take time to acknowledge their feelings and talk about what it is like to be afraid, and what causes fear in life. (You could share examples such as being in the dark, running into big dogs, parents who are fighting, being lost, hearing loud thunderstorms, and so on.) The aim of this lesson is to teach the children that the God we worship is the one who has power over everything- even nature obeys His orders. As long as we are willing to come to God, we can always count on Him to help us overcome our fear and have peace in our hearts.

To help the students better understand the truth that Jesus has the power to overcome nature, talk to them about weather. Ask them if they have seen the ocean and waves and how powerful they are. Ask the following question: What happens when there is a storm (or snow, tornado, hurricane, wind, hail, lightning, thunder, etc.)? Is there any way we can stop a storm? If we just asked it to stop, would it listen to us? Probably not. But the storm will listen to God's instructions. If God asked it to stop, it would stop right away, just like in today's lesson. However, even if we were stuck in a storm, we could still ask God for help. What could we do if we were in a big storm? We could pray to God for courage and ask Him to make the storm go away. Encourage the children to take steps of faith to trust Jesus in all circumstances because He is all-powerful and cares for His children.



## Vocabulary

### **Disciples**

the followers of Jesus; they learn from Jesus

### **Peaceful**

when you feel peaceful, you feel happy and at rest

### **Calm**

when everything is quiet; there is no storm



## Before You Teach

The disciples panicked because the storm threatened to destroy them all. It was a genuine fear because their lives were at stake. Although natural disasters can occur today, those aren't the storms that cause us distress from day to day. "Storms" can come in other forms. Think about the storms in our own life- the situations that cause us great anxiety. It might be our job security. It might be our children, who are entering their teens. It could even be our marriage. Whatever the difficulty, there are two options. We can worry and assume that Jesus no longer cares for us, as the disciples did on that boat, or we can resist fear and put our trust in God.

When we truly understand who God is, we will realize that He controls both the storms of nature

and the storms of the troubled heart. Jesus' power that calmed this storm can also help us deal with the problems we face. Jesus is willing to help if only we ask Him. The disciples lived with Jesus, witnessed many great miracles He performed, and yet they underestimated Him. They did not see that His power applied to their very own situation. After Jesus stopped the storm, He turned to the disciples and asked them why they had such little faith in Him. Are we the same as the disciples who did not have the confidence that Jesus has the solution to all the hardships that we face? The next time we feel great anxiety over something and want to go into panic-mode, we should first confess our need to God and then trust Him to care for us.



## Bible Story

### **The Rain Storm**

Boys and girls, before we begin our Bible story today, let's pretend that we are sitting in a boat together. Are you ready to come sit in my boat and help me make a rainstorm? (Have students sit down in their chairs, and softly pat their legs to make the sound of light rain.) Say to the students, "Wow, I think I hear light rain coming down from the sky. Now I think it's going to start raining harder." (Ask students to pat their legs harder.) Continue to say, "And now I hear some thunder coming. Let's clap our hands to make thunder sounds. Look at the sky (point to the ceiling), the rain has slowed down a bit. (Ask students to pat their legs again gently.) Finally, the rainstorm has stopped. (Ask everyone to rest their hands in their laps! No more clapping or patting.) Is everyone still aboard the ship? I hope that the rainstorm and the thunder didn't scare you, and that you are all still safe and sound! Today we are going to pretend to ride in this boat while I tell you the story about a strong storm that came while Jesus was in a boat with His disciples."

### **Jesus and His Disciples Get into a Boat**

In the previous lessons, we learned that Jesus had chosen some disciples to help Him. Do you remember what the disciples did? They followed Jesus and learned from Him so that they could help Him with God's work. (The teacher can share that there were twelve disciples in total even though the lessons did not go through all the names.) One day, Jesus and His disciples stopped by a lake to teach many people. When Jesus finished teaching, He said to His disciples, "Let's go to the other side of the lake." So the disciples got into a boat and began to take Jesus across the lake.

Since Jesus spent so much time and energy telling people about God, He was very tired, and needed to rest. Soon He fell soundly asleep as the disciples rowed the boat to cross the lake. (Encourage children to make rowing motions with their hands as if they were the disciples taking Jesus across the lake.)

