

Sleeping Through the Storm

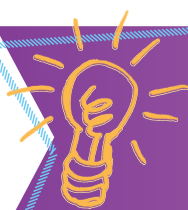
Dear Teacher,

During the worst year of my life, I received a unique gift: a tiger swallow-tail butterfly. It had been rescued from the middle of the busiest, dirtiest street in the city, plucked from certain death in an improbable way and placed in a take-out box. In an impossible place, this delicate creature had rested and been graced with a rescue as it rested. Its presence in my hands reminded me of the lack of rest in my own life as I scrambled to fix everything myself, on my own terms.

From the outside, the peace Jesus offers us may look as improbable as a butterfly resting in the middle of a busy street—or as Jesus Himself sleeping peacefully through a storm! But as we rest in His peace, we receive the ability to sit tight in the middle of the worst possible situation, trusting Him to do more than we can imagine!



Mary Davis
Senior Editor



Big Idea

Jesus gives me peace in scary times.

Action Plan

Describe what it means to have peace from Jesus, and pray for peace in my life.

Bible Verse

“Present your requests to God. And the peace of God... will guard your hearts and your minds in Christ Jesus.”
Philippians 4:6-7

Connecting You to Jesus

As Jesus slept through the howling wind and crashing waves, His peaceful nap reminds us that He had made this water and called forth this wind—they were His! Jesus' actions astonished His disciples, mainly because they didn't fully understand yet who He was. Today, we have complete information about Him. Knowing fully that He is the Savior sent by God, we also must answer His questions: "Why are you so afraid? Do you still have no faith?" (Mark 4:40). He is still Lord, still able!

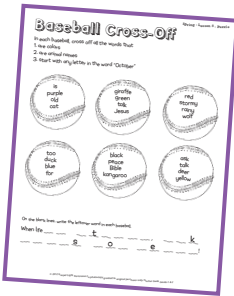
LESSON
MATERIALS

- The basics (see contents)
- Bike lock
- Get Thinking—magazines
- Story props (see p. 79)
- Materials for Art or Game activity (see pp. 84-85)

Lesson Extras!



1. Help your kids learn to identify books of the New Testament by playing Content Concentration. Use the first 12 books of the New Testament for this lesson.



2. Students learn today's Big Idea by completing "Baseball Cross-Off" puzzle.

3. Show "Lesson 8: Fear Quiz" on *Creative Clips* DVD. Did you know that there were

so many differ-

ent kinds of fear with so many different names? People are afraid of a lot of different things. The Bible says that we do not need to be afraid of, or worried about, anything.



Get Thinking



(10-15 minutes)

Welcome students and help them begin to think about today's Big Idea.

Talking Faces

Tape a large sheet of butcher paper to a table. Students look through magazines and cut out pictures of people with different facial expressions (happy, sad, excited, scared, etc.). Students glue pictures to paper.



Big Idea

Jesus gives me peace
in scary times.

Connect:

- Which faces look happy to you? Sad? Excited? Surprised?
- What does someone's face look like when he or she is scared or nervous?
- We have probably felt all of these feelings at one time or another. The expressions on our faces let others know how we are feeling. We'll be talking about something that's good to remember no matter how we feel!

YOU NEED

Butcher paper, tape,
magazines, scissors,
glue sticks.



Get God's Word



(15-25 minutes)

Sleeping Through the Storm

Tell the following story summary in your own words, asking discussion questions as indicated.

Story Starter

Choose several volunteers to come to the front. I **think** (yawn) I **can make you do** (yawn) **something, even if** (yawn) **you don't want to. Can you** (yawn) **keep from copying me?** Continue to talk, yawning frequently. I **think** (yawn) I'm **feeling sleepy** (yawn). **Are you feeling** (yawn) **sleepy?**

See how long it takes the volunteers to yawn. In **our story today, one person took a good nap. Can you guess who it was? Let's find His name in Mark 4:38.** Help students find Mark 4:38 in their Bibles and point to the name "Jesus."

YOU NEED

Bible for yourself and each student, Lesson 8 Poster, two 3-foot (.9-m) strips of blue crepe-paper for each student, bike lock.



