

Jesus Calms a Storm

Never Fear, Jesus Is Here!

Mark 4:35-41

Bible Point

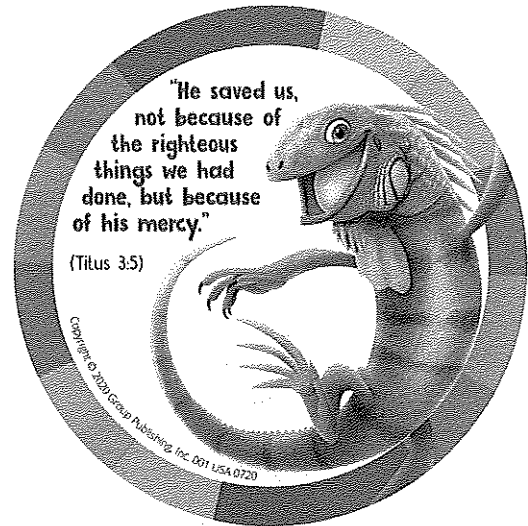
Jesus rescues us.

Purpose

Life's storms come and go—and some are worse than others. When we're in the middle of those storms, it can be easy to panic and let worry take over. But whether it's a real storm or a personal storm, Jesus is—and always will be—with you.

Terrified when a strong storm hit their small boat in the middle of the lake, Jesus' disciples thought it was all over. And yet Jesus was napping in the boat! The disciples panicked, crying out, "We're going to drown—don't you even care?" But Jesus was in control. He spoke to the wind and waves and stilled the storm, rescuing his friends and displaying his awesome power.

Young children experience mini-storms every day, and emotions melt down on a regular basis. During these storms, too, Jesus brings calm and comfort. His love never leaves us.



Prayer

God, thank you so much for sending Jesus to rescue us. Thank you for the gift of your precious Son. Please guide me as I help children experience Jesus' love. In Jesus' name, amen.

Prep

Opening Options	Sing & Play	Bible Discovery & Goodbye Circle	Apply-It Options
<ul style="list-style-type: none"> <input type="checkbox"/> Option Cards* <input type="checkbox"/> Stormy Weather: waterproof containers, water, sponges in various sizes <input type="checkbox"/> Strong Boats: building blocks 	<ul style="list-style-type: none"> <input type="checkbox"/> Music CD* <input type="checkbox"/> Music Video DVD* <input type="checkbox"/> Buddy Video DVD* <input type="checkbox"/> Guac Bible Memory Buddy poster* <input type="checkbox"/> media player <input type="checkbox"/> Bible (bookmark Titus 3:5) 	<ul style="list-style-type: none"> <input type="checkbox"/> "Jesus Calms a Storm" Bible Story poster* <input type="checkbox"/> Music CD* <input type="checkbox"/> Guac Bible Memory Buddy stickers* (1 per child) <input type="checkbox"/> media player <input type="checkbox"/> Bible (bookmark Mark 4:37-40) <input type="checkbox"/> spray bottle with water (optional) 	<ul style="list-style-type: none"> <input type="checkbox"/> Game: large bedsheets (1 per Crew) <input type="checkbox"/> Food-n-Friendship: snack, napkins, hand cleanser, Music CD*, media player <input type="checkbox"/> Coloring Creation: "Jesus Calms a Storm" Coloring Creation pages* (1 per child), crayons, glue sticks, yellow or gold chenille wire pieces, child-safe scissors, Music CD*, media player

* in your **Simply Loved Kit**



Opening Options

Set up one—or both—of these intro activities to start your time together. Each activity connects kids to the Bible Point and to each other. Cut apart these Option Cards, and place one by each activity you choose. Crew Guides will follow the directions and build friendships with kids as they make discoveries together!



