

The Life of Jesus:

Jesus Calms the Storm

Lesson 4

LESSON OVERVIEW

Key Point: Jesus Calms our Fears

Repeat this phrase throughout the lesson.

Bible Story: Mark 4:35-41

Challenge Verse: Proverbs 3:5—“Trust in the Lord with all your heart and lean not on your own understanding.”

ITEMS NEEDED

Each class needs the following:

- “Mahalo—Cross” Color Sheets (enough for each student). This can be found at the end of the lesson.
- 1 “Mahalo—We Thank Jesus” sign. This can be found at the end of the lesson.
- Slips of paper in a bag that say *Lord, All, Heart, Lean* in it. This can be found at the end of the lesson.
- Memory Verse Sign

BEFORE CLASS

- Play the island or Hawaiian music as the kids enter.
- Set out a “Mahalo-Cross” sheets and crayons at a table for each student.
- Post up the “Mahalo--We Thank Jesus” Sign.
- Have the bag with the words from the Act-It-Out memory verse activity nearby your teaching area.
- Pray for each student by name.

AS STUDENTS ARRIVE

- Greet your students by name as they enter.
- Give each child a nametag.
- Give each child an attendance sticker for your attendance chart.

OPENING ACTIVITY

As students enter SAY: “Howdy! Welcome to Adventure Island. Today we’re going to go horseback riding.”

Give each student a “Mahalo-Cross” page. (*See the end of the lesson for this page.*)

Tell your students to write outside the cross things for which they are thankful. Then they can color the cross. They can color it anyway they want—one color, many colors, stripes, polka-dots, etc.

This activity shouldn’t take long. After every student has arrived, give them a few more minutes to finish and then tell them to bring their pictures to the circle.

Ask the students: **Who remembers what “Mahalo” means in Hawaiian?** (Thank You.)

Ask the students: **Who can show me the hand motion when you say thank you to a person?** (Put one hand over your heart and then hold out your hand with the palm up.)

Ask the students: **Who can show me the hand motion when you say thank you to God?** (Show kids how to place both their hands on their heart, then raise them up, as if they are giving thanks from their heart to God.)

Let each student one-at-a-time tell you one thing they are thankful for as they bring you their picture. Using masking tape post their pictures around the “Mahalo—We Thank Jesus” Sign.

SAY: We can be thankful because Jesus loves us so much and we can trust Jesus to take care of us even when things don’t happen the way we want them to.

BIBLE LESSON

SAY: Today’s story is about Jesus.

Tell your students that you are going to need every one of them to help you with the Bible story today. Then divide your class into two parts. (You can divide them either by using two sides or by using boys and girls.) Lead them in making the following sound effects:

Side 1--Make a sound like wind. Have them start out gentle and get louder and louder.

Side 2--Make a sound like waves. Again, start out gentle and get louder.

Everyone--Show them how to put their hands on their knees. Begin tapping your fingers louder and then patting your knees louder and louder to make a sound like rain.

Everyone--When you say, “Thunder,” they say, “Boom!”

Everyone--When you say, “Lightning,” they say, “Bright Light!”

Everyone--When you say, “Boat,” they say, “Row, row, row your boat!”

Everyone--When you say, “Jesus,” they say, “Have no fear, Jesus is near!”

Everyone--When you say, “Stop,” they stop all the sounds.

Now you’re ready to tell the story, but first practice with them a few times. For example, say, “Thunder / Boat / Jesus / Wind / Stop.” etc. Make stopping almost like a game to see how quickly they can “Stop the Storm.” Practice again: Wind / Waves / Boat / Jesus / Stop!

TELL THE STORY: One day Jesus and His disciples were in a boat and Jesus had fallen asleep when a storm came. It probably began with a **gentle wind** and some **gentle waves**, but they grew **louder** and **louder**. Then there was probably some **gentle rain**, but it got **heavier**. (At this point you should have the wind, waves, and rain all happening at the same time.) Then there was probably some **thunder** (Boom!) and **lightning** (Bright Light!) And some more **thunder** (Boom!) and the **boat** (Row, row, row your boat!) was going back and forth and the disciples were scared. **STOP!**

Ask the students: **Have you ever been scared during a storm?** (Take a couple of answers.)

Ask the students: **What did you do?**

SAY: Watch what the disciples did...

