



## PHUMC Sunday School lessons for Preschool – 5<sup>th</sup> grade.

### February 14, 2021 – Jesus Calms the Storm (Mark 4:35-41)

#### Prepare to Wonder

#### Faith Word: Guide

In the Bible story today, Jesus has been teaching the crowds, when he decides to cross the Sea of Galilee with his disciples. During the journey, a storm blows up and the disciples are afraid. The wind is howling, and the waters are rough. To the disciples' surprise, Jesus sleeps peacefully through it all. The disciples can't figure out why Jesus is so peaceful. Doesn't he care that they are about to drown? The disciples wake Jesus up, and Jesus speaks to the wind and sea, demanding that they be still. The wind and the sea obey him and settle down. Jesus then asks the disciples why they are afraid. Don't they have faith yet? The disciples respond with wonder, asking who is this man that the wind and the sea obey.

For children, the excitement of the story is in the storm and the wonder of Jesus' power to command nature to do what he demands. Jesus was teaching the disciples, once again, to remember their faith in God when things are scary or hard. Children have many stormy and scary times in their lives. Focus on the guidance and the power of faith in Jesus in times of fear.

There are several versions of the Lord's Prayer. When working with children, use the version you use in your church. The children will feel more comfortable in worship if they can recite the same prayer as everyone else; asking for what we need "today"; asking for forgiveness, help to forgive others, and for God to help us know the right things to do as disciples.

When we search and study the Scriptures, when we participate in spiritual practices, we are looking for God's discernment for our life. God guides us in so many ways. We have to be ready to listen and be aware of God's guidance.

### Wonder with Me

#### READ the Bible Story

- Calling the Disciples, from Mark 4:35-41 (*Read from your Bible, see the verses listed below, or see one of the following pages for a picture of the Celebrate Wonder version.*)

<sup>35</sup> That day when evening came, he said to his disciples, "Let us go over to the other side." <sup>36</sup> Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. <sup>37</sup> A furious squall came up, and the waves

broke over the boat, so that it was nearly swamped. <sup>38</sup> Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?"

<sup>39</sup> He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm.

<sup>40</sup> He said to his disciples, "Why are you so afraid? Do you still have no faith?"

<sup>41</sup> They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

## **WATCH the Bible Story**

- <https://youtu.be/nZrY6Ys-aZl>

## **SHARE the Faith Guide**

Faith Word: Guide – Remember, it means to showing the way, like the light of Christ.

Jesus guides us and teaches us that our faith in God will protect us. God is always with us through our life.

## **WONDER Together:**

1. Have you ever been in a big storm? Were you scared?
2. How would you have felt if you were on the boat in the storm?
3. How can Jesus help you when you are afraid?

## **Spiritual Practice**

- **Share the Celebrate Wonder Family Activity Book together** (page 24 & 25). On page 25 you will find the suggested Spiritual Practice activity for the week.

**The disciples were afraid of the storm. Sometimes we are afraid too. When our life gets scary and we are afraid, we can call on Jesus to calm us down. *Close your eyes. Take a deep breath in.***

**Imagine Jesus is standing beside you. As you breathe out, say, "I am not afraid. Jesus will keep me safe." Repeat.**

## **Go in Peace**

**Blessing:** Touch your child and say: **"May you always be guided by God."**

**Prayer:** **Dear God, help us remember that you are with us always. Strengthen our faith and help us not be afraid. Amen.**

## **Additional Activity for each age group**

Select the material toward the end of the lesson that is age appropriate for your child(ren)

### Jesus Calms the Storm

Mark 4:35-41

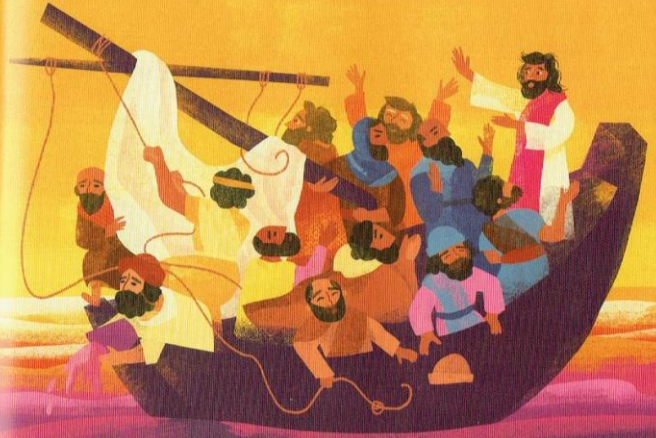
Jesus had been teaching the crowds all day. Jesus said to his followers, "Let's go across to the other side of the lake." They took a boat out into the water.

