

THE STORM THAT STOPPED

LESSON PLAN

5-11
year-olds

Session Summary: God's word tells us that Jesus is God. He made everything and is in charge of everything. He cares about his people and does what is good for their faith.

Let's pray before we start

Father God, please show us who Jesus is and teach us to trust his loving care for us at all times. Amen.

Let's get started

Is there anything you sometimes feel scared of? (Leave time to think)

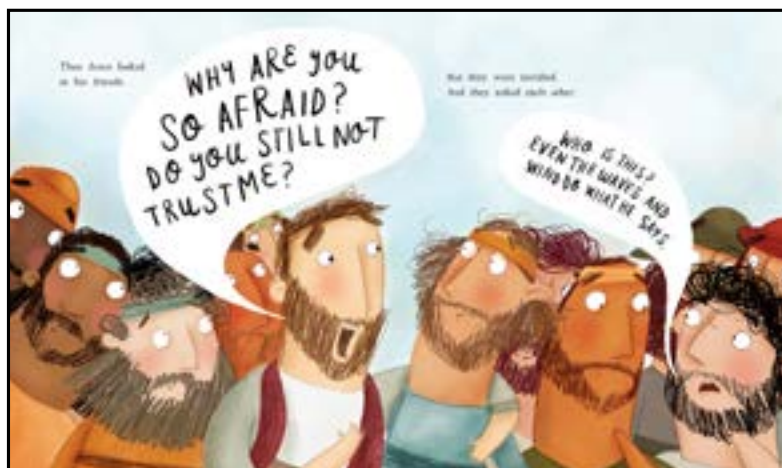
For instance, I sometimes feel scared of... (Make your own serious but age-appropriate suggestion; e.g. being on my own, getting lost...)

We all face things that can make us feel worried or scared. In today's true story from the Bible, we're going to hear about a time when Jesus' friends were scared and we'll find out what Jesus taught them about himself through that scary situation. As I read this story...

Let's listen to the story*

Listen out for how Jesus' friends feel during the story. You can act out their changing feelings if you like.

(Read *The Storm That Stopped* up to and including the pages below ONLY. You can read the remaining pages later, after doing the brief Bible study on Jesus' identity.)



* *The Storm That Stopped* by Alison Mitchell and Catalina Echeverri is available from Christian retailers and at www.thegoodbook.com (US) or www.thegoodbook.co.uk (UK).

Let's think

(If you are doing this session with children across the full age range, start by asking questions below to the younger child(ren) before asking the older one(s).)

Questions for younger children

How did the disciples feel out on the lake in the boat? (Scared)

What were the disciples afraid of? (The storm, drowning)

How did Jesus help them? (Told the storm to stop)

How did the disciples feel afterwards? (Terrified!)

Questions for older children

What did the disciples basically accuse Jesus of when they woke him up? (Of not caring about them)

Why do you think they were scared by what Jesus had done? (Possible answers: the power he'd shown; they were realizing that their friend was more powerful than someone who was "just" a teacher; he'd done something supernatural; he'd done something normal people can't do etc...)

Let's play a game

(If you are playing with a large age range of children, perhaps give an older child responsibility for being the leader in the game. Encourage plenty of boisterous movement and noise to make the 'Quiet! Be still!' command all the more striking!)

We are going to pretend to be on a ship at sea. When you hear the leader say a command you have to do the right action.

When you hear the leader say...

You do this...

Climb the rigging

Scrub the decks

Man the oars

Walk the plank

Raise the sail

Abandon ship

Quiet! Be still!

Demonstrate a speedy climbing action

Demonstrate a scrubbing while moaning action!

Demonstrate an energetic rowing action

Demonstrate a tentative walking while whimpering action!

Demonstrate a large hauling action

Demonstrate a panic-stricken swimming action!

Freeze and be silent!

In that game, the leader's words told you what to do. But in the Bible story, Jesus' words were way more powerful. What could Jesus do with just his words...? Yes! He could control the wind and the waves. Let's think about why he could do that.

Let's listen to God

Listen to these verses from Psalm 89 verses 8-9, in which the songwriter is praying to God.

