



MATTHEW, MARK, LUKE

Jesus Calmed a Storm

Lesson #1
August 29/30

Lesson Objective : Jesus shows He is God by calming a storm.

Activity- The Storm Orchestra

Stand in a line, shoulder to shoulder. The first person in line will start with step 1. After 5 seconds they will start step 2 at that time the next person in line will start with step 1 and so and so. Everyone will join in one by one and changing steps every 5 seconds. Complete all the actions to simulate the sound of a storm. Steps: 1. Rub your hands together; 2. Snap your fingers; 3. Clap hands in a random pattern; 4. Pat hands on legs; 5. Stomp feet; 6. Pat hands on legs while stomping feet; 7. Stomp feet; 8. Pat hands on legs; 9. Clap hands in a random pattern; 10. Snap your fingers; 11. Rub your hands together; 12. Be still. See how many times it takes until you can do it without messing up.

Connect the activity to the lesson:

Have you ever been afraid in a storm? Why might experience fishermen be afraid of a storm? In today's lesson we will hear about a time when experienced fishermen were very afraid of a storm and what they did about it.

WORSHIP – Choose 2-3 songs to worship together as a family.

Introduction:

Have you ever been afraid? I'm sure your answer is "yes"! We have all been afraid at some time in our lives. Did you know that the Bible talks about fear over 500 times? God seemed to know that we would struggle with fear in this life. But we have hope! We don't have to give in to fear. Instead, we can turn our focus to Christ and trust in His ability to take care of us in our times of need. His disciples, many who were fishermen, were taught this lesson one night in a fishing boat on a stormy sea. Let's find out what happened.

Video: "Jesus Calms a Storm" (Video Transcript)

Jesus spent all day teaching crowds of people near the Sea of Galilee. That evening, Jesus wanted to cross over to the other side of the sea. So Jesus and His disciples left the crowds. They got into a boat and began sailing. Some of the people from the crowds followed in their own boats. While Jesus and His disciples traveled, Jesus fell asleep on a cushion at the back of the boat. All of a sudden, a storm came. The wind was strong, and the waves crashed into the boat. Water was coming into the boat, and the disciples were afraid! Many of the disciples were fishermen. They had survived storms on the sea before, but this storm was different. It was so strong. If the water kept coming in the boat, the boat would sink. Surely they would all drown! The disciples looked to Jesus for help, but Jesus was still fast asleep at the back of the boat. He didn't seem to even notice the storm. Did Jesus care that they were about to sink into the sea? The disciples woke up Jesus. "Lord, save us!" they said. "We are going to die!" Jesus opened His eyes and saw that His friends were afraid. He got up and spoke to the wind. Then Jesus said to the sea, "Silence! Be still!" At the sound of Jesus' voice, the wind stopped blowing and the waves stopped crashing. Everything was calm. The disciples were safe. Jesus looked at His disciples and asked, "Why are you afraid? Do you still have no faith?" Did the disciples not trust Jesus to take care of them? The disciples were amazed. "Who is this man?" they asked each other. "Even the wind and the waves obey Him!"

Christ Connection: Jesus' disciples knew Jesus was a good man and a good teacher. But when Jesus calmed the wind and the waves, He showed His disciples that He is also God. God rules the sea and stills its waves. (Psalm 89:9)

Read: Matthew 8, Mark 4, Luke 8

Debrief:

What would you have thought if you saw Jesus sleeping through the storm that day? *(Invite kids to share their thoughts. Perhaps Jesus' sleeping might seem like He did not care. Even if God seems silent in our difficult situations, He is always near and always at work—often in ways we do not expect. He does everything for His glory and our good.)*

What can you do when you feel afraid? *(When the disciples were afraid during the storm, they turned to Jesus for help. We can look to Jesus in faith every day. We can look to Him to rescue us from sin, and we can ask for His help to live in a way that honors Him. Even when we feel afraid or doubt God, we can cry out to Him. Jesus cares. He will answer, and—like the disciples did—we can worship Him.)*

What do you know to be true about God that can help you have peace in hard situations? *(We can trust that God is in control and has power over everything, even when times are hard. Trusting God gives us peace that can show the world that He is mighty. Jesus proved that He can be trusted. His miracles, teaching, death, and resurrection showed that He is who He says He is. Only Jesus can save us when we look to Him in faith.)*

Apply the Story

The Lord Jesus is our Messiah, the Savior, and the Son of God. When the storms of this life feel rough and overwhelming, we can trust in Him. He cares for us and came to save us from something worse than drowning. He came to save us from our sins. He calms our hearts and gives us peace. When we remember to turn to Him and focus on Him instead of our fear His overwhelming peace will encircle our lives.

Momentum Moment – Calming Jars (supplies: 8-ounce bottled waters; funnels: cups; measuring cups and spoons; glitter glue; craft glitter or confetti; hot glue or duct tape)

Everyone gets an 8-ounce bottled water and a cup. Pour out the water into a separate cup, leaving about 1/4 cup of water in the bottle. Squeeze about 1/4 cup of glitter glue into the bottle. Use funnel to add more water to the bottle, leaving about 1/2 inch of space at the top. Add 1 or 2 teaspoons of glitter to the bottle. Use hot glue or duct tape to secure the lid to the bottle. Shake well.

Tell the kids that when they are feeling afraid or anxious, they can shake the bottle to see the storm. As they watch the glitter settle, remind them that Jesus calmed a storm to show the disciples He is God. They can take a deep breath, pray, and ask God to give them His peace. When life feels out of control, we can turn to the One who is always in control. Jesus is powerful, and He loves us.

Close: Pray a prayer of peace over the kids.