Big, strong winds began blowing the water against and into the boat. The disciples were scared, but Jesus was asleep in the back of the boat. The disciples woke Jesus up and said, "Teacher, don't you care that we are drowning?"

Jesus got up and told the wind to be silent and still. The wind settled down, and everything was calm. Jesus asked the disciples, "Why are you afraid? Don't you have faith yet?"

The disciples were filled with wonder because of what Jesus had done. They looked at each other and said, "Who is this man? The wind and the sea obey him."

**I wonder:** Have you ever been afraid? What did you do to calm your fear?

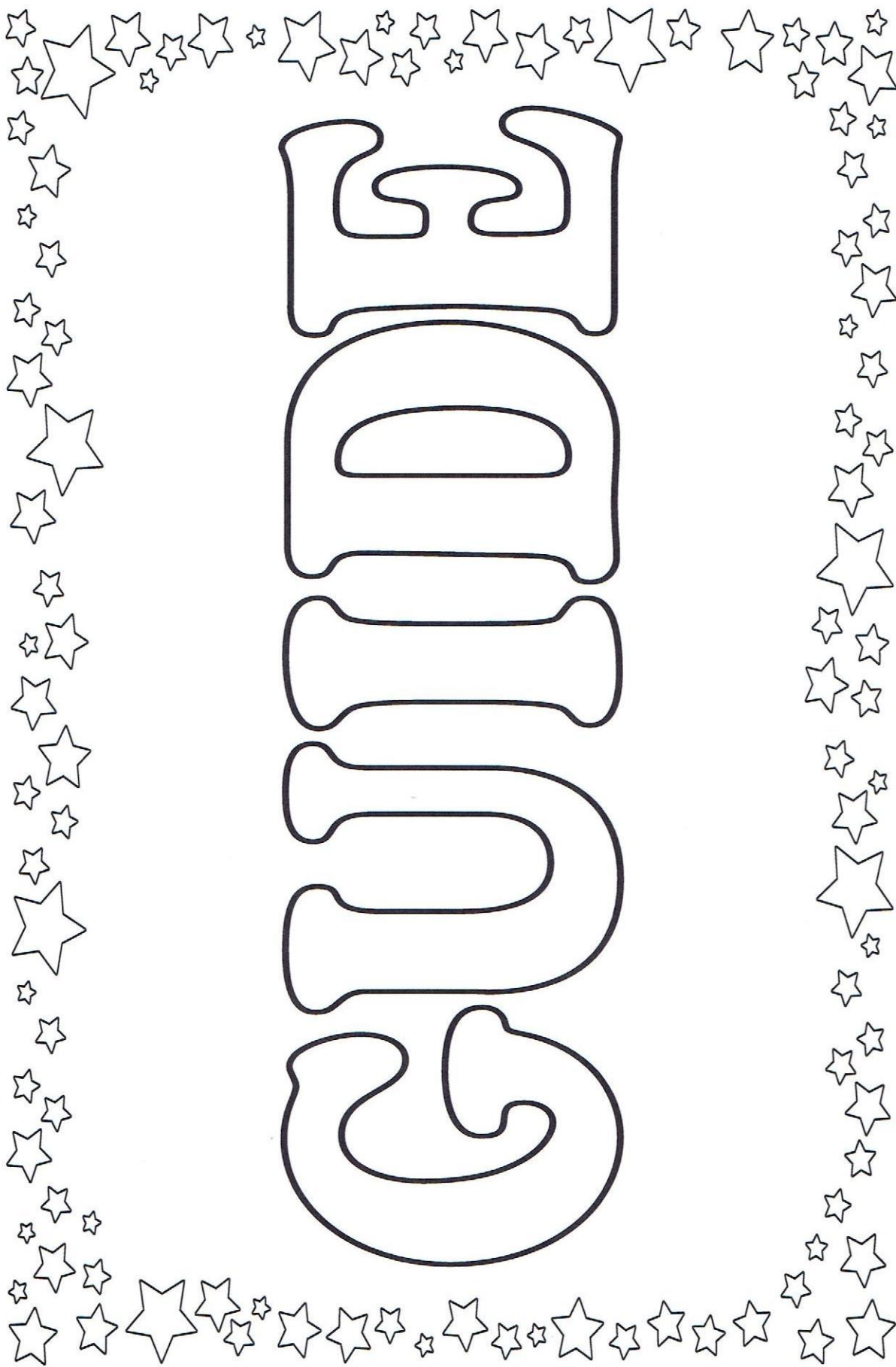


Color Sheet for all

CELEBRATE  
**WONDER**<sup>TM</sup>

Faith Word—Unit 3

WONDER

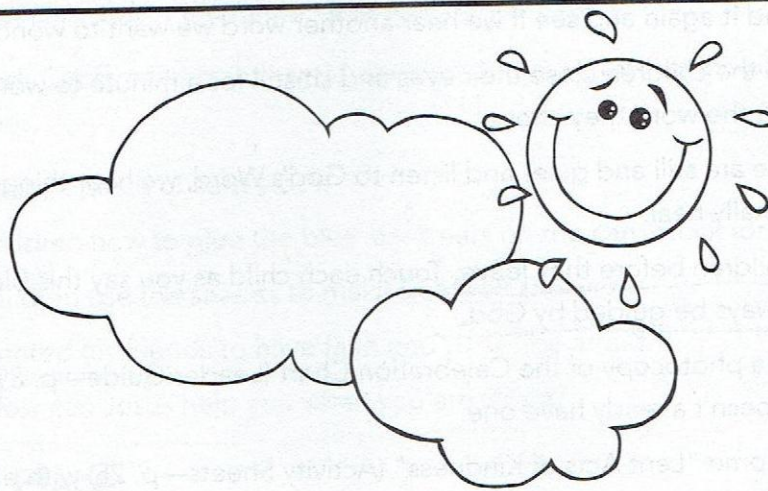