LORD God of heaven's armies, who is like you?

LORD, you are powerful and completely to be trusted.

You rule the mighty sea.

You calm the stormy waves. (ICB)

Let's think

(If you are doing the session with children from different age groups, start by asking the questions for the younger children below. The questions for older children can be done on their own if you have only older children, but they will also contribute further ideas if they follow on from the discussion in the left hand column.)



Questions for younger children

In Psalm 89, what is God the ruler of?
(Heaven, the seas)

From the book of Genesis, who do we know
made the sea and waves? (God)

God can control the sea because he made
it. What did Jesus do in our true story from
the book of Mark? (Control the sea)

So, who is Jesus?! (God!)

Questions for older children

What do Jesus' words and actions in Mark 4
v 35-41 show about who he is? (He is the
powerful Creator God—the God of the Old
Testament)

What has Jesus taught them about himself
by allowing them to experience the storm?
(That he is the Creator God; that he does
care about them.)

(Read the remainder of *The Storm that Stopped* at this point if you wish.)

Let's think a bit more about why this is such good news for us.

(There are two versions of the following activity. Choose the version you think most helpful for your children. You could combine the two for different age children by giving them each a sentence in turns, giving younger children a choice of words and older children a gap to fill in.)

Option One:

I'm going to read out something that help us understand what this passage means for us.

Sometimes I will read out two possible words and you need to choose which one makes more sense.

For instance, which makes more sense? The disciples crossed the lake in a boat, or a tractor?

Jesus has the power to help us because he is (God/tall). And Jesus loves us and (writes/cares) about us. Because he is God he always knows exactly what we are going through and he knows how we are (feeling/eating). We can (talk/drive) to him when we are scared or worried because he cares about us. We can trust he will always do what is (worst/best) for us. He will always do what helps us to know and love him (less/more).

Option Two:

I'm going to read out something that help us understand what this passage means for us. Sometimes I will leave a gap, and you need to suggest a word or phrase that makes sense in that gap based on what we've seen in today's Bible passage. There is more than one possible right answer.

Jesus has the power to help us because he is _____. And Jesus loves us and _____ about us. Because he is God he always knows exactly what we are going through and he knows how we are _____. We can _____ to him when we are scared or worried because he cares about us. We can trust he will always do what is _____ for us. He will always do what helps us to know and love him _____.

After both options...

Let's read that again straight through with all the right words!

Do you remember the things we said we were scared of earlier?

(For any that are part of the natural world, point out that...) We don't need to be scared of them because Jesus is in charge of them, just like Jesus was in charge of the wind and waves.



(For any that are more abstract things, beyond our control, point out that...) We don't need to be scared of any of these things, because Jesus is in charge of everything and we know he cares about his people.

Jesus allowed the disciples to sail through a storm so that he could teach them something important about Him. When we face a scary or worrying time, it is good to ask ourselves, "How can this situation teach me to love Jesus and trust in him more?"

Do a bit more... (optional)

Here are some further possible questions to help older children to apply the passage or to bring young people in your family who are 11+ into the conversation. You could look at these at this point, or you might prefer to pick up the conversation again at a later juncture. Choose any you feel are helpful/appropriate...

- If the disciples hadn't experienced that storm, what wouldn't they have seen and experienced about Jesus? (His power and willingness to act)
- The disciples accused Jesus of not caring about their situation. If Jesus doesn't act to stop a particular "storm" in our life, what might we be tempted to think about him? (e.g. That he doesn't love us, doesn't care about us, he isn't powerful, prayer doesn't work etc...)
- If we think he doesn't care, how might we be tempted to feel, think, speak or behave? (e.g. Feel bitter towards him, stop praying, complain about our situation...)
- Think of some difficult situations we might face in life. What can those situations teach us about Jesus and about knowing Him? (A couple of examples are given below)

The nature of the "storm"	Some ideas for what that "storm" might teach us
We face a "storm" beyond our control (e.g. there is a global pandemic).	<p>Humans aren't in charge—we need to know the Creator who is.</p> <p>There is a lot we can't do, but we can (and should) pray!</p> <p>This world isn't perfect, but we have good news to share of a future kingdom that will be.</p>
We face a personal disappointment "storm" (e.g. we don't get into the team/squad/school we wanted to).	<p>Jesus has a plan for us that is better than the plan we made for ourselves.</p> <p>In this world we face disappointment, but there will be no disappointment in the new creation.</p> <p>Knowing Jesus is better than all these things, we can be content without them.</p>

Let's pray together

I'm going to read out some lines to help us pray. Let's think together about how we can finish off those lines based on what we've learned today from God's word, and once we've done that we'll use them to pray.