BACK TO THE STORY: The **wind** was blowing. The **waves** were crashing. The **rain** was pouring. **Louder** and **louder**. There was **thunder** (Boom!) and **lightning** (Bright Light!) and more **thunder** (Boom!) and even more **thunder** (Boom!) and the **boat** (Row, row, row your boat!) was going back and forth and the disciples were scared. But **Jesus** (Have no fear, Jesus is near!) was asleep in the back of the boat. So they woke up **Jesus** (Have no fear, Jesus is near!) and said, “Teacher, don’t you care if we drown!” **STOP!** (If they don’t stop quickly, tell them they can do better than that. Tell them you want to see how quickly they can stop. Then start the noise again and loudly say, “Stop.” If someone is disrupting and not stopping, the teacher that is not leading the group needs to pull him aside and give him a warning. If him still continues to disrupt, send him to Kolby.)

SAY: The disciples asked Jesus if He cared they were going to die. That’s how scared they were.

Ask the students: **Do you think Jesus cared about how scared they were?** (Yes, and He cares about any time you’re scared too. God doesn’t want you to live in fear.)

Ask the students: **After the disciples woke Jesus up and He looked around at the storm, do you think He was afraid? Why or why not?** (No, He wasn’t afraid. Why? Because even in the storm, He was in control. And if you’ve given your life to Jesus and are living for Him, you don’t have to be afraid either because Jesus is always in control.)

Ask the students: **Since Jesus is in control, does this mean bad things won’t ever happen to you?** (No, bad things sometimes happen to good people, but if you’re walking with Jesus, you can always trust that He can take any bad thing that comes your way and turn it to your good.)

FINISH THE STORY: The **wind** was blowing. The **waves** were crashing. The **rain** was pouring. **Louder** and **louder**. The **boat** (Row, row, row your boat!) was going back and forth and was starting to fill with water. There was **thunder** (Boom!) and **lightning** (Bright Light!) and more **thunder** (Boom!) and **lightning** (Bright Light!). So they woke up **Jesus** (Have no fear, Jesus is near!) and said, “Teacher, don’t you care if we drown!” Then **Jesus** (Have no fear, Jesus is near!) said, (Say this loudly over all the storm noise) “Quiet. Be still.” In other words, **STOP!** (The students should become quiet.) And just as quickly as that, the storm stopped. The waves stopped. The wind and the rain—everything stopped.

SAY: The disciples should have known that everything would be okay because Jesus was right there with them.

REPEAT AFTER ME: Have no fear, Jesus is near!
Tell those who did the wind to say, “Have no fear.”
Tell those who did the waves to say, “Jesus is near.”
Go back and forth several times to see which side can be the loudest.

Control Tool

SAY: When I say, “Jesus Calms our Fears,” I want everybody to say, “Mahalo!” (Muh-hah-lo), which means “Thank You” in Hawaiian.

Leader—“Jesus Calms our Fears” / *Students*—“Mahalo!”

CHALLENGE VERSE

Using the same teams you used for wind and waves, have them try to guess key words for today’s memory verse by taking turns acting out the following:

**LORD
ALL
HEART
LEAN**

Once all these have been solved (and some may need help, such as “It rhymes with…” etc.), help your students find Proverbs 3:5 in their Bibles.

Read Proverbs 3:5 from your Bible.

Ask the students: **What do you think it means to trust the Lord and not lean on your own understanding?** (It means that you trust God even if you don’t understand why something has happened and may not know what to do. You don’t have to understand the situation to trust God with it.)

Situations

Read the following situations but ask your students not to answer out loud—just to listen:

- How can you trust God when your parents get in a bad argument?
- How can you trust God when someone calls you mean names?
- How can you trust God when someone you care for is in a bad accident?
- How can you trust God when someone you know hurts your feelings?
- How can you trust God when you don’t understand why He didn’t stop something bad from happening to you?

SAY: Here’s the answer—You can always trust God because He’s always right there with you, just like Jesus was right in the boat with the disciples. And you can ask Him for help, just like the disciples asked Jesus for help. And you can trust God, because even in the middle of the most frightening and worst situations, Jesus can put peace in your heart, just like when he said “Quiet—Be still” to the storm.

Control Tool

Leader—"Jesus Calms our Fears" / *Students*—"Mahalo!"