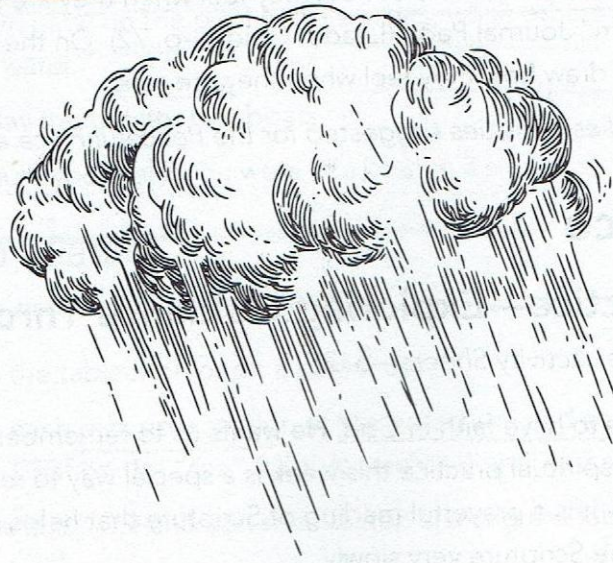


# Preschool Activity

## “The Storm” (Journal Page)

**Supplies:** printed copy of the Pre-School activity sheet and color crayons

Have your children draw a picture of how they feel when they are scared on the top half of “The Storm” Journal Page. On the bottom half of the page, have them draw how they feel when they are safe.



# Early Elementary Activity

## “Calm the Storm” Jar

**Supplies:** copy of the ‘Calm the Storm” jar sheet, bowls, measuring cups, measuring spoons, spoons or whisks, warm to hot water, glitter glue (blue), glitter (blue), food coloring (blue), jars or plastic water bottles with a lid

**SAY:** Sometimes our feelings are like big storms inside of us.

**What does it feel like when you are scared?**

Follow instructions to make the jar.