Lord Jesus, we praise you because you are _____
Thank you that when you were in that boat you _____
Thank you that you always care about _____
Thank you that you do what is _____ for us.
Please teach us not to be afraid of _____
When we face a difficult or scary situation, please teach us to _____.
Amen.

Now let's use our ideas to pray together...

CRAFT/ACTIVITY IDEAS

Using minimal resources... play with water! Make a boat from any plastic container and fill it with toy disciples and Jesus. Have fun recreating a "storm".

Using things you may have around...

- you'll need a paper/card and a split pin: <https://craftingthewordofgod.com/2013/10/29/jesus-calms-the-storm/> (Draw the circle and ship if you can't print the templates.)
- you'll need a plastic container/piece of foam, blu-tack, wooden skewer, card/paper: make a boat by inserting a skewer into the foam or sticking it into some blu-tack in a plastic container. Cut out a sail to attach to the 'mast', and write on it, "Jesus could calm the storm because he is God" or your memory verse (see below) or what most struck your family from the session.
- you'll need 2 oranges, a pack of jelly/jello, 8 cocktail sticks, 8 paper triangles. See instructions on page 9 (taken from *Bake Through the Bible*, The Good Book Company, 2013).

More of a project: Make a storm in a bottle using water, blue food colouring, cooking oil and a boat cut out of plastic. Instructions abound on the internet—take your pick!

If you have a printer: enjoy the art and activity sheets from *The Storm That Stopped Art and Activity Book* on the next three pages.

IN THE WEEK

Revisit the story through water play or at bath-time. Make big waves and try stopping them with just your voice. Who stopped the wind and waves just by speaking? What does that tell us about who he is?

Learn a memory verse. As a family, choose one of the verses below to learn over the course of the week. You could write up the memory verse somewhere and cover words with post-it notes or write out the initial letters only, or try setting it to a familiar tune for instance as you learn it...

- For younger children:
"He said, 'Quiet! Be still!' Then the wind stopped, and the lake became calm." (Mark 4 v 39)
- For older children
"The Son is the image of the invisible God, the firstborn over all creation. For in him all things were created..." (Colossians 1 v 15-16, NIV)

Enjoy singing and dancing along to the song "'Are you serving Cap'n Jesus?'" (Colin Buchanan, *King of the Jungle*). You could play musical statues, incorporating the instruction, "Quiet! Be still!"

Other songs about Jesus' identity include: "Who is this man?" from *The King, the Snake and the Promise*; "Jesus is the King" from *Meet the King*



Wordsearch

h	k	i	g	b	h	r	g	s	s	s	a	j	p	u
n	e	l	a	g	u	t	s	p	l	a	s	h	e	y
e	k	i	j	s	f	t	l	h	b	r	i	v	a	r
u	s	r	n	a	l	p	e	s	l	k	m	d	c	v
y	h	i	d	e	s	e	s	b	g	a	a	o	e	t
h	a	o	i	n	a	e	e	a	d	l	u	m	f	b
r	g	z	s	a	k	e	z	p	o	w	l	u	u	k
y	o	i	i	b	d	d	i	g	l	a	s	r	l	a
l	k	h	u	b	i	p	e	l	c	v	h	d	k	w
a	l	x	a	a	o	u	k	s	i	e	o	c	u	n
z	t	i	r	e	d	u	f	s	z	s	u	m	h	h
s	i	f	p	h	p	b	w	r	h	f	t	d	l	u
e	a	r	b	m	l	o	r	g	j	t	i	c	i	g
t	a	g	e	v	h	e	s	c	a	r	y	g	i	e
s	u	e	g	s	t	o	r	m	e	x	i	f	f	a

