

Jesus Calms the Storm - January 10

Parents: Haven't we all felt scared or overwhelmed at times? It's important to talk about these feelings. In fact, it's healthy to "Name it to Tame it" which means to say what you're feeling out loud. We can encourage our children to say and pray, "Jesus, I feel worried, can You help me with _____?"

Let's read about Jesus calming the storm in the New Testament book of Mark. We are reassured that our powerful God is in control over all things and He cares deeply for us.



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

35 That day when evening came, he said to his disciples, "Let us go over to the other side." 36 Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. 37 A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. 38 Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?"

39 He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm.

40 He said to his disciples, "Why are you so afraid? Do you still have no faith?"

41 They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

Discuss: While the disciples, those that Jesus chose to follow Him, were in the boat, a furious, or angry _____ came up? *A squall which is a storm with high winds.*

What happened to the boat? *Waves crashed over the boat almost filling up it and making it sink.*

How do you think the disciples felt? What did they do? *They must have been scared because they thought they were going to die. The disciples woke up Jesus and asked Him if he cared.*

What did Jesus do next? He said, *"Quiet! Be still!" and the wind died down and the storm stopped. Wow! Do you know anyone that can stop the wind? No, only God, the Father, and Jesus, the Son, have power over everything.*

Do you believe Jesus cared for his disciples? *Yes, he did as he does for us.* Look up 1 Peter 5:7. It is a verse that reminds us and our friends that when we're worried we can, *"Cast all your anxiety on him because he cares for you".*

Key Point: Jesus is in Control Over Everything

Jesus is in Control (Tap finger in middle of opposite palm, pretend to hold the reins of a horse)

Over Everything (Hold both palms up and sweep out)

Family Activity: Ask your child if they are worried about anything today. Use the coloring sheet included to write their worries on the waves. Post the sheet in your home and pray about it during the week because we know from 1 Peter 5:7 that Jesus wants us to cast all *our anxiety on him because he cares for us.*

Prayer: Dear God, We praise You for being able to control the winds and the waves by Your mighty power. Forgive us when we try to take control. Help us remember to pray to You first



whenever we are worried. We thank and love You for sending Jesus to care for us and to save us. Amen.

Next Steps: Memorize Mark 4:39. He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm.

Mark 4:39

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