As Jesus slept, suddenly the sky became dark and the breeze became a strong wind (turn the class-

room light off as you tell this part of the story for effect). The wind got stronger and stronger (play CD or tape that has the sound of blowing wind or the sea). Soon, the waves in the lake also became higher and higher. The boat began to rock back and forth (ask children to rock their body from side to side). Then the big waves began to splash over the sides of the boat. What would happen to your clothes and body if the waves came splashing over the sides of the boat? That's right. Your clothes would get all wet. But the waves didn't just get the disciples wet. Soon water started to fill the boat, and the waves kept splashing and splashing. Soon the boat was so full of water that it began to sink lower. The disciples were really afraid now. Why were they so scared? (Allow time for students to respond.) That's right! Their boat was sinking in the middle of the strong wind and rain. They were very afraid, because they thought they might all die in the storm.

### **Jesus Sleeps Peacefully on the Boat**

While everyone was frightened, can you guess what Jesus was doing? (Wait for children to respond.) He was still sleeping peacefully on the boat. Even though the waves were crashing down and the wind was blowing, Jesus did not seem to notice. He didn't look like He was even ready to get up. Some of the disciples must have thought to themselves, "How can Jesus still sleep? We are all going to die because of the storm." Finally, one of the disciples woke Jesus up. They cried to Him, "Wake up! Wake up! Don't you care if the boat sinks? We might all die!"

### **Jesus Calms the Storm**

Jesus woke up, and saw that the disciples were really afraid. They were wet and they looked very scared. Children, what do you think Jesus did next? (Allow time for students to think and respond.)

He turned to the sea and said to the storm, "Peace, be still!" And do you know what happened after Jesus spoke to the wind and the water? As soon as Jesus said those words, the wind stopped blowing and rain stopped coming down. The wind and the rain obeyed His order. The disciples saw the waves become quieter and quieter. The water stopped crashing against the side of the boat. Soon, the water in the lake was smooth again (turn

off CD or tape of sound effects and allow a few seconds of silence). The stormy lake had now returned to the normal and calm waters.

Jesus looked at the disciples and said quietly, "Why were you so afraid? Didn't you know that I would keep you safe?"

The disciples were amazed by Jesus' power. Even the wind and waves listened to Him! That's because Jesus is God Himself!

Jesus showed His disciples that He truly cared



### Check For Understanding

1. **Why were Jesus' disciples afraid?** (There was a big storm on the lake, and their boat was about to sink. The disciples were afraid that they were all going to die.)
2. **What was Jesus doing when the big storm came?** (Jesus was soundly asleep.)
3. **What did Jesus do after His disciples woke Him up?** (He spoke to the wind and the rain, and told the storm to stop.)
4. **Why does Jesus have the power to stop**

for them. Do you know that He also cares for you and me and will help us when we are afraid? Let us remember that Jesus will be with anyone who trusts Him and asks for His help. He is all-powerful and full of love, and He wants to be with us when we are scared. (You may want to brainstorm situations that might be frightening for the students.) Today's lesson teaches us that Jesus is our protector who keeps us safe.

**the storm?** (He is God Himself and He is almighty.)

5. **What things are you afraid of?** (Students may share that they are afraid of storms, big dogs, strangers, older children, etc.)
6. **What did you do when you were scared at those times?** (Students' answers may vary.)
7. **After listening to this story, what are you going to do the next time you get scared?** (Ask Jesus to help us overcome our fear, and trust that He has the power to do so.)



### Life Application Story

#### **The Storm**

It was a cold and gray winter day. Mr. and Mrs. Marsh, Michelle, and John were sitting by the fireplace after dinner. Every night after dinner, the Marshes would pick a story from the Bible and take turns reading the story. Tonight was Michelle's turn to pick. She looked and looked and finally decided to pick the story about how Jesus calmed a storm.

Everybody read a part of it. When they got to the part when the big storm attacked the boat, John said that it must have been scary to have been on that boat.

Mrs. Marsh smiled at John and said, "That's right, John. The disciples were really scared, but guess what? Jesus was with them, and He kept all of

them safe by asking the storm to stop. Jesus is amazing, isn't He?"

After finishing the story, they all sang the hymn "What a Friend We Have in Jesus" and prayed together.

When they were done with Bible story time, Mr. Marsh said to John and Michelle, "Go brush your teeth and get ready for bed now."

"So early?" John said.

"You've got school tomorrow," Mrs. Marsh said.

"Oh, okay," John said.

Both John and Michelle climbed the stairs. John went into his room and changed into his pajamas. Then he brushed his teeth. Mrs. Marsh came upstairs to tuck John in.

"Good night," Mrs. Marsh said, and kissed him on the nose. As she left, she turned off the lights and shut the door gently.

