

## Jesus Calms the Storm

Teacher Pep Talk: Sometimes in life, we feel as if we are on a little boat out in the middle of a great BIG storm. During those times it is important for us to remember that we serve a Risen Savior, who is able to calm the storms of our life, just as He once calmed the Sea of Galilee.

It's ok for us to be concerned and even to cry out to Him when we are frightened. It may seem to us that He is unaware of our situation, or even blissfully asleep somewhere, while we face the very real possibility of drowning in our difficulties. For some reason, even though we pray and cast our cares upon Him, it continues to amaze us each time we see Him come and quiet the wind and waves. Why do we doubt? Oh, we of little faith...

You will need: One or two sheets (blue, if you have them)  
Metal spoons and metal pans (for noisemaking)  
Small plastic buckets or containers (for pretending to bail water)  
A life jacket and/or a sailor hat to wear while you teach  
Colors or markers, yarn, tin foil, scissors and glue for one activity

Major Points: Jesus and His Disciples were on a Lake in a Boat  
A Terrible Storm Came  
The Disciples were Afraid and Woke Jesus Up  
Jesus Spoke and Calmed the Storm

Scripture Ref. Matthew 8:23-27 and Mark 4:35-41 (Jesus Calms the Storm)

Memory Verse: Matthew 8:25 "Lord, save us."

Lesson: **Jesus and His Disciples were on a Lake in a Boat**

- *(Bring out your life jacket or sailor hat, if you have one, and put it on.)*
- How many of you have ever been in a boat? *(Wait for answers.)*
- Were you out on the water on the boat? *(Ask some follow up questions such as where, with whom, day or night, what were you doing, etc.)*
- It's fun to be on a boat isn't it? *(Describe being on a boat. Perhaps you have a nice story of your own.)*
- Yes, when it's a nice day and the sun is shining and the wind is blowing gently and it's not too hot and not too cold, it can be very nice and beautiful on a boat out in the lake (or on the water.)
- Our story today is about one time when Jesus and His Disciples went out in a boat on a great big lake. The lake is still there, of course. It is so big that they call it the Sea of Galilee.

### **A Terrible Storm Came**

- While Jesus and His Disciples were out on the boat, it became nighttime.
- Jesus was very sleepy, so He found a place to lie down in the boat and fell asleep.
- The Disciples were sailing the boat. Some of them had been professional fishermen before they became Jesus' disciples. They had grown up fishing and sailing in boats on that lake.
- But while they were out on the lake that night a terrible storm came up!
- The wind and waves beat against the little boat.
- The Disciples became worried.

### **The Disciples were Afraid and Woke Jesus Up.**

- The storm got worse and worse!
- The Disciples were very afraid and woke Jesus up!
- They said to Jesus "Lord, save us! We're going to drown!"

### **Jesus Spoke and Calmed the Storm**

- Jesus woke up and said to the Disciples "You of little faith, why were you afraid?"
- Then Jesus **rebuked** the winds and the waves, and they became completely still and quiet.
- What do you think that word "**rebuked**" means? (*Wait for answers.*)
- Basically "rebuked" means to tell them to stop doing what they are doing. How do you think Jesus said that? (*Wait for answers. The children will probably do very good imitations of Jesus telling the winds and the waves to "Stop that!"*)
- And after the winds and the waves settled down and got still and quiet, the amazed Disciples said to each other... "What kind of man is this? Even the winds and the waves obey him!"
- Who was Jesus that even the winds and the waves obeyed Him? (*Wait for answers.*)
- That's right! Jesus is the Son of God!

Let's pray and thank God that Jesus is His Son and that even the winds and the waves obey Him!

Prayer: Dear God,  
Thank you that Jesus is your Son.  
Thank you that you made everything.  
Thank you that even the winds and the waves obey you when you speak!  
Amen.