STORYTELLING IDEA

Give each student two strips of blue crepe paper. As the story is told, have students wave crepe paper in the air as directed.

Long Day

Jesus and His friends were near the Sea of Galilee. They were with a huge crowd of people who had come to see Jesus. All day long, Jesus was teaching and healing. He and His friends were getting tired, but even when it got late, the people stayed. They weren't going anywhere!

Jesus turned to His friends and said, "Let's get into the boat and travel to the other side of the sea." This would give Jesus and His friends a chance to rest before another crowd of people gathered!

TIP

Read aloud information on page 340 about the Sea of Galilee in *What the Bible Is All About for Kids*.

Time for a Nap!

The boat Jesus and His friends got into wasn't a big cruise ship. It wasn't a fancy boat with motors or comfy chairs to sit on. It was a small, open sailboat with no cabin. Jesus was very tired. So He got into the boat, put His head on a cushion and fell asleep!

At first everything seemed fine. Then the men must have noticed that the wind began to pick up. The boat began to sway from side to side. **Students gently wave crepe paper in the air.** The Sea of Galilee is between some very steep mountains, and if the wind comes from the right direction—WHOOSH!—it can be very powerful and very dangerous!

Fighting the Storm

The wind became stronger and stronger. It knocked the boat around and whipped the waves into huge walls of water! **Students wave crepe paper harder.** The water slammed into the small wooden boat. SMASH! BOOM! BAM! Jesus' friends were being tossed, too! But the men had been in storms before. They knew what to do. They lowered the sail and tied down whatever they could. But the storm didn't let up! It got WORSE!

Jesus' friends continued to fight with the wind and the waves. **Students wave crepe paper as hard as they can.** As the waves continued to beat on the boat, water sloshed everywhere. Soon, there was SO much water in the boat that it began to sink! **What would you do to save yourself in a storm?** Jesus' friends grabbed whatever they could find to bail water out of the boat. They were sliding and grabbing, bailing and grunting and shouting. But even with all this noise and commotion and craziness and water and wind and shouting, Jesus was still ASLEEP!

Can you believe it?
Jesus didn't move at all!
He just kept SLEEPING





while His friends struggled to keep the boat from sinking and stay alive!

Finally, one of Jesus' friends went to Jesus and woke Him up, shouting, "Teacher, don't You care if we DROWN?"

TIP

Show Lesson 8 Poster and ask students to describe how a Bible-times boat is similar to or different from boats today.

Taking Control

Jesus looked around. **What did the disciples want Jesus to do? What would YOU have asked Jesus to do?** But instead of jumping up, grabbing a bucket and starting to bail water—like His friends must have wanted—Jesus simply commanded, "Peace! Be still!"

Before His friends could even gasp in surprise, the wind STOPPED! The waves stopped, too! Everything was calm and peaceful on the Sea of Galilee. **Students stop waving crepe paper and become very still.** The only sound now was made by the water dripping off the hair and noses of Jesus' friends.

Jesus looked at His friends and asked, "Why are you so afraid? Don't you have faith in Me?"

Amazed, Jesus' friends could only stare and ask each other, "Who is this man? Even the wind and the waves obey Him!" Jesus' friends had seen Him heal sick people and make blind people see. They'd seen people who had never been able to walk skip away from Jesus, completely well. But they'd NEVER seen Him do something like this. Jesus proved that He is so powerful, He can control nature! He can do ANYTHING!



Wrap-Up

Jesus proved that He has power over all of creation. He can keep us safe in any storm. He can give us peace in any scary situation. Show bike lock. Does your bike have the ability to keep itself safe from being stolen? No! That's why you lock it up. Then you have peace of mind that it is safe! In the same way, when times are hard and scary, there is no one like Jesus to depend on. When we ask for His help and remember His power, it gives us peace of mind in scary times.

Our Bible verse today tells us the BEST way to lock onto that peace! Read aloud Philippians 4:6-7. Don't worry! In every situation, we can pray and trust Jesus! When we thank Him and trust Him, He gives us peace. He helps us feel safe and cared for.