tired

storm

shout

asleep

rain

afraid

calm

waves

huge

peaceful

scary

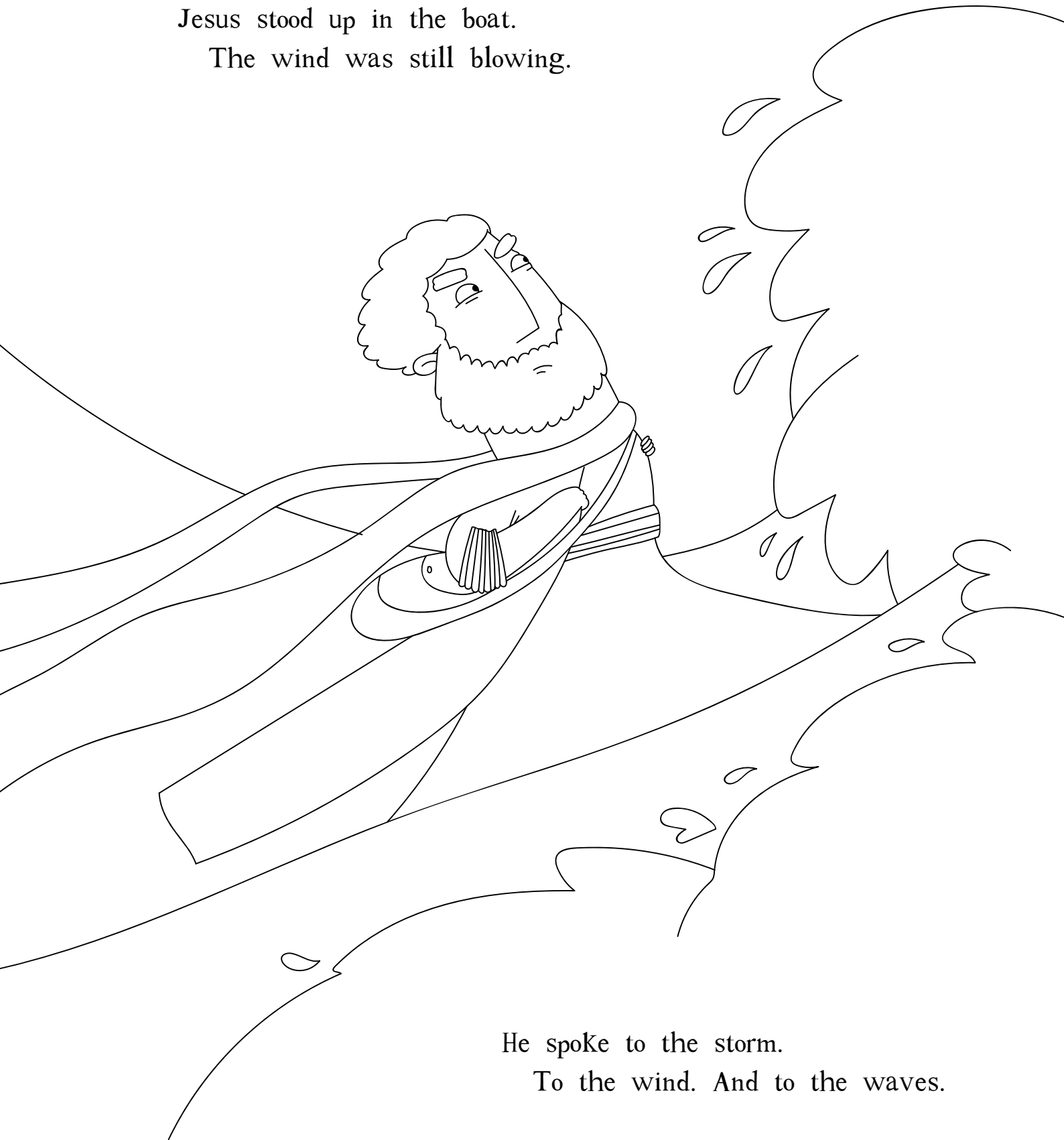
splash



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Jesus stood up in the boat.
The wind was still blowing.