Stormy Weather

Supplies

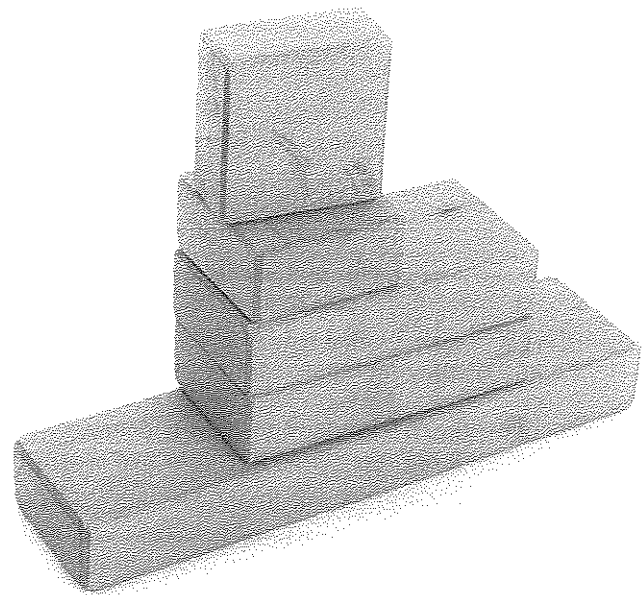
- waterproof containers, water, sponges in various sizes

Fill containers with 1 inch of water and place sponges inside the containers.

Play in the water, creating storms with wind, raindrops, choppy water, and more.

? What do you like to do on rainy days?

Whether it's a beautiful sunny day or a rainy, stormy day, Jesus is with us. **Jesus rescues us!**



Strong Boats

Supplies

- building blocks

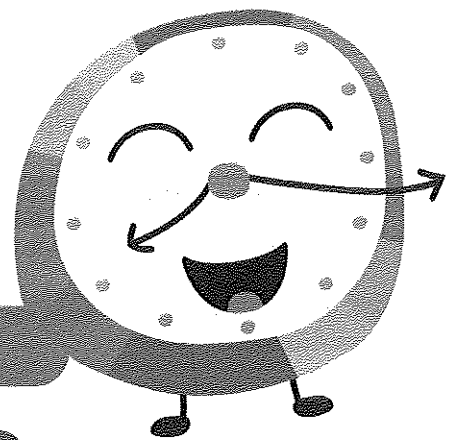
Build strong boats that could withstand a storm.

? Tell about a time you were scared in a storm.

In our Bible story, we'll hear how Jesus and his friends were in a boat in a terrible storm. Jesus' friends were scared, but they learned **Jesus rescues us.**

Opening

Now's a great time for Opening Options. Choose one—or both—to introduce today's Bible discoveries.



 "The Cleanup Song" (Music CD track 1)

Help kids transition by cleaning up before sitting with their Connect Crews. A Connect Crew is a smaller group of kids with one Crew Guide.

Sing & Play

Welcome

Hello, friends! Wow, am I excited to see you today! Let's sing our welcome song.

 "Hello, My Friends" (Music CD track 2)

Let's say hello to our Crew Guides. They're our go-to friends who are here to have fun and learn along with us.

- Kids give their Crew Guides a fist bump.

Bible Point

Let's find out today's Bible Point: **Jesus rescues us. Every time you hear the words "Jesus rescues us," hold out your arms (demonstrate) and say, "Yay, Jesus!" Let's try that together.**

Repeat the Bible Point several times, inviting kids to follow along.

Jesus rescues us. (Yay, Jesus!) When you rescue, you help someone.

Jesus helps us when big storms come. (have children pretend to be afraid)

Jesus helps us be brave! (have children show muscles)

Jesus rescues us. (Yay, Jesus!)

Repeat several times.

Supplies

- Bible
- Music CD
 - "Hello, My Friends"
- Music Video DVD
 - "Rescue Me" music video
 - "God Is for Me" music video
- Buddy Video DVD
 - Guac Bible Memory Buddy video (Week 2)
- media player
- Guac Bible Memory Buddy poster

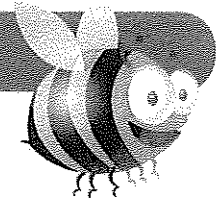


Yay, Jesus!

Repetition cements learning, so be sure to say today's Bible Point A LOT. Have fun with it! Kids will love listening for it and responding with "Yay, Jesus!"

Let's sing a song! Jesus never leaves us. We can talk to Jesus and ask him to help us.

 "Rescue Me" music video



Bible Memory Buddy & Verse


It's time to talk to Buzzly, our bee friend. He helps us *bee* close friends with Jesus! Let's call for Buzzly. Do what I do!

- Flap hands quickly like a bee.
- Make buzzing sounds.

