

Sleeping Through the Storm

Dear Teacher,

During the worst year of my life, I received a unique gift: a tiger swallowtail 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

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, 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

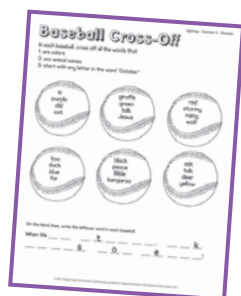
- The basics (see contents)
- Bike lock
- Get Thinking—hat
- Materials for Art or Game activity (see pp. 84-85)

Lesson Extras!



1. Help your kids learn the main ideas of New Testament books by playing Content Concentration. Use the first 20 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 different kinds of

fear with so many different names? People are afraid of a lot of 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.

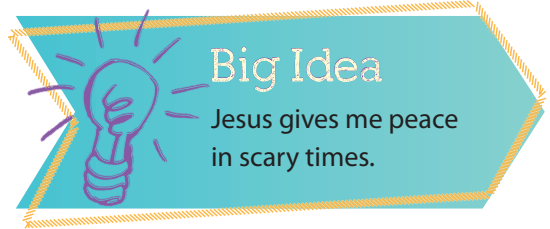
Peaceful Places

On separate slips of paper, print different places kids might feel at peace (lake, bed, tree, beach, mountaintop, meadow, park, treehouse, etc.). Place the labeled slips of paper in a hat.

Students play Pictionary in pairs. First student takes a slip of paper from the hat and then draws clues for his or her partner to guess the place. Then partner takes a turn to do the same thing. Pairs continue to take turns as time permits.

Connect:

- Which of the pictures looks the most peaceful to you?
- Where is a peaceful place you like to go at home or at school?
- The pictures we drew today are all of peaceful places. Today we will hear about a situation that was not so peaceful!



YOU NEED

Slips of paper, hat, paper, markers.



Get God's Word



(15-25 minutes)

Sleeping Through the Storm

Help students find Mark 4 in their Bibles. Tell the following story summary in your own words, guiding students to find answers in their Bibles.

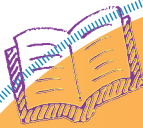
Story Starter

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?**

YOU NEED

Bible for yourself and each student, Lesson 8 Poster, bike lock.



STORYTELLING IDEA

Volunteers illustrate story action as directed.

Long Day

Jesus and His friends were near the Sea of Galilee, surrounded by a huge crowd of people who had come to see Jesus. All day long, Jesus had been teaching and healing. He and His friends were getting tired, but even as the day slipped into evening, the people stayed. They weren't going anywhere!

Read Mark 4:35 to find out what Jesus decided to do then. 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! **Two volunteers stand facing each other, holding hands to make a boat. Third volunteer stands in the middle, pretending to be on the boat.**

TIP

Invite a volunteer to 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 big. It wasn't a fancy boat with motors or with 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. **“Boat” begins to sway while volunteer in middle looks around at gathering storm.** 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

Read about the storm in Mark 4:37. The wind became stronger and stronger. It knocked the boat around in the water as it whipped the waves into fierce walls of water! **“Boat” rocks more.** 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 battle the wind and the waves. **“Boat” continues to rock; student in middle pretends to tie things down, bail water, etc.** 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! 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 was blissfully, calmly SLEEPING while His friends struggled to keep the boat afloat and stay alive!

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

Taking Control

Jesus looked around. But instead of jumping up, grabbing a bucket and bailing water—as His friends must have expected—He simply ordered, "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. **"Boat" becomes very still and calm; student "in boat" looks around in surprise.** The only sound now was made by the water dripping off the hair and noses of Jesus' friends as they stared, mouths open, shocked and amazed at what Jesus had just done.

Read Mark 4:40 to find out what Jesus said to His 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 make sick people well and blind people see. They'd met people who'd never walked a step in their lives who had met Jesus and skipped away from Him, completely healed. 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!



TIP

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

Jesus' friends did everything they could to rescue themselves. They didn't think about turning to Jesus FIRST for help; they tried to take care of the problem themselves, until it was almost too late! Instead of fighting the storm on their own, Jesus' friends could have realized that Jesus is bigger than ANY situation.

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 match the correct puzzle piece with the blank space to complete the picture on Side 1. Students then use the words on that puzzle piece to complete the sentence.

- **Why do you think Jesus continued to sleep during such a bad storm?** (He knew God would take care of them. 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 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. Discuss pictured situations. Then each student writes a prayer about their own situation.

- **What advice would you give a kid who needs peace?** (Ask a trusted person for help. Pray.) **What does Philippians 4:6-7 tell us to do?** (Tell God your worries. Let His peace protect your thoughts and feelings.)
- 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 of mind because you know your bike is safe.**
- **What are other 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 10 craft-foam squares. Students print each letter of “Peace” on five of the foam squares and each letter of “Jesus” on the remaining five. Students fold ribbon in half and glue the letters to “Peace” down one side of the ribbon. Flip the ribbon over and glue the letters to “Jesus” on the back of the “Peace” letters. Students attach a key ring at the top loop of the ribbon to make a key chain.

YOU NEED

One-inch (2.5-cm) craft-foam squares, markers, 24-inch (61-cm) lengths of ribbon, glue sticks, key rings.

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 key chain and put it in a place where you will often see it so you’ll remember to rely on Jesus for peace.



TIPS

1. Craft foam is durable and will make the key chains last longer, but card stock or small wooden squares (available from craft stores) will also work.
2. An easy alternative to the key ring is a large safety pin. Another one—a fun option that kids like—is a carabiner.

Game

Ahead of time, cut apart Game Cards and place them facedown in a stack.

Students form teams of two for a Rock, Paper, Scissors competition. (Quickly demonstrate how to play if needed.) **When I say “Go!” play one round of Rock, Paper, Scissors with your partner!** Guide winners to quickly find a new partner for a second round. Winners of second round each take a card from the stack. Students take turns reading the card and choosing someone else to answer the question or leading the whole group in doing the action on the card. Repeat game as time permits.

YOU NEED

Game Cards (from CD-ROM), scissors.

Connect: Great job helping each other answer questions and do actions! Some people may be scared to ride on a boat, or maybe others are scared or nervous when going to bed or walking home from school. We can remember that no matter where we are, Jesus is with us and can 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.