Suggested Activities: *(Choose a few activities for your class!)*

**Act out the Story**

**Before Class:** Bring to class several items to help recreate the story of Jesus Calming the Storm. Suggestions include: blue sheets or blankets to represent the water and waves. Pans and metal spoons for noisemaking. Small plastic buckets or containers for pretending to bail water. And a pillow, for the person playing Jesus to fall asleep on.

**During Class:** Explain to the children that together you are going to recreate the story of Jesus rebuking the winds and the waves. Arrange chairs in the room to form a “ship” with seats in it. Put the blue sheets around the “ship.” Allow some of the children to sit in the boat and be Disciples. One will pretend to be Jesus and fall asleep. (Perhaps that child could snore, etc.) Other children will pretend to be the “winds” and the “waves.” Show the children how to make “waves” by moving the blue sheets up and down rhythmically, allowing them to billow around the boat. The children with pans and spoons will bang them to make the noise of thunder or lightning.

**Tell the story.**

One night Jesus and His Disciples got on a boat to go across the Sea of Galilee.  
*(Get on the boat and sit down.)*

Jesus was very tired, so He lay down and went to sleep.  
*(Child playing Jesus lies down and “goes to sleep.”)*

Suddenly the winds began to blow.  
*(Children make blowing sounds.)*

And the waves began to swell.  
*(Waves begin to move.)*

But, the Disciples on the boat weren’t worried. Some of them were fishermen. They knew all about boats and all about wind and waves.  
*(Children in boat are not worried. Jesus is still sleeping.)*

However... the wind got louder....  
*(Children make more wind noises.)*

And the waves got BIGGER!  
*(Waves get bigger.)*

And now the Disciples on the boat were a little worried. This was a bad storm. But still, they thought that they knew all about boats and all about wind and waves.  
*(Children in boat are getting a little worried. Jesus is still sleeping.)*

However... the wind got even louder... and NOW there was thunder and lightning!  
*(Children bang on pans and make lots of noise!)*

And the waves got so big that water started coming into the boat.  
*(Waves get even more energetic!)*

Now the Disciples in the boat were very worried. They started bailing water out of the boat! This was unlike any storm they had ever seen!  
*(Children in the boat bail water. Jesus is still sleeping... even snoring, maybe.)*

And so the Disciples went to Jesus, because they were afraid they were going to drown. They cried out “Lord, save us!”  
*(Children wake Jesus up and say all together: “Lord, save us!”)*

And Jesus woke up. He said to them: “You of little faith, why are you so afraid?”  
*(Jesus wakes up and says “You of little faith, why are you so afraid?”)*

Then Jesus got up and rebuked the winds and the waves.  
*(Jesus gets up and tells the winds and the waves to be quiet and still. The wind stops and the waves are still.)*

And the amazed Disciples said to each other, “What kind of man is this? Even the winds and the waves obey him!”  
*(Disciples look amazed and whisper to each other!)*

Who was Jesus that even the winds and the waves obeyed Him?  
*(Children say, “Jesus is the Son of God!”)*

### **The End**

*Now, switch parts and tell the story again.*

### **Jesus Can Calm the Storm**

*The children will create a picture of Jesus Calming the Storm.*

**Before Class:** Obtain blue construction paper or make copies of the Calming the Storm activity sheet for each child. Write “Jesus Can Calm the Storm” at the top of the construction paper. Bring tin foil or tinsel, dark yarn, markers, star stickers, and glue.

**During Class:** Allow each child to create a picture of Jesus Calming the Storm. On one side of the paper draw storm clouds, lightning, and rain. On the other side of the boat, draw a perfectly clear night sky with a calm sea. In the boat draw Jesus and the disciples. Use yarn to symbolize waves, rain or storm clouds (You could outline the storm clouds in yarn.) For fun cut out strips of tin foil for lightning, or silver tinsel also makes great lightning! On the calm side of the paper, consider using silver or gold star stickers to symbolize the now clear night sky.

# Jesus Can Calm the Storm

