

Explore It

FOR LEADERS

SESSION
13

A LOVE FOR US

 **Mark 4:35-41 Jesus Calms the Storm**

Please refer to the Introduction document for more details

Ask the children to bring a pen and some paper to this session.

Start It

Show the children how to make an origami boat. You can find lots of instructional videos on YouTube that will show you how.

Here are two videos, each with a different boat design:

Step by Step Origami for Beginners Boat
https://www.youtube.com/watch?v=NhLmE_IMBtM

Jesus Calms the Storm Object Lesson / Origami Boat / Mark 4:35-41
https://www.youtube.com/watch?time_continue=149&v=cYWIWi1g7_8&feature=emb_logo

It may be best for you to talk this through with the group, rather than ask the children to follow along with a video.

Or perhaps you could email your group an instruction video before the session, so that they can have had a practice at home with their parent or carer. Ask them to bring to the session any boats they have made to show to each other.

Ask the group if they can tell you any Bible stories that have boats in them.

Memory verse: Ask who can remember the memory verse from the last session and have one or two people recite it.

 **Say:** We are going to continue with our theme of love by looking at how we can feel safe and secure because of Jesus' great love for us.

Sing It

This song reminds us to put our trust in God:

'As the World Shakes'
<https://www.youtube.com/watch?v=dcAG4PbNXaA>

or

Explore the theme of love with this song of silliness:

'Talking 'Bout Love'
https://www.youtube.com/watch?v=ug_pCd-Z8LY

Tell It

(Activity adapted from <https://childrensministry.com/jesus-calms-storm/>)

Split the children into two groups.

🗨️ **Say:** Today's Bible story comes from the book of Mark and tells us about a time when Jesus was on a boat with his disciples. As I tell you this story, one group will help by making the sounds of the sea as a giant storm comes through. The other group will pretend to be the frightened disciples.

Show each group its role and allow groups to practise.

Group A (the sea) - children will sit and rock from side to side, chanting, 'Swoosh, swoosh, swoosh.'

Group B (the disciples) - children will put their hands on their cheeks and cry out, 'Oh me, oh my! We're all gonna die!'

Note that if you are doing this on Zoom it will be difficult to continue to tell the story while the groups are making a noise. You will need to wait until they have finished their part before you carry on with the story!

🗨️ **Say:** When I say 'Group A' or 'Group B', you will act out your part of the story. Listen and watch for your part.

Tell the story.

🗨️ **Say:** One night after a long day of preaching to the people, Jesus decided to get into a fishing boat with his disciples and go across the sea to the other side. (Actually the Sea of Galilee is really a very large lake.) Leaving the crowd behind, Jesus and his friends got into the boat. (Say 'Group A'.)

When they had sailed to the middle of the sea, a storm began to kick up waves. (Say 'Group A'.)

The boat rocked back and forth and up and down, over the waves. The storm grew stronger and more furious. (Group A should be getting louder now.)

Jesus had fallen asleep almost as soon as the boat had left the shore. Even though the sea was tossing the boat up and down, he was still asleep! But his disciples were beginning to get really afraid. (Say 'Group B'.)

They tried lowering the sail and throwing out the anchor, but nothing worked. (Say 'Group B'.)

They bailed out the water, but still the storm raged. The boat was close to sinking. (Say 'Group B'.)

Finally, the disciples couldn't stand it any longer. Jesus was still sound asleep, so they woke him up. They said, 'Teacher, don't you care if we drown?' (Say 'Group A' and 'Group B'.)

With that, Jesus stood up in the boat and shouted out, 'Quiet! Be still!' (Signal for everyone to be quiet.)

The storm died down, the waves grew calm, and the boat stopped sinking. Jesus looked at his disciples, who were now soaking wet and shaking with fear. He said to them, 'Why are you so afraid? Didn't you believe that I would take care of you?'

The disciples were no longer afraid - but they were amazed. They turned to each other and asked, 'Who is this? Even the wind and the waves obey him!'

Allow the children to applaud themselves for acting out the story so well.

🗨️ **Say:** What an exciting day that must have been for the disciples - first to be caught in that terrible storm and then to see Jesus take control of the weather and change it with only his words.

I wonder:

- ➔ What do you think the disciples were most afraid of?
- ➔ How did Jesus calm the storm?
- ➔ How did Jesus calm the fears of the disciples during the storm?
- ➔ Imagine the disciples' amazement when the raging waves instantly became calm!

- What fears do you have?
- Can Jesus calm your fears? How do you think he does that?

Action It

Show the children the following demonstration.

(Activity adapted from <https://childrensministry.com/jesus-calms-storm/>)

You will need to angle your camera so they can all see inside the cup. This activity can be messy, so be prepared with towels. It is recommended that you practise beforehand.

You will need a clear plastic cup or glass with some white vinegar in the bottom, some baking soda and some cooking oil.

🗨️ **Say:** Let's try this experiment to illustrate what happens when we let Jesus take care of our fears. Let's pretend that the glass represents you. The white powder represents the things that scare you. The oil represents Jesus.

Sprinkle the baking soda into the vinegar. It should fizz together. While you watch what happens, ask the children to think about how they feel when they're scared or worried. Then pour in the oil. Watch what happens and think about Jesus. After you have seen the fizz of the baking soda and vinegar and the calming effect of the oil, ask the children to share their reactions.

🗨️ **Say:** Jesus loves us more than we can imagine. He wants us to feel safe and secure. Jesus calms our fears because of his love. Whenever we're afraid, we can ask Jesus to be with us, to comfort us, and to calm us. We can go to Jesus any time we're afraid, no matter what causes the fear. And we can know that Jesus will take care of us and comfort us. We can rest in Jesus' love. Jesus will be with us just as he was with the disciples when they were scared.

Ask: Raise your hand if you've ever been afraid. What things make you afraid or worried?

Allow time for response and discussion.

🗨️ **Say:** I see that (just about) all of us have been afraid at some time. The Bible tells us that God wants to protect us and keep us safe even when we're scared and anxious, which is another way of saying 'worried' or 'afraid'. Let's see what 'scared', 'worried' and 'anxious' look like.

Ask the children to show you a scared face.

Ask the children to show you a worried or anxious face.

Now ask the children to show you a peaceful or calm face. Tell the children that with God we can feel peaceful and calm even when we are facing situations that we are afraid of or worried about.

Read the children the following Bible verses:

Give all your worries to him, because he cares for you.

1 Peter 5:7 (ICB)

Where God's love is, there is no fear, because God's perfect love takes away fear.

1 John 4:18 (ICB)

You could encourage the children to write these Scriptures on their origami boat, or use one as a memory verse.

Challenge the children to:

1. Remember to pray when they feel scared or anxious, and to rest in God's great love for them.
2. Think about how they could help someone else who is feeling anxious. What could they do to help them know that Jesus is a protector and that he promises not to leave us? Look for the opportunity to support someone who is going through a stormy patch, perhaps by spending time with them or sending a card to encourage them.

Pray It

Pray together:

Dear God, we know that each day we will face difficult situations. We are thankful that as we sail through life, you are always there to calm the storms. Thank you for your love that keeps us safe. In Jesus' name we pray. Amen.

Explore It

Remember to share the Explore It (For Me) and Explore It (Together) ideas for children and families.