



## SESSION TWO

# JESUS CALMS A STORM

### BIG IDEA

# JESUS IS ALWAYS WITH US

*We can call out to him when things get scary.*

### PREP *(Kids can help!)*

- Two pairs of adults' sandals or shoes

### WHAT GOES IN THE BOX?

- Picture cards (cut out from the appendix)
- Newspaper/scrap paper to scrunch into balls
- A small piece of card for each person (the leftover bits from the appendix cards will do!)



### OUT OF THE BOX

- Show the picture cards to everyone. Talk about each one as you hold it up, then mix up the cards and place them face down on the floor.
- Choose a child wearing something blue (or a colour you choose) to go first.
- Take turns picking up a card (without anyone else seeing).
- Say "scary" if you think the picture shows something scary (even a little bit) or "not scary" if it doesn't scare you at all.
- The rest of the family must then guess which card the person has looked at.
- When someone guesses correctly, place the card picture side up, then someone else has a turn. Keep guessing until all the cards have been turned over.

« NO MATTER HOW SMALL YOUR BOAT - OR HOW BIG THE STORM!  
- JESUS ASSURES US THERE IS NOTHING TO BE AFRAID OF. »

- SALLY LLOYD JONES -

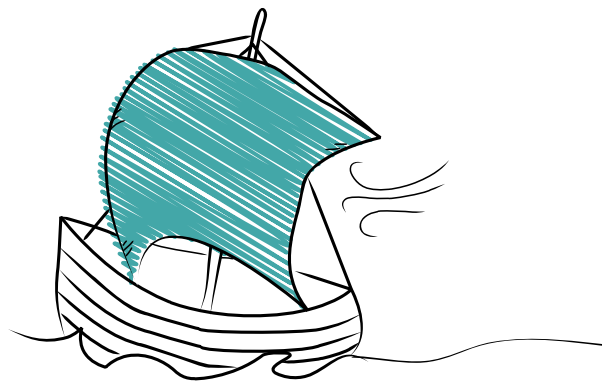
### INTRO

Who has ever been really afraid of something that was not just a little bit scary – but was really so scary that your heart went 'thump, thump, thump'? Different things are scary for different people, but we all sometimes get scared, especially if we are in a new situation. We're going to read about a time when Jesus' disciples, even though they were grown men, got really scared.

## READ

**Note to parents:** This would be a great story to read outside. Create a “boat” with a blanket to sit on or a blow up air bed, and let someone be Jesus. Give them a cushion and tell them to pretend to stay asleep. When you get to the storm, use a water gun or spray bottle to get everyone a bit wet! (If you don’t want water involved, use pots and pans to make the noise of the storm.)

The children need to listen for Jesus saying “Hush!” and then be really quiet as quickly as possible.



“The sun was going down. The air was warm and still. “Let’s go across the lake,” Jesus said to his friends.

Jesus had been helping people all day and now he was tired. So they left the crowds at the shore and set out in a small fishing boat.

Jesus climbed into the boat to take a nap. As soon as his head touched the pillow he fell fast asleep.

It was a beautiful evening. A gentle breeze rustled the sails. The friends were chatting happily as they headed out into the middle of the lake. Everything was perfect. Just right for a nice quiet sail...

They were only about halfway across when, out of nowhere, whirling winds swept across the lake, fierce and strong, like a hurricane! A blinding flash of lightning lit up the sky. Thunder roared right overhead!

The storm blew the water into towering waves that hurled the little boat up, up, up – then sent it hurtling, CRASHING back down, down down! The fishing boat was blown and buffeted and tossed and turned – back and forth and up and down and left and right and round and round!

And in the middle of the storm, Jesus was sleeping.

Now Jesus’ friends had been fishermen all their lives, but in all their years fishing on this lake they had never once seen a storm like this one. No matter how hard they struggled with their ropes and sails, they couldn’t control their boat. This storm was too big for them.

But the storm wasn’t too big for Jesus. “HELP!” they screamed. “Wake up! Quick, Jesus!” Jesus opened his eyes.

“Rescue us! Save us!” They shrieked.” Don’t you care?” (Of course Jesus cared and this was the very reason he had come – to rescue them and to save them.)

Jesus stood up and spoke to the storm “Hush!” he said. That’s all.

And the strangest thing happened. The wind and the waves recognized Jesus’ voice. (They had heard it before, of course – it was the same voice that made them in the beginning). They listened to Jesus and they did what he said.

Immediately the wind stopped. The water calmed down. It glittered innocently in the moonlight and lapped quietly against the side of the boat, as if nothing had happened... Then Jesus turned to his wind-torn friends. “Why were you scared?” he asked. “Did you forget who I Am?” Did you believe your fears instead of me?” ●●●

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- Jesus' friends were quiet. As quiet as the wind and the waves. And into their hearts came a different kind of storm.

"What kind of man is this?" they asked themselves anxiously. "Even the winds and the waves obey

him!" they said, because they didn't understand. They didn't realize yet that Jesus was the Son of God.