It was very quiet in John's room. It was also very

dark. He could hear the wind blowing. He could also see an old tree swaying outside his window. The wind seemed to get stronger and stronger. All of a sudden, John heard pitter-patter, pitter-patter. It was raining! He huddled deeper into his blankets. The wind began to howl. John was starting to get scared. Then there was a loud rumble. Thunder rolled. "Oh, no!" John said to himself. He got up and ran to his parents' room.

"Mommy, Daddy, it's raining," John said quietly as he peeked through their half-open door.

"We heard it. It is a little loud. We weren't expecting it to rain so hard tonight. Do you want to stay here for a while?" Mr. Marsh asked.

"Yes," John said, as he climbed in between Mr. and Mrs. Marsh.

Someone was already there! It was Michelle.

"I was scared, too!" Michelle said.

"You don't need to be scared," Mrs. Marsh said.

"Do you remember the story we read tonight?"

"Yes, it was about how Jesus calmed the storm," Michelle said.

"Just like the storm we're having now," Mrs. Marsh said. "Jesus' disciples were scared, but not for long. Jesus helped them."

"Jesus will help us, too," John said. John snuggled deeper into the blankets.

Mrs. Marsh looked at her two children with a warm smile, and patted them as they lay in the big bed.

Then Mr. Marsh said to Michelle and John, "Hey, kids, let's get up and pray together. Remember how Jesus asked the disciples why they had so little faith in Him? Let's ask Jesus to give everyone courage, so we are not afraid anymore."

John asked, "Daddy, should I ask Jesus to help me sleep better?"

"Sure, you can ask Jesus to give you a peaceful heart," Mr. Marsh replied.

"I'll pray for the same thing too, Dad," said Michelle.

Mr. and Mrs. Marsh prayed with Michelle and John, and they sincerely asked Jesus to give them brave and peaceful hearts. After the prayer, John opened his eyes and said, "Mommy, I think I feel much better now."

"Me too," Mrs. Marsh said.

"Are you two ready to go back to your own room to sleep now? Remember, there is nothing to

be afraid of. Jesus will keep us safe anytime and anywhere," Mr. Marsh added.

"Okay, Dad. I'll take John to his room now. Good night," Michelle said as she held John's hand.

"Good night, Mom and Dad," said John as he leapt off the bed.

After fifteen minutes or so, Mrs. Marsh went into Michelle's and John's rooms to check on them. They were sound asleep and showed no fear. Mrs. Marsh thanked God in her heart for giving the children the faith and courage to overcome their fear.

### Questions to Think About

1. **What Bible story did the Marsh family read together after dinner?** (They read the story about how Jesus calmed the storm.)
2. **What else did they do after reading the bible story?** (They sang a hymn and prayed together.)
3. **What happened that made Michelle and John so scared that they ran to their parents' room?** (They were scared of the strong wind blowing, heavy rain falling, and loud thunder outside.)
4. **What did Mr. Marsh and Mrs. Marsh encourage them to do in their room?** (They asked Michelle and John to pray together for Jesus to give them courage.)
5. **How did Michelle and John feel after the prayer?** (They felt much more peaceful inside their hearts, and were able to sleep in their own rooms knowing that Jesus would keep them safe.)
6. **Are there things that make you scared? What are they? How can God help you?** (Allow students to answer.)



## Activity 1

### Jesus Calms the Storm Booklet

Have students cut out the page along the solid lines. Then fold the book along the dotted lines. Read the book with the students to review the story of how Jesus calmed the storm. Have the students color in the book.

1. Jesus and the disciples get into the boat.
2. Jesus falls asleep on the boat.
3. There is a storm and the disciples wake Jesus up.
4. Jesus speaks and the wind and rain stop.



## Activity 2

### Jesus Can Help Us When We Are Afraid

Look at the pictures. How is each person afraid? How can Jesus help us? In the last box, draw something you are afraid of and then ask God to help you.