He spoke to the storm.
To the wind. And to the waves.



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SPLASH!

SPLOOSH!

QUIET!

BE STILL!

SPLASH!

CRASH!

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1.



Carefully squeeze the juice from each orange half, then set aside the juice to drink later.

2.



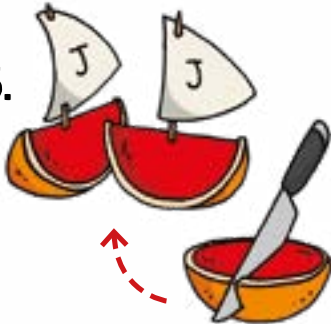
Use a spoon to scrape out as much flesh as you can. Place each orange half, open side up, onto a plate.

3.



Make up the jelly/jello according to the instructions on the packet.

6.



! Cut the orange halves into half again, once the jelly/jello is completely set, to make eight boats. Push the sails into the boats.

5.



Write a "J" for Jesus on each triangle and carefully push a cocktail stick through the paper to make the sails.

4.



Pour it into the orange halves and put the plate into the fridge. Leave it to set for 6 hours.

While you cook...

- What happened to the weather when Jesus and his friends were in the boat?
- How did Jesus' friends feel?
- What did Jesus say to the wind and the waves?
- What happened when he said that?
- Only God has power over the wind and the waves! So what do we learn about who Jesus is?

While you eat...

Use your boats to explain what Jesus did and why he could do it.



TALES THAT TELL THE TRUTH LESSONS INTRODUCTION



You can use these suggested lesson plans to give you a quick-to-prepare way of engaging with a story in the *Tales That Tell the Truth* Bible storybook series, and with the Scripture that underpins it, helping children see what it means for them.

Each session includes:

- A “Session Summary” to help the adult leading the session know where it’s going.
- A suggested session for pre-school age children (3-4 years).
- A differentiated lesson plan for children from 5-11, with different activities signalled as being for “Younger” (approximately 5-7 year-old) and “Older” (approximately 8-11 year-old) children. In some instances, there are also possible further questions/activities you can use for older children in a family.

Use what you judge appropriate for your children’s experience, understanding and concentration. (You may find the “younger” questions more helpful for an older child who is unfamiliar with the Bible or the gospel message.) But try to include something from the “Let’s listen to God”, “Let’s think” and “Let’s pray together” sections, as well as the story-telling. Feel free to cover the material in more than one sitting!

Each lesson is put together so that it can be read out directly as it is written, with any explanatory notes for adults included in brackets. It is as light on necessary materials as possible but includes many of the elements your children might be used to from Sunday church:

- An introductory activity that establishes a key concept the children will need to help understand the passage.
- Activities to help them engage as they listen to or read the Bible story.
- A story-telling segment that seeks to tell the Bible story in a memorable and visually engaging way. (This involves using part of a book from the *Tales That Tell The Truth* series. In some of the sessions, the book is deliberately read in two parts so that you can look at the Bible before reinforcing the message using the remaining pages of the book.)
- An opportunity to think about a passage of Scripture and what it means using appropriate questions.
- An activity or discussion that encourages the children to understand what the passage means for us today.
- Encouragement to children to pray in light of what they’ve learnt about Jesus in the lesson.
- Games that reinforce the learning, but that also provide a concentration break and a chance to move around!
- Craft activities, ranging from those requiring minimal resources to more complicated projects.

Each session ends with specific suggestions for ways you can revisit what you have been thinking about over the course of the week. Here are some other ideas for ways to recap what you have learnt:

- Show your craft proudly over Zoom/Skype/Facetime etc...to a family member or friend!
- Replay the game. Can your children remember what it reminds us about Jesus?
- Encourage children to have a go at re-teaching the lesson to their dolls/playmobil/Sylvanian families.
- Read the storybook at bedtime.

As far as is currently allowed, why not try to get together with another family with children of a similar age? You can share around the “leading” and enjoy precious time together!

We pray that these resources will give families and churches a way of engaging their children with Scripture at a time when normal church family life has been disrupted and grow all of us in love for our powerful, loving, saving Lord!