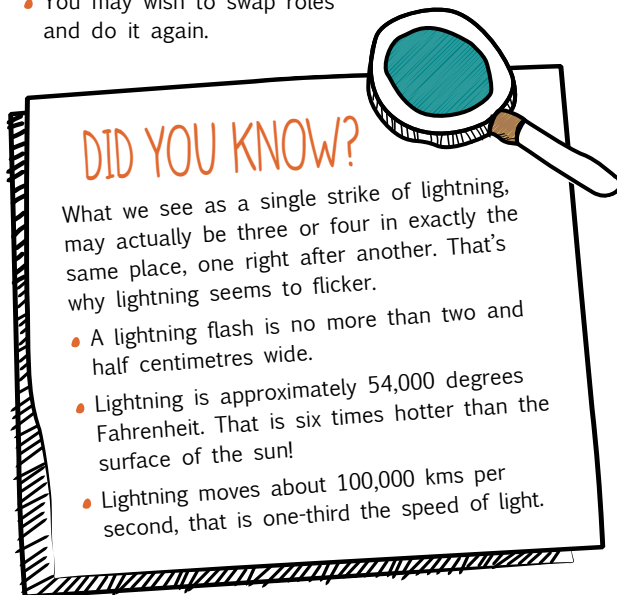
*Jesus' friends had been so afraid, they had only seen the big waves. They had forgotten that, if Jesus was with them, then they had*

*nothing to be afraid of. No matter how small their boat – or how big the storm!* ”

*Matthew 8:23-27; The Jesus Storybook Bible, Sally Lloyd-Jones, Zonderkidz*

### GAME

- Crumple up some newspaper. Place some of the newspaper in your 'boat' (the blanket) and some outside it. This is the sea water.
- Have the children (the disciples) in the boat and the adults (the storm) outside the boat.
- Set a timer for two minutes. The 'storm' throws the paper into the boat and the 'disciples' bail it out again!
- You may wish to swap roles and do it again.



### DID YOU KNOW?

What we see as a single strike of lightning, may actually be three or four in exactly the same place, one right after another. That's why lightning seems to flicker.

- A lightning flash is no more than two and half centimetres wide.
- Lightning is approximately 54,000 degrees Fahrenheit. That is six times hotter than the surface of the sun!
- Lightning moves about 100,000 kms per second, that is one-third the speed of light.

### FAMILY TALK TIME

It must have been really scary out on the fishing boat in the huge storm.

- Take out two pairs of adult shoes or sandals.

Imagine that these shoes belong to Jesus and the disciple Peter.

- Choose a child to wear each pair and 'pretend' they are the person whose shoes they are wearing.

Each actor tells everyone else what happened. (Peter could talk about the storm being very scary, and Jesus could talk about being really tired after a busy day and being woken up by his friends in the middle of a storm...)

Jesus wasn't scared because he is the Son of God and could tell the storm to be still. But the disciples were scared. What do you think they might have said? (e.g. I wish I hadn't come; those waves are really big. I think I might fall overboard...)

Think about how it feels when you are afraid.

- Ask the children to suggest what they could do when they feel afraid.

Give some suggestions – such as:

- talking to someone
- praying
- getting a cuddle
- doing something that feels safe

Did you know that we can memorise Bible verses to help us when we feel scared? Let's pretend we are frightened right now... let's show each other our best 'scared' faces. Now let's read Isaiah 41:10 together: "'Don't be afraid,' says the Lord, 'for I am with you.'" Who can memorise it? God, please keep us safe and protect us and have your angels around us.

- Take the small pieces of card from the Faith Box and hand one to each person.

Now secretly write down on the card something that makes you feel better when you are scared.

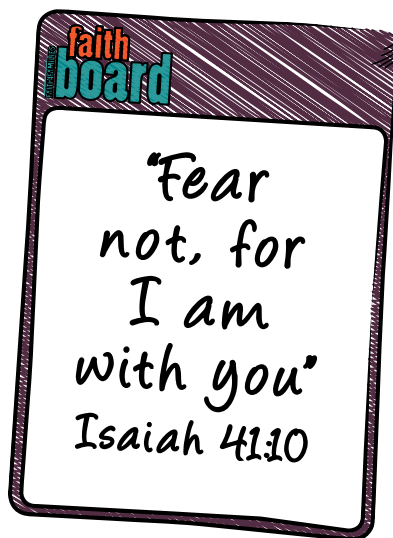
Do you think that you can remember that whatever is going on in your life, whatever the storms might happen to be, Jesus is right there with you?

## PRAY

- Invite everyone to curl up in a ball, close their eyes, be very quiet, and imagine they are being held in God's strong and kind hands.
- Thank God that whatever is happening in our lives, we are always in God's hands.
- Ask God to help us all trust him when we are feeling scared.

## LIVE

This week at the meal time (or the time that works best for your family), make space for everyone to share if there is a storm in their life at the moment – perhaps something hard that is happening. Talk together about how Jesus might bring calm to that storm.



## OTHER IDEAS

- Play charades with the cards, and see who can suggest what things help us feel better.
- Make a storm/tornado in a bottle – fill a 2 litre lemonade bottle (remove the label) 3/4 full with water. Add about 1/2 cup of vegetable oil (for added effect when making waves but not necessary for the tornado) and 3-5 drops of blue food colouring. Using duct tape, attach a second 2 litre bottle neck-to-neck with the first one, and make sure they are attached well. Let the children shake the bottles to make storms. By swirling the water as it goes from one bottle to the next, you can create your own tornado. (You could use smaller bottles for younger children).
- Have the children make a toy boat. Supplies: Walnut shells (or orange halves with flesh scooped out), tooth picks, play dough or blu-tac and cut-out paper triangles for sails. Tape the middle part of the toothpick to the paper to make the sail. Place a small piece of play dough in the half-shell and poke the toothpick mast into it. These are great in the bath where you can make a wild storm, then pretend to be Jesus and tell the waves to stop!

**CHECK OUT WHAT YOU  
NEED FOR NEXT SESSION...**



# APPENDIX

## SESSION TWO