BIBLE SKILLS

Ask the students: **Is Proverbs in the Old Testament or the New Testament.**

Ask the students: **Who can find the book of Proverbs on the Bible Book Chart?** (Show them what section of the Old Testament it is in and that it follows Psalms.)

Ask the students: **So if you were going to find the book of Proverbs in the Bible would you look in the front or the back of the Bible?** (The middle—just behind Psalms)

Tell them to get their Bibles.

SAY: Get ready for a Bible Drill. Remember you can't open your Bibles until I say go.

Ready...Proverbs 3:5...Go!

Ask the students: **Who can remember what last week's verse was and where it was found on the Bible Book Chart?**

SAY: Get ready for another Bible Drill.

Ready...Philippians 4:13...Go!

SAY: Get ready for another Bible Drill.

Ready...John 8:12...Go!

SAY: Get ready for another Bible Drill.

Ready...Psalm 56:3...Go!

During these Bible drills, help students to get familiar with the layout of God's Word and let those who are quick to find verses help others (if they want help). We want to make sure, that no one gets frustrated or feels embarrassed. We want this to be a fun, competition-type time, but with no emphasis on winning, just on doing the best they can.

PRAYER TIME & WRAP-UP

Control Tool

Leader—“Jesus Calms our Fears” / Students—“Mahalo!”

SAY: And He'll always take care of us. Let's thank Jesus for being able to give us peace even in the middle of tough times.

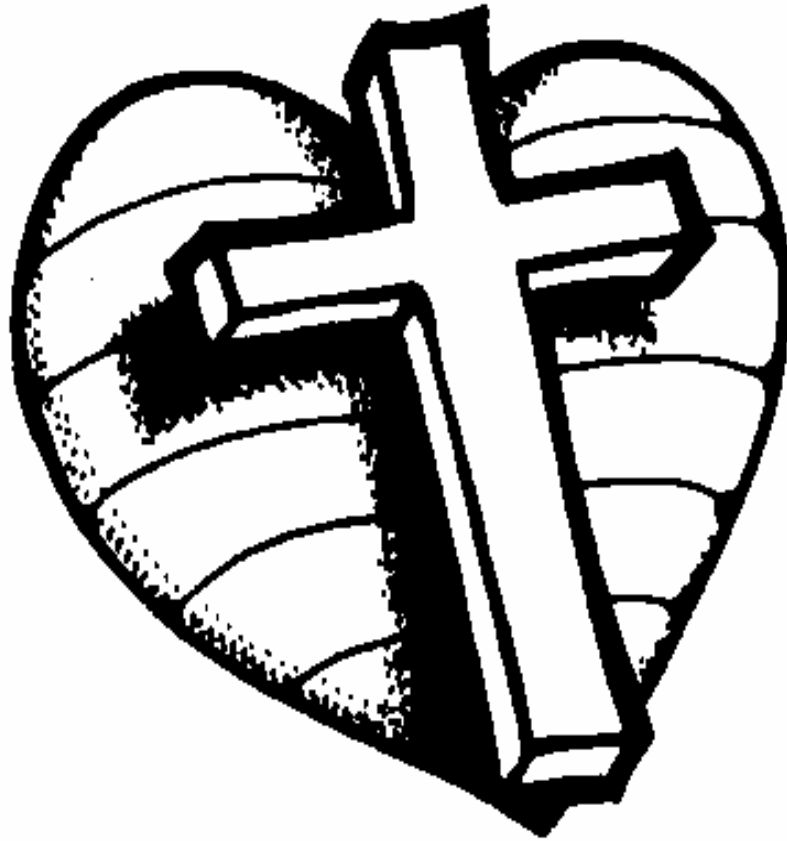
Take Prayer Requests Below:

List Prayer Requests Here

Be sure to pray specifically for each request above.

EXTRA TIME

Use any extra time to help your students memorize the verse for today.