Action Plan

Describe what it means to have peace from Jesus, and pray for peace in my life.

Connecting Kids to Jesus



When Jesus took a nap during a storm, it was because the storm didn't bother Him! He is the One who had made both the water and the wind! Jesus' friends didn't fully understand yet who He was. But we can know who Jesus is because we have God's Word, the Bible. The more we know about Jesus, the Savior sent by God, the more we can trust Him.



Get Talking

(25-30 minutes)

Distribute Lesson 8 *Kid Talk Cards*. Students draw lines on Side 1 to match the correct puzzle pieces with the places where they belong. Then students use puzzle-piece words to complete the message at the bottom of the card.

- **Why do you think Jesus continued to sleep during such a bad storm?** (He knew God would take care of them. He knew He had power over the storm.)
- **Why did Jesus' friends think He didn't care about them? How did Jesus show them He would help them when they asked?**
- **Why do you think Jesus' friends were so amazed when He stopped the storm?** (They didn't realize He had power over wind and waves. They didn't realize how powerful He really was.)



Whiteboard Time



It's good to remember that Jesus promises to give us peace. Let's find out how we can know if we have peace. Read each statement below. Invite kids to take turns drawing on the whiteboard an ear if the statement describes how peace sounds or an eye if the statement describes how a person with peace looks. **Pray silently. Sing a song to praise God. Laugh. Sleep well. Talk calmly. Say, "It will be OK." Smile and take a deep breath. Thank God. Play happily.**

Students look at Side 2 of *Kid Talk Cards* and read Bible verse together. Invite students to think about which problems shown on the page they have experienced. Students then think of words they could pray in each situation.

- **What do you think a kid who needs peace should do?** (Ask a trusted person for help. Pray.) **What does Philippians 4:6-7 tell us to do?** (Tell God your worries.)
- **Point to photo of bike lock. Can your bike keep itself safe? No! When you lock it, you keep it safe from being stolen. That helps you not to worry. It gives you peace because you know your bike is safe.**
- **What are ways to have peace when you are worried or afraid?** (Pray. Believe Jesus. Trust God. Thank God for His help.)

Prayer



Invite volunteers to tell prayer requests. Then pray with students about the needs and concerns they mention. This week, share with kids how God has answered one of your prayers and helped you learn that you can have peace from Jesus.

Art

Give each student a sheet of card stock. Each student uses a permanent marker to print this lesson's Big Idea ("Jesus gives me peace in scary times") on his or her page. Students then use watercolor paints to decorate the page. When students have completed their pages, lay the pages out to dry and then display them like a large quilt on an open wall in your room.

YOU NEED

Sheets of card stock, permanent markers, watercolor paints, paintbrushes, small bowls of water.

Connect: Sometimes at school or at home, we might get nervous or scared. But we can remember that Jesus is always with us and will give us peace when we talk to Him. Take home your card and put it in a place where you will often see it so you'll remember to rely on Jesus for peace.

TIP

Cover table with newspaper ahead of time to make cleanup fast and easy.



Game

Before class, use several objects to create an obstacle course for students to move through. Cut apart Game Cards and stack them at end of the course.

Students line up on one side of the room and take turns moving through the obstacle course to collect a card. After student returns along course, he or she follows the directions on the card. Continue, giving each student a turn.

YOU NEED

Game Cards (from CD-ROM), several classroom objects (erasers, books, markers, chairs, tables, hula hoops, etc.).

Connect: Everyone did a great job going through the obstacle course! It didn't look like any of you were scared or nervous, but sometimes we may face things that make us feel uneasy, like going to a new school or riding a school bus. Remember that no matter where we are, we can pray and ask Jesus to give us peace.

Get Going



Direct students to look at Side 2 of their *Kid Talk Cards* again. **Our Bible verse tells us that we don't need to be anxious about anything; instead, we can talk to God. Let's sing a song to help us remember our verse.** Play "Pray!" (track 5 on *Worship CD*), inviting students to listen or sing along. **This week when I'm at work, I'm going to talk to God about things that worry me. I'll pray that you remember to talk to God, too.** Distribute Lesson 8 *Family Fridge Fun* papers as students leave.

