

The disciples are terrified



Verse:

Jesus calms the storm
Mark 4:35-41



Aim:

To ask who we think Jesus is



In today's Bible story the disciples faced a terrifying storm.

Despite the crashing wind and waves, Jesus stayed fast asleep on the deck of the boat. The disciples were terrified and yet, as Jesus calmed the storm, they were gripped with a new fear. They realised that Jesus truly was the Son of God.

Each child will need:

- Colouring pencils and paper
- Sticky tape, a straw, glue, scissors, coloured card/paper (with two shades of blue - one with a waved-shaped edge)
- Strips of blue paper shaped like waves - see Pray It
- Explore It Ideas handout

You will need:

- *To watch Jesus Calms the Storm Craft* by North Douglas Church (1:48)



Start it

Say:

We're going to watch a clip from the film *The Incredibles* that will give you lots of examples of superhero powers.

Video

Edna Says No Capes! (The Incredibles movie clip 2004) uploaded by KinoCheck Family (1:32)

Ask:

If you could choose any superpower, what would it be?

Once the children have decided on their superpower, give each of them a piece of paper and some colouring pencils. Deciding whether they want to heed Edna's warning about capes, give the children time to sketch their own superhero costume based on their chosen superpower. Share their ideas together.

Sing it

Say:

Superheroes in comic books often have flashy costumes and enjoy being the centre of attention as they save the world. Jesus came to save us all, but he couldn't be further away from the glitz of the superhero world. His power doesn't come from a spider bite, or the power source of a far-off planet.

Say:

The amazing power of Jesus created the universe and saves every one of us. Superheroes are fictional, but we know that Jesus existed from the people who met him and those who wrote about him. His life, death and resurrection are events which have the power to change the world, saving us from anything we fear. He is not a hero with muscles and armour who would enter a fight; instead his life of love in action showed us God himself.

Song

'Jesus You're My Superhero' by Whiplash Studios (3:02)

Tell it

Say:

In today's story we discover that although Jesus was the Son of God, he was also fully human. After a long day of teaching, Jesus was tired and needed to rest.

Ask:

- If Jesus was a man with special power, why did Jesus need a rest?
- Can you think of a time where God made the choice to rest?

Say:

When God created the world, he took time to rest. Jesus also shows us how important it is to rest when we are tired.

Ask:

Do you find it easy to take time to rest? If so, how?



Say:

In the Gospel of Mark we read about a time when Jesus slept soundly, resting after a busy day of teaching. His disciples, on the other hand, were wide awake and filled with fear and dread. Let's find out what happened.

Video

Jesus Calmed the Storm (Children's Bible Story, Mark 4:35-41; Luke 8:22-25) by Apollo Baptist (1:30)

Read:

'That evening, Jesus said to his followers, "Come with me across the lake." He and the followers left the people there. They went in the boat that Jesus was already sitting in. There were also other boats with them. A very strong wind came up on the lake. The waves began coming over the sides and into the boat. It was almost full of water.'

(Mark 4:35-37 ICB)

Ask:

Imagine that you were on that boat. How do you think you would have felt? What would you have done?

Read:

'Jesus was at the back of the boat, sleeping with his head on a pillow. The followers went to him and woke him. They said, "Teacher, do you care about us? We will drown!"'

(Mark 4:38 ICB)

Ask:

How do you think the disciples felt when they saw Jesus fast asleep?

Say:

In that moment the disciples were filled with panic. The ship was in danger of sinking, and the person who could save them was taking a nap. The disciples were afraid of the storm and didn't know what to do.

Ask:

- The disciples accused Jesus of not caring about them. Do you think that was true?
- Why do you think the disciples said that to Jesus?

Say:

Sometimes when we are going through a difficult time we may think that Jesus doesn't care. The truth is, Jesus cares deeply about every one of us.

Read:

'Jesus stood up and commanded the wind and the waves to stop. He said, "Quiet! Be still!" Then the wind stopped, and the lake became calm.'

‘Jesus said to his followers, “Why are you afraid? Do you still have no faith?”’

(Mark 4:39-40 ICB)

Say:

By this point the disciples had spent a lot of time with Jesus and had seen him perform many miracles. Jesus had healed the sick but they had never seen him calm the wind and the waves. They were amazed, but the Bible describes another feeling.

Read:

‘The followers were very afraid and asked each other, “What kind of man is this? Even the wind and the waves obey him!”’

(Mark 4:41 ICB)

Ask:

Why do you think the disciples were very afraid even when the storm had calmed?

Say:

At that moment, the disciples began to realise just how powerful Jesus was. So powerful, that even the wind and waves obeyed him.

Action it

For this activity the children are going to make their own boat on the water. The clip below is for the leader’s guidance only and does not need to be used with the group.

Video

Jesus Calms the Storm Craft by North Douglas Church (1:48)

When the children have completed the craft activity, remind them of the memory verse for this month and share it together.

Memory verse

‘Do not be interested only in your own life, but be interested in the lives of others. In your lives you must think and act like Christ Jesus.’

(Philippians 2:4-5 ICB)

Discuss

Discuss with the children how the disciples could have chosen to follow Jesus’ lead and remained calm in a fearful situation. The memory verse encourages us to think and act like Christ. Give the children time to write Philippians 2:5 in the waves of their craft activity.

Pray it

For this activity the children will need slips of blue paper cut out in the shape of a wave, or they can cut the shape themselves. Discuss with the children what they are fearful about. Remind them that we follow Jesus who can calm the storms in our lives. The situations we are afraid of may not disappear, but Jesus is there with us in the storm.

Give the children the opportunity to write a prayer on their waves. They can ask God to calm their fears and pray about a specific situation. A link to a song is provided below if you would like to use it as part of the activity. When the music finishes, and if the children feel comfortable, then you can share the prayers together.

Listen

'Still' (church online) by Hillsong Worship (5:02)

Explore it

Remember to send home the *Explore It Ideas* for children and families.



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Here are some ideas for you to explore at home.



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Aim:

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Discover

It can sometimes be a little confusing when the Bible talks about the disciples feeling afraid around Jesus. Watch the clip to help you get a better understanding of what it means to fear the Lord.

The Fear of the Lord (a Sunday school lesson for kids!) by Douglas Talks



Bake

With the help of someone at home, use the following recipe as a starting point to create some wave biscuits. You can use blue food colouring to create icing waves on the top of your biscuits.

www.bbc.co.uk/food/recipes/icedbiscuits_3054



Song for the week

'Jesus You're My Superhero' by Whiplash Studios



Memory verse

'Do not be interested only in your own life, but be interested in the lives of others. In your lives you must think and act like Christ Jesus.'

(Philippians 2:4-5 ICB)

LIVING
OUT FAITH

Today's story is illustrated in this week's *Kids Alive!* The UK's only weekly Christian comic – filled with jokes, competitions, Bible-based cartoons and much more...and is now available to read online!

salvationarmy.org.uk/kidsalive.



Children
& Youth