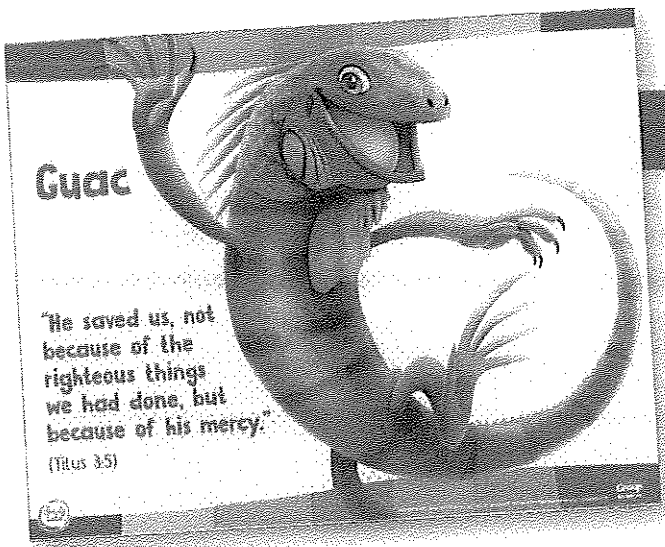
 Guac Bible Memory Buddy video (Week 2)

Guac tells us that **Jesus rescues us.** (*Yay, Jesus!*)

- Show the Bible Memory Buddy poster.
- Explain that Guac is an iguana, which is a large lizard. Iguanas have a special ability: They can hold their breath underwater for up to 28 minutes!
- Have everyone hold their nose and pretend to hold their breath. Then take in a deep breath.
- **You might hold your breath when you're nervous or scared. But we can breathe easy because Jesus helps us. Jesus rescues us!** (*Yay, Jesus!*)

 Show the Bible. **The Bible is God's true story of love! Our Bible Memory Verse comes from the Bible. Let's say it together. I'll say a line, and then you repeat after me.**

"He saved us, (*extend arms out at your sides to form a cross*)
not because of the righteous things we had done, (*shake head no*)
but because of his mercy." (*give yourself a hug*)
(Titus 3:5)



Let's praise God for giving us his Son, Jesus.

 "God Is for Me" music video

Bible Discovery

Hold up a Bible. **Today we'll hear a story from the Bible about a time Jesus and his friends were in a boat. Jesus had been out with his friends teaching people about God. Then it was time to say goodbye, so they got on a boat to cross a lake. Do this with me.**

- Wave goodbye.
- Have Crews pretend to step into a boat as they get in knee-to-knee circles.
- Pretend to row the boat on a lake.
- Happily sing "Row, Row, Row Your Boat" together.

Jesus was tired! He lay down in the back of the boat, rested his head on a cushion, and took a nap.

- Have children curl up on the floor and put their hands under their heads and then pretend to sleep.

Let's hear what happened next.

 Read aloud Mark 4:37.

Uh-oh! A big storm came over the lake. Do what I do!


- Have Crews sit up.
- **The wind is blowing so hard! It's rocking our boat!** Sway back and forth, arms high, like the wind is blowing. Blow air like the wind.
- **The waves are crashing all around!** Have everyone throw their hands up in the air. If you'd like, walk around and mist everyone with the spray bottle.
- **Listen to that thunder!** Have everyone call out "Ka-boom!"
- **Oh no! The boat is filling with water!** Pretend to scoop out water.

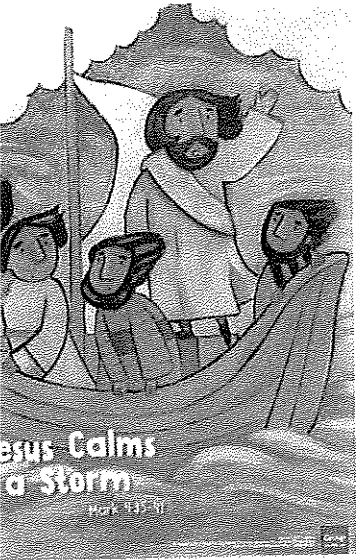
Show the Bible Story poster. Invite kids to point out the boat, the stormy waves, the disciples, and Jesus.

Supplies


- Bible
- "Jesus Calms a Storm" Bible Story poster
- spray bottle filled with water (*optional*)

We call helpers Crew Guides. If you lead a small class, you can be the Crew Guide. Simply gather kids in a cozy circle around you. If you have helpers, form smaller groups so each child can be known—and so kids can befriend your helpers, too!