1. Your mother is sick.
2. You are lost.
3. There is a huge storm.
4. Students draw their own fear.



## Activity 3

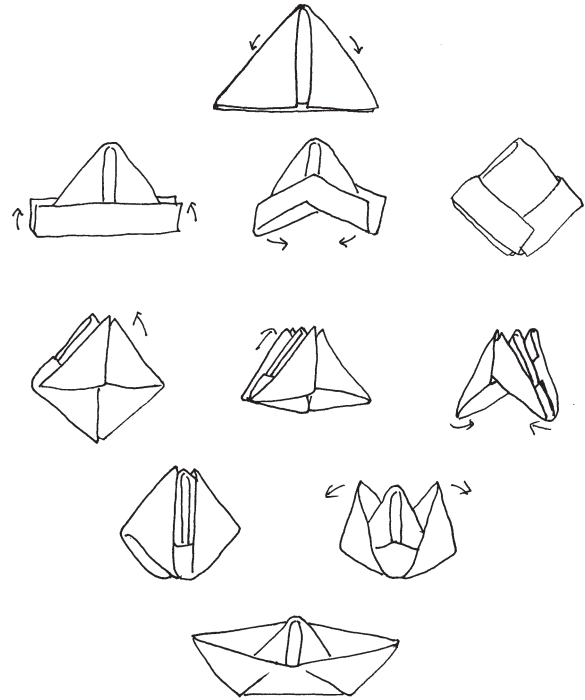
### Sail Boats

#### Materials:

1. newspaper (blank paper will work too)

#### Directions:

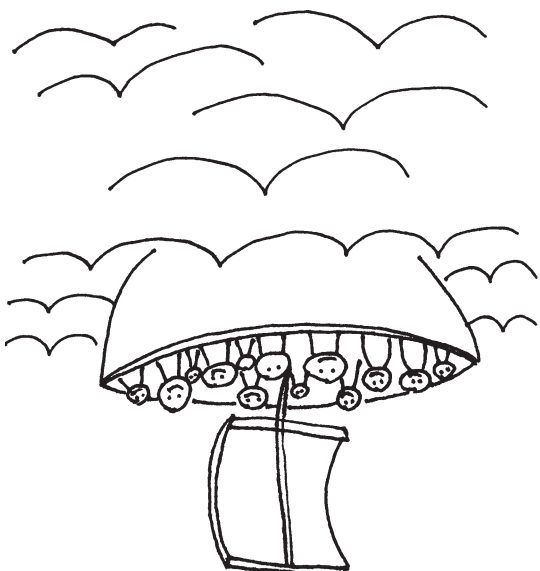



1. Leave the newspaper folded in half (unopened position).
2. Fold the corners down to the opening.
3. Fold both edges up.
4. Bring the ends together and flatten it sidewise.
5. Turn one corner up and then the other.
6. Again bring the ends together.
7. Flatten it sidewise. Then gently pull the ends open.
8. As the students create this boat, review the story of how Jesus calmed the storm as He and the disciples were in the boat.



Activity 10:1

### Jesus Calms the Storm Booklet

Have students cut out the page along the solid lines. Then fold the book along the dotted lines. Read the book with the students to review the story of how Jesus calmed the storm. Have the students color in the book.

<p><i>Jesus and the disciples get into the boat.</i></p> 	<p><i>Jesus speaks and the rain and wind stop.</i></p> 
<p><i>Jesus falls asleep on the boat.</i></p> 	<p><i>There is a storm and the disciples wake Jesus up.</i></p> 

Activity 10:2

### Jesus Can Help Us When We Are Afraid

Look at the pictures. How is each person afraid? How can Jesus help us? In the last box, draw something you are afraid of and then ask God to help you.



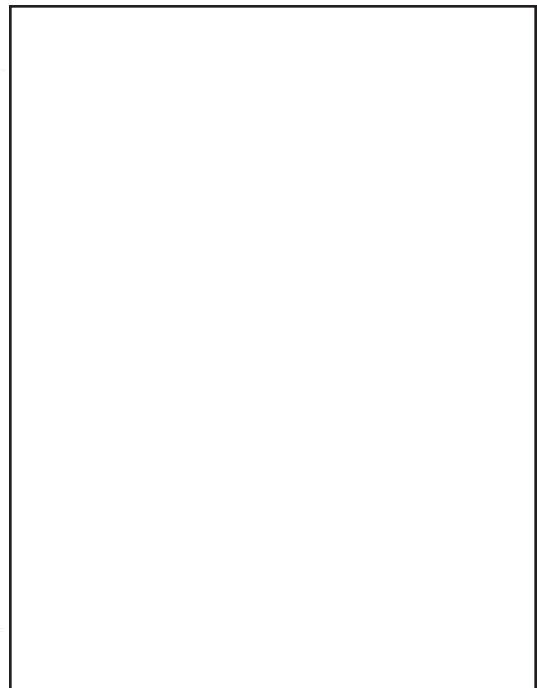
1. Your mother is sick.



2. You are lost.



3. There is a huge storm.



4. What are you scared of?