“Trust in the Lord with all your heart and lean not on your own understanding.” Proverbs 3:5

Only one section below is needed per class:

LORD

ALL

HEART

LEAN

LORD

ALL

HEART

LEAN

LORD

ALL

HEART

LEAN

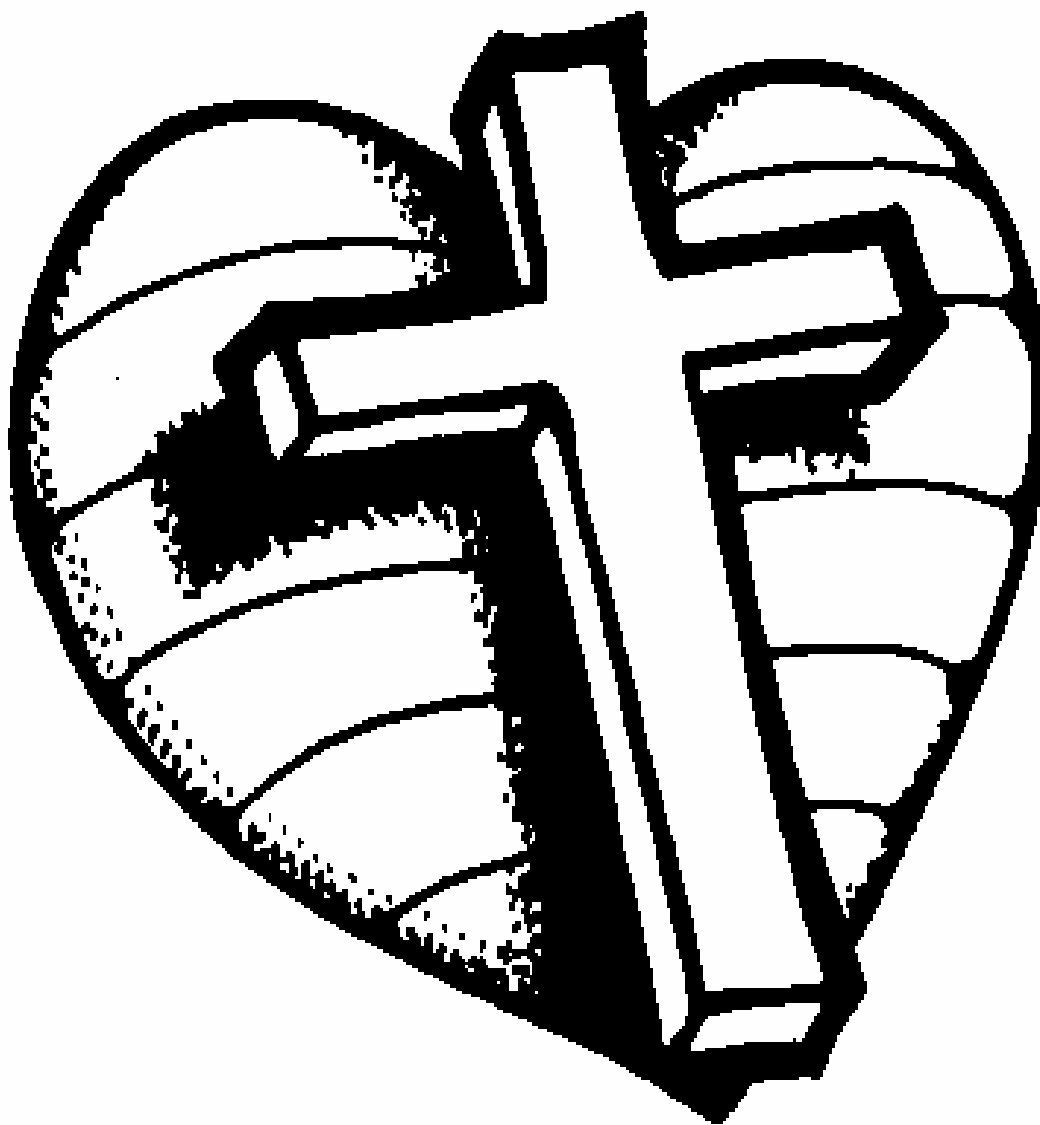
LORD

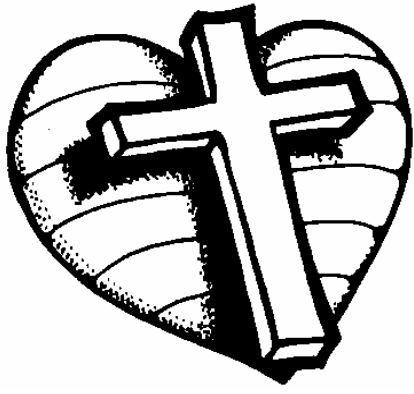
ALL

HEART

LEAN

Mahalo!





mahalo!

***We
Thank
Jesus!***