 Read the verse from the Bible. You're showing kids that God's Word is special. Don't worry—we've kept the verses short for young attention spans.




What was Jesus doing during the storm? Let's read and find out!

 Read aloud Mark 4:38.

Jesus was still asleep! His friends were so scared, they began to panic. Do this with me!

- Wave your hands in the air.
- Shout, "Help us!"
- Wave your hands in the air.
- Shout, "Rescue us!"

Jesus' friends thought the boat might sink. But Jesus rescues us. (Yay, Jesus!) We can always ask for his help. What do you think happened next? Put your hands in your lap and let's find out!

 Read aloud Mark 4:39-40.

Wow! Jesus really came through! Do what I do.

Jesus woke up, (*yawn and stretch*)

He looked around. (*put hand over brow and peer around*)

Then he said, "Storm, calm down!" (*put hands out in front of you and lower them*)

Jesus' friends were so relieved—Jesus had saved them. But they were still a little scared. They'd never seen anyone calm a storm before, and Jesus had calmed the storm just by speaking. Wow! Jesus rescues us. (Yay, Jesus!)



Now's a great time for Apply-It Options. Choose one or more that fit your time frame to support today's Bible discoveries before the closing Goodbye Circle.

Apply-It Options

Choose one—or all—of these activities to support kids' learning after Bible Discovery.

Game

Supplies: large bedsheets (1 per Crew)

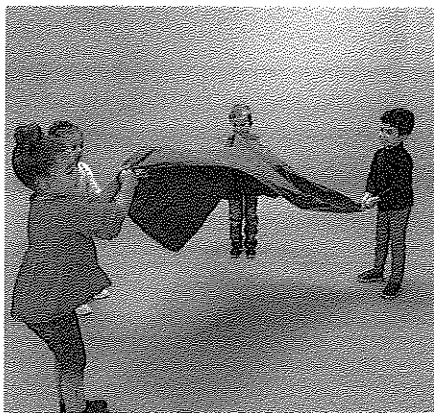
Make waves with a bedsheet.

- Have Crews hold on to the edges of the bedsheet.
- On "go," have Crews move their arms up and down to make waves.
- Have Crew Guides call out the name of a child in their Crew. That child will "swim" under the waving sheet and out another side.
- Continue calling names so each child "swims" several times.

You had to be brave when you swam under the sheet. But you made it to the other side!

- **Tell about another time Jesus helped you be brave.**

Jesus' friends weren't very brave in the storm. But Jesus helped them, and Jesus helps us, too! Jesus rescues us. (Yay, Jesus!)



Food-n-Friendship

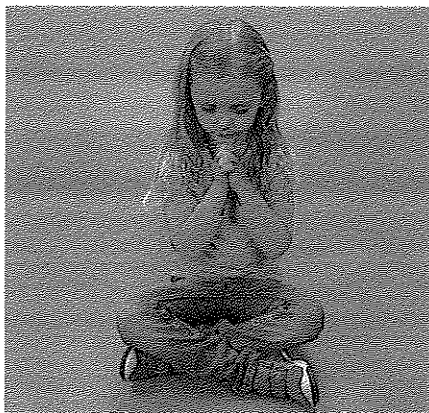
Supplies: snack, napkins, hand cleanser, *Music* CD, media player

- Give a napkin to a friend and say, "**Jesus rescues us!**" (*Yay, Jesus!*)

 **"God, You Are So Good"**
(*Music* CD track 3)

- Eat snack together.
- **When we're worried, we can ask Jesus for help. Who has something to talk with Jesus about?**
- Pray together.

Jesus rescues us. (Yay, Jesus!) Let's show Jesus' love and help each other clean up!