**When you shake your jar, you can see everything mix and spin around. But when you hold it still, the jar becomes calm. When you have big feelings, you can use your jar to help you feel calm and safe.**

### "Calm the Storm" Jar

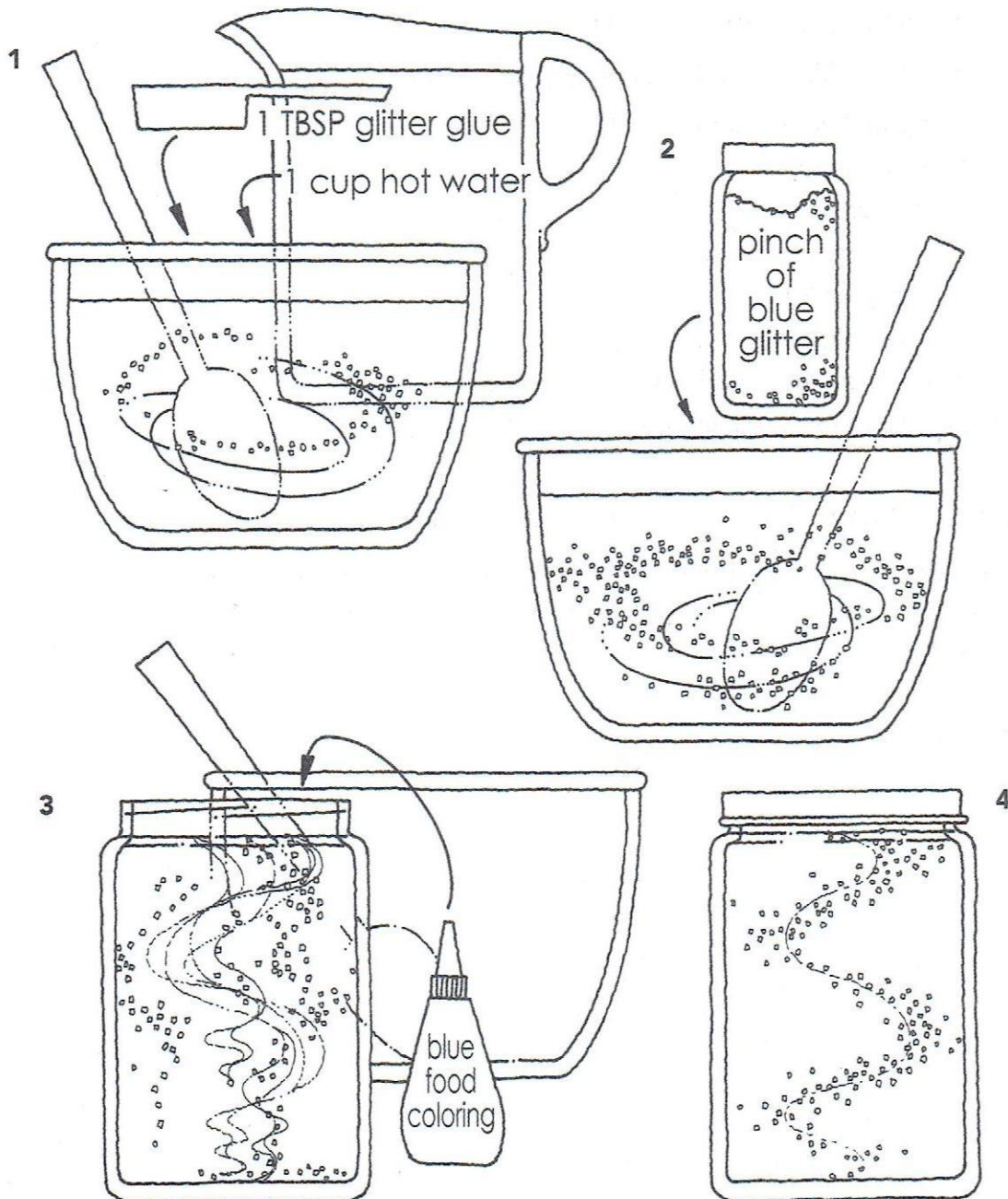
Supplies: bowls, measuring cups, measuring spoons, spoons or whisks, warm-to-hot water, glitter glue (blue), glitter (blue), food coloring (blue), jars or plastic water bottles (lidded, one for each child)

In a bowl, mix about 1 tablespoon of blue glitter glue with 1 cup of warm water.

