

# Jesus Calms the Storm

Grades  
**3-4**

## CALM

MARK 4:35-41

### What's happening in this story?

This story seems straightforward: The disciples and Jesus get into a boat, and when a storm approaches, the disciples are scared and wake him up. Jesus calms the storm and asks why they were afraid. However, when we remember the waters of creation in Genesis and the windstorm at sea in the book of Jonah, Jesus' stilling of the storm identifies him with the Creator of the universe. At the end of the story, the disciples seem to be starting to get it too.

### What does this story mean for kids?

Kids can follow the disciples' emotions: relaxed at first on the boat, frightened during the storm, relieved when Jesus calms the wind and waves. Encourage kids to share times they've been afraid, and remind them over and over that Jesus—who is God!—is always with them during life's troubles. Jesus calmed the storm for the disciples. How does he take care of *them*?

### Why this theme?

Action, drama, and suspense. This story is an opportunity both to honor kids' fears and to help them see themselves safe in Jesus' care.

### AGE LEVEL TIP

Wanting things to be calm may not be familiar ground for your most outspoken kids. Encourage (but don't force) your quieter kids to share what they enjoy most about finding calm times.



### GENERAL SUPPLIES

- Construction paper
- White paper
- Scissors
- Glue or glue sticks
- Markers

### LESSON SUPPLIES

- Chenille stems
- Blanket (more than one if a large group)
- Flashlight
- Small plastic mirror (compact)

WHIRL SUPPLIES

• WHIRL KIDS STUDY BIBLES

• DVD

• WALL CHART

• LEAFLETS

## Do some kids arrive early? Try this.

Set out construction paper, white paper, scissors, glue, chenille stems, and other art supplies. Early arrivers can construct extreme weather scenes, like thunderstorms, tornadoes, high wind, and rain.

## Circle up with kids for an opening conversation.

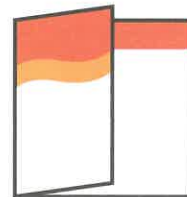
What kinds of things help you to be calm? Allow for responses. **We can feel calm in lots of situations, but we notice it most right after we've experienced something that isn't calm at all. What are some events that might be the opposite of calm?** Allow time for responses. **Some events are loud, busy, stressful, chaotic, and even frightening. In today's story, the disciples experience one of those situations.**

Pray together: **Dear God, be with us during times in life when peace and calm are hard to find. Help us to always place our trust in you. Amen.**

## Pass out leaflets and markers.

Take a moment to look at the images on your front flap. Talk through what's happening in each of the images. Then have kids stand up. Point to one side of

the room. **This side of the room is going to represent calm.** Point to the other side of the room. **This side of the room is going to represent loud, noisy, or stressful. When I call out a situation from the leaflet, move to the side of the room that represents how you would feel during that experience.** Name each of the situations on the leaflet. Then gather kids back together and give them a moment to circle the situation in which they would feel the calmest.



## Gather kids around the screen where you'll watch the video.

In a whisper, say, **Let's move as calmly as possible to where we watch our videos. Shh... our Whirl friends are in for a bit of a storm today!**

View Episode 12, "Storm Stress," on the Year Gold Winter Grades 3–6 DVD.

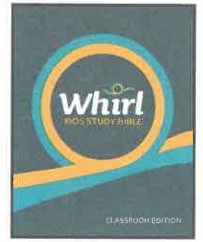
Ask kids these questions about the video:

- **What was each character's individual reaction to the coming storm?**
- **When have you experienced really scary weather?**
- **What do you do when the power goes out at home?**
- **What was calming about Mimi's reaction to the situation?**
- **How do you react to scary situations? How does that compare with how the Whirl kids reacted?**



## Open your Whirl Kids Study Bibles.

Today's passage is in the book of Mark. It's in the New Testament in the Gospels section of the Bible. If this is your first time reading from Mark, invite kids to check out the book introduction and comic on page 1198.



**Jesus has been working all day—he's tired. He's been teaching the crowds out in the sun. Jesus is ready for a nap! But as he and his disciples cross the sea, they are caught in a powerful storm. The disciples fear for their lives, but then Jesus does something amazing!**

Help kids find Mark 4:35-41 and read it in this creative way together: Gather on the floor under a blanket for pretend protection. Pass a flashlight around as kids take turns reading verses.

Invite kids to check out what Ruby says about Mark 4:35-41.

Ask these questions after you read the story:

- **During which part of this story would the disciples have been most excited? Afraid? What other emotions might they have felt?**
- **Why do you think Jesus was sleeping?**
- **How do you think the disciples felt when the waves died down?**
- **Why do you think the disciples were filled with awe?**
- **What do you find amazing about Jesus?**

## Make your mark on the Wall Chart.

**Look at the chart and find the theme for today.** Give kids time to find the word *Calm*. Use a glue stick to attach the mirror to the box by *Calm*. **Fog the mirror with your breath.** Breathing slowly can help us calm down. Jesus calmed a real storm, but often the storms we face in life don't come from the sky!



### BIBLE BIT

*Rebuked* is a word that will be confusing for most third and fourth graders. It's a stern correction, like the reaction your parent has when your dog chews on their favorite shoe.

### WATCH IT AGAIN

Everybody had a different reaction to the lights going out. If you watch the video again, put the characters in order from most scared to least.

### OUR CHURCH

Does your church have a space dedicated for prayer or meditation? Have someone visit to talk about your church's calming places.



# RESPOND 10

## Open leaflets and pass out construction paper, markers, and scissors.

Tear off leaflet square.

1. **From the back panel of the leaflet, cut out the boat with Jesus and the disciples in it.**
2. **Now carefully cut a slit along the blue line on your square. Slide your boat into the slit so it's floating on the water.** If needed, help kids cut the slit and slide in their boats.
3. **Practice sliding your boat back and forth from calm weather to stormy weather.**
4. **What's the best kind of weather for sailing? Slide your boat into that weather. How did the disciples' journey start? Move the boat into that water. What happened next?** Read through the rest of the story with kids moving the boat back and forth from calm to stormy weather accordingly.
5. **Stormy weather can be chaotic, and sometimes we experience stormy and chaotic times in our lives. Let's repeat this activity, but instead of telling the story again, I'll name a few real-life situations.**
6. **You find out your family has to move. How would you feel? Slide your boat into that weather.**
7. Repeat with this situation: **You're shopping with a parent when suddenly you can't find them in the store.** Pause while kids move their boat. **Then you see them.**
8. If you have time, invite kids to name some other situations.
9. **Sometimes the storms we experience in life involve the weather. But sometimes things happen to us that *feel* like storms. When has something in your life felt like a storm?**
10. **Move your boat to calm water. When does life feel most calm to you?**

# LAUNCH 10

## Circle up with kids for a quick review.

We've talked a lot about storms today. How can today's story about Jesus help you feel calm?

## Return to the leaflet panels and pass out markers.

Slowly breathe in and out as you walk your fingers up the footprints from panic to calm. Anytime you need to calm down, do it again!

## Send kids out with a blessing.

Circle up with kids. **God blesses all of us. And that means me** (place a hand on your chest). **And that means you** (place your other hand on the shoulder of the kid next to you). Each kid passes the blessing by repeating those words and actions. When the blessing makes it back to you, say, **Go and bless the world.**

Thank kids for coming today. Remind them of the Family Square on the other side of the leaflet.