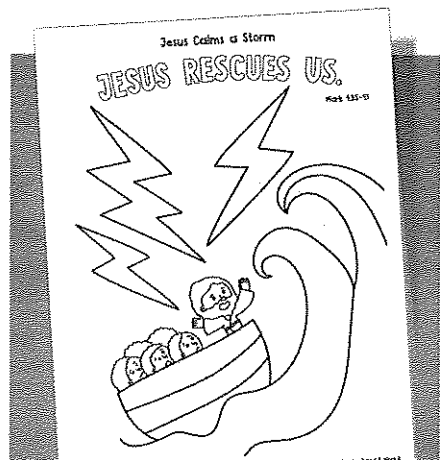
Coloring Creation

Supplies: "Jesus Calms a Storm" Coloring Creation pages (1 per child), crayons, glue sticks, yellow or gold chenille wire pieces, child-safe scissors, *Music* CD, media player

Jesus rescues us (Yay, Jesus!) just like he rescued his friends from the big storm.

- Review the Bible story as you identify Jesus, the boat, the disciples, and the storm on the page.
- Color the picture.
- Help kids bend yellow or gold chenille wire pieces into lightning bolts and glue them to the picture.
- Play music as kids create.

 **"His Mercy"**
(*Titus 3:5a*)
(*Music* CD track 7)



Supplies

- Music CD
 - “Goodbye, My Friends”
 - “His Mercy” (Titus 3:5a)
- media player
- Guac Bible Memory Buddy stickers (1 per child)

Goodbye Circle

It's almost time to say goodbye! Let's sing our goodbye song as we join hands and make one big circle!



“Goodbye, My Friends” (Music CD track 4)

Jesus rescues us. (*Yay, Jesus!*) When things seem out of control or when we feel upset or scared, Jesus is always there. He can calm a real storm, and he can calm our hearts when we're upset. We can always talk to Jesus and ask him to help us. **Jesus rescues us** (*Yay, Jesus!*) just like he rescued his friends.

No matter what's happening around us, we can know that Jesus is always with us. Let's celebrate!

Jesus rescues us! (*Yay, Jesus!*) When you rescue, you help someone.

Jesus helps us when big storms come. (*have children pretend to be afraid*)

Jesus helps us be brave! (*have children show muscles*)

Jesus rescues us. (*Yay, Jesus!*)

Repeat several times.

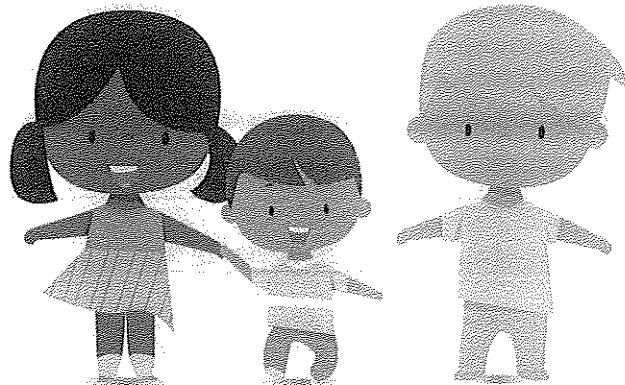
- Show the Bible Memory Buddy poster, and remind kids that Guac helps us remember **Jesus rescues us.** (*Yay, Jesus!*)
- Invite Crew Guides to share Jesus' love and give each child a Guac sticker. Have children “swim” around the outside of their Crew circles to receive a sticker from their Crew Guides. Crew Guides give each child a sticker as they say, “**Jesus rescues us,** and that means you, [child's name].”



“His Mercy” (Titus 3:5a) (Music CD track 7)

- Do Bible Memory Verse motions and move to the music!

Saying each child's name in a loving way helps kids simply experience God's love through you!



Jesus Calms a Storm

Never Fear, Jesus Is Here!

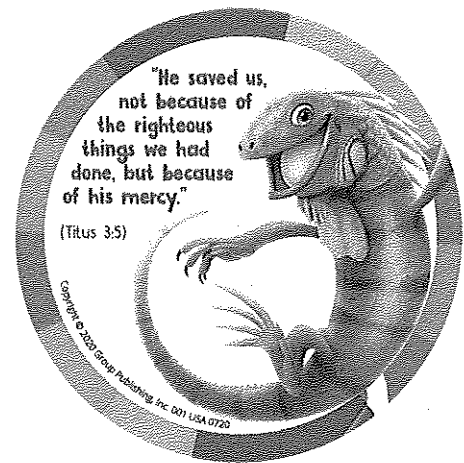
Mark 4:35-41

Bible Point

Jesus rescues us...through God's power.