Add a pinch of blue glitter and stir.

Pour mixture into the jar or bottle.

Add some blue food coloring to represent water. Seal tightly and shake.





# Older Elementary Activity

## Compare and Contrast

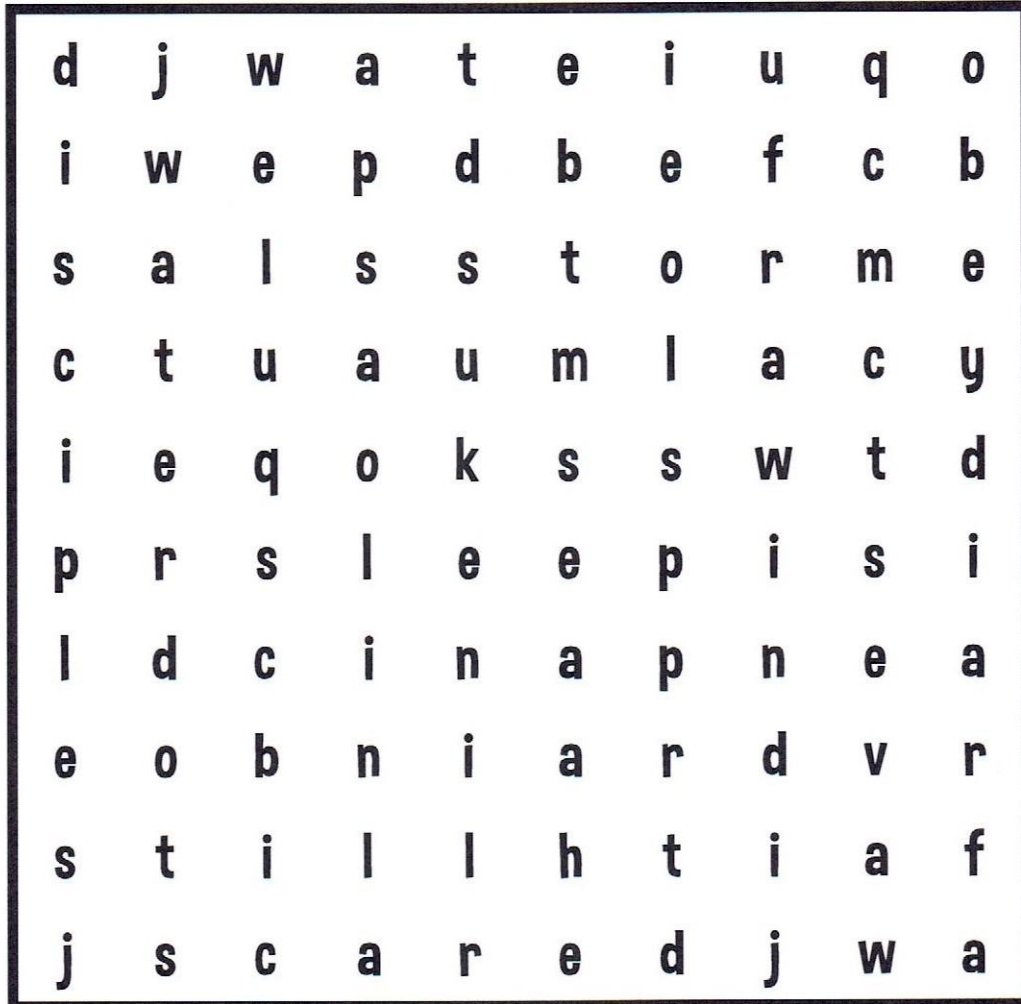
**Supplies: Bible**

**SAY: Did you know there is more than one version of today's story in the Bible? Let's compare and contrast the version that we are studying with the version in the Book of Luke. Read Luke 8:22-25. Review Mark 4:35-41.**

Discuss the similarities and differences between the two versions.

# Jesus Calms the Storm

Find the eighteen words in the wordsearch below.



water  
storm  
scared  
afraid  
panic  
disciples

wind  
rain  
boat  
lake  
quiet  
still

jesus  
waves  
sleep  
faith  
obey  
calm