Purpose

Sometimes we find ourselves in the center of one of life's storms—and we wonder how we'll ever make it. We might look around and feel like we're doomed for sure, without any escape or rescue. We may not physically stand on the bow of a sea-tossed boat, but we can probably relate to Jesus' friends' sense of panic or lack of control.



Prayer

God, thank you for being our Rescuer and for sending Jesus to calm the storms we face. Please guide me to help children view you and your love as their rescue, no matter what storms surround them. In Jesus' name, amen.

Jesus' disciples *were* in a real storm on a small boat in the middle of a large lake—and they thought they were going to drown. They were in a panic—the storm raged around them, threatening their lives. And Jesus was napping! They cried out to him for help, and Jesus didn't let them down. He calmed the storm, rescuing his friends from fear and death.

Elementary-age kids live through storms, too. Storms like divorce, fractured friendships, instability, stress, peer pressure, and more. This lesson is created to offer comfort and assurance that no matter how out of control things around us feel, Jesus always rescues us. And he'll never abandon us or let us down.

Prep

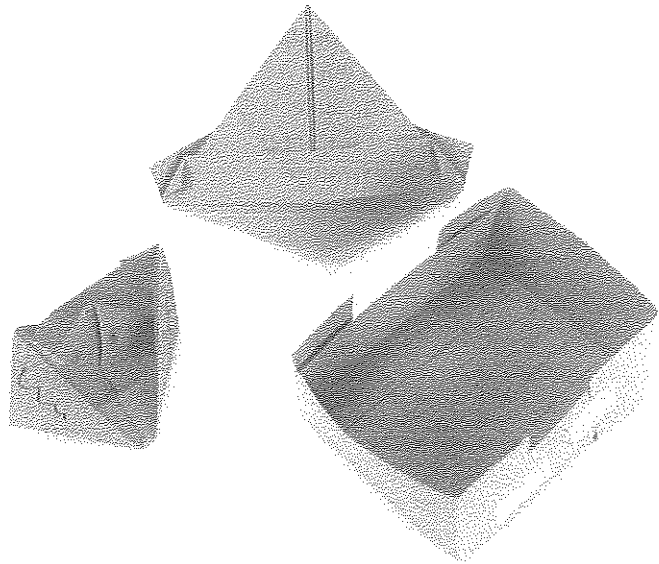
Opening Options	Sing & Play	Bible Discovery & Friendship Finale	Apply-It Options
<input type="checkbox"/> Option Cards* <input type="checkbox"/> <i>Ping-Pong Rescue</i> : ping-pong balls, paper <input type="checkbox"/> <i>Paper Boats</i> : paper	<input type="checkbox"/> countdown video* <input type="checkbox"/> <i>Music Video DVD</i> * <input type="checkbox"/> <i>Buddy Video DVD</i> * <input type="checkbox"/> Guac Bible Memory Buddy poster* <input type="checkbox"/> media player <input type="checkbox"/> Bible (bookmark Titus 3:5)	<input type="checkbox"/> "Jesus Calms a Storm" Bible Story poster* <input type="checkbox"/> Guac Bible Memory Buddy stickers* (1 per child) <input type="checkbox"/> Take-It-Home Flyers* (Unit 3, Week 2) (1 per child) <input type="checkbox"/> Bible (bookmark Mark 4:35-36, 37, 38, 39, 40-41) <input type="checkbox"/> disposable cups (1 per child) <input type="checkbox"/> water <input type="checkbox"/> ball	<input type="checkbox"/> <i>Explore More</i> : Bibles, spray bottles with water <input type="checkbox"/> <i>Game</i> : ping-pong balls

* in your **Simply Loved Kit**



Opening Options

Set up one—or both—of these intro activities to start your time together. Each activity connects kids to the Bible Point and to each other. Cut apart these Option Cards, and place one by each activity you choose. Crew Guides will follow the directions and build friendships with kids as they make discoveries together!



Ping-Pong Rescue

Supplies

- ping-pong balls, paper

Pair up, and give one partner a piece of paper and the other a ping-pong ball. Stand about 10 feet apart. One partner bounces the ping-pong ball and the other must “rescue” it by catching it using only the paper. Switch roles.

- ?** Tell about a time you tried to rescue something. It could be anything: an animal, a bug, a friend, or maybe even a falling vase.

In today's Bible story, Jesus rescues his friends, who thought they might die. Jesus' friends were scared, but they learned that no matter what's happening around us, Jesus rescues us.

Paper Boats

Supplies

- paper

Fold a piece of paper into whatever boat shape you like.

- ?** Tell about a time you or someone you know were on a boat or something that helps you float in water.

Boats keep us safe in deep water. But storms can rock the boat and make people feel unsafe. In today's Bible story, we'll discover that no matter what's happening around us, Jesus rescues us.

Opening

Now's a great time for Opening Options. Choose one—or both—to introduce today's Bible discoveries.



countdown video (1 minute)

Help kids transition, clean up the activities, and sit with Connect Crews. A Connect Crew is a small group of kids with one Crew Guide.

Sing & Play

Hello, friends! Welcome! I'm so glad you're here! Let's get started by singing a song!



"God Is for Me" music video

Bible Point

Today is going to be a lot of fun, but we're also going to talk about a time that was *really* scary for Jesus' friends. We're going to learn how, through God's power, Jesus rescues us. That's our Bible Point today, so every time you hear the words "Jesus rescues us!" I want you to respond in a certain way. Do what I do!

- Extend your arms at your sides as you look up, smile, and say, "Yay, Jesus!"
- Repeat several times.

Repetition helps kids remember! So be sure to say today's Bible Point A LOT. Have fun with it! Kids will love listening for it and responding with "Yay, Jesus!"

I'm so thankful that Jesus rescues us. (*Yay, Jesus!*) Let's show Jesus we trust him by singing another song. He loves to hear our praise for him!



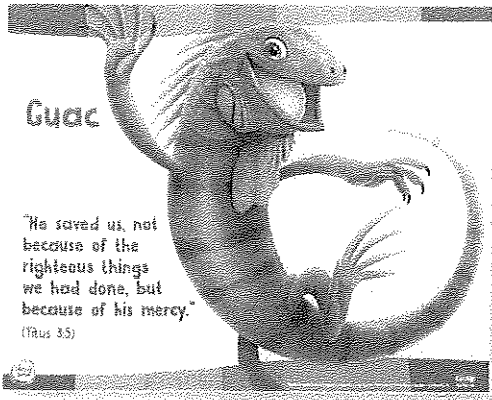
"Won't Worry 'Bout a Thing" music video

Supplies

- Bible
- media player
- *Music Video* DVD
 - "God Is for Me" music video
 - "Won't Worry 'Bout a Thing" music video
 - "Rescue Me" music video
- *Buddy Video* DVD
 - Guac Bible Memory Buddy video (Week 2)
- Guac Bible Memory Buddy poster



Yay, Jesus!



Bible Memory Buddy & Verse

Let's check in with our Bible Memory Buddy, Guac the Iguana. How much do you know about iguanas? Let's find out with a This-or-That Challenge! You'll hear two fun characteristics about iguanas. It's up to you to decide which is true—this fact or that!

- 🔗 Do iguanas hold their breath in water or totally avoid water?
- Have everyone hold their nose to vote for *this* (iguanas hold their breath in water) or wag a finger back and forth for *that* (iguanas totally avoid water).
- Make a drumroll sound by patting your thighs or the floor.
- Dramatically give the answer: **Iguanas hold their breath in water—for up to 28 minutes!**
- Watch the Bible Memory Buddy video.



Guac Bible Memory Buddy video (Week 2)



Show the Bible. The Bible is God's true story of love! The Bible is made up of different kinds of writing. Our Bible Memory Verse comes from the Letters section in the New Testament. It's Titus 3:5. Let's say the verse together. I'll say a line, and then you repeat after me.

"He saved us, *(extend arms out at your sides to form a cross)*
not because of the righteous things we had done, *(shake head no)*
but because of his mercy." *(give yourself a hug)*
(Titus 3:5)

I love God's Word! It helps me remember that, through God's power, Jesus rescues us. *(Yay, Jesus!)* Jesus cares about us so much. We can always ask for his help. Let's do that right now with this song.



"Rescue Me" music video

Bible Discovery

Circle Up & Connect

Let's circle up and spend a little time simply getting to know each other in smaller groups called **Connect Crews**.

- Arrange kids into Connect Crews with one helper—or Crew Guide—per group.
- Invite kids to sit in knee-to-knee circles with their Connect Crews.
- Have kids give their Crew Guides and each other handshakes.
- Have kids take turns saying their names and answering this question. Crew Guides go first.
- 🗣️ **What's the most unexpected thing that happened to you this week?**

The Heart of the Matter

You won't believe what happened in today's Bible story! But first, I need you to be my assistants. I need your help with a task that has two parts. Who's in? Allow for responses. Ensure kids don't have any valuables nearby that shouldn't get wet. Have kids sit in a big circle.

Distribute to each child a cup that contains a little bit of water. **This is part one of the task. Carefully balance your cup on your head. Don't touch anyone else, and don't let your cup fall. Once your cup is balanced, you can't touch it again.** Allow time for kids to get their cups balanced.

- 🗣️ **What do you think about being my assistants so far?**

I think you're great assistants! Now you'll have to be very still and very calm so you don't get wet. Part two of the task gets tricky.

Show kids the ball. **We're going to play catch. You can throw the ball to anyone in our circle, but whatever you do, don't let your cup fall!**

Have kids play catch for a couple of minutes. If kids are keeping their cups well-balanced, add a complication, such as bouncing the ball or making it a Hot Potato where they must get rid of it as quickly as possible. If a child's cup spills, have him or her continue playing catch. Call time after a couple of minutes.

You did a great job, my helpful assistants. And your job was risky—maybe even a little scary! Well done. Even if you got wet, you succeeded!

- 🗣️ **Explain how you felt when the cup of water was on your head. Call out your answers.** Welcome responses from the whole group.

Now let's talk in our Crews about another question.

- Invite kids to sit in knee-to-knee circles with their Connect Crews.
- 🗣️ **How was this experience like or unlike a time you felt stressed or worried about something in your own life?** Invite Crew Guides to share first.
- Crew Guides give thumbs-up when everyone has shared.

Supplies

- Bible
- "Jesus Calms a Storm" Bible Story poster
- disposable cups (1 per child)
- water
- ball

We call helpers Crew Guides. If you lead a small class, you can be the Crew Guide. Simply circle up with the kids. If you have helpers, form smaller groups so each child can be known—and so kids can befriend your helpers, too!



In today's Bible story, we'll hear about a time Jesus' disciples were very stressed and worried. They were afraid they were going to die! But then Jesus did something amazing. Let's discover what happened.

Experience the Bible Story

I'll need your help again. Crew Guides, choose kids in your Crew to take the following roles.

- Boats
- Disciples
- Storms

Okay, Boats, make a boat by joining hands and forming a boat shape. Disciples, climb inside the boat. Storms, surround the boat.



Read aloud Mark 4:35-36.

Let's row across the lake. Have Disciples "row" the boat to the center of the room.

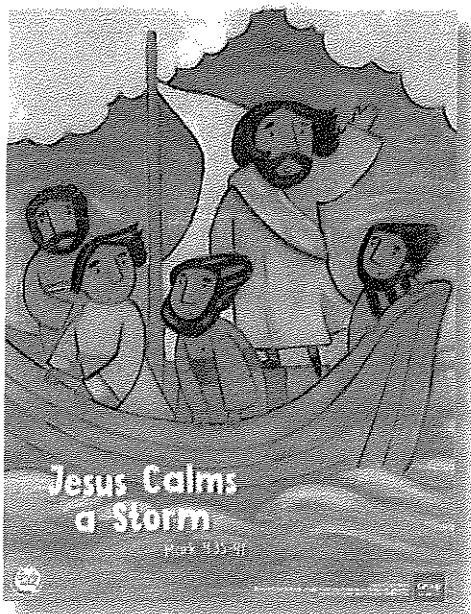
Whew! Look around you and see how far out we are in this giant lake! The water must be very deep. Everyone, reach out and dip your fingers in the lake. Brrr! Have everyone pretend to touch the "water" outside the boat.

- ① Have you ever been in a boat in very deep water? What was that like? Invite a few responses from the whole group.
- ② Explain what you think it would be like to be inside a small boat in a very big lake.

At first, all was calm. Then something started to happen. Boats, begin to rock back and forth. Everyone else, sway with the boat. Keep swaying while I read what happened.



Read aloud Mark 4:37.



Let me help you picture this. Show the Bible Story poster. Point out the boat, the storm, and the disciples.

Oh no! A huge storm came over the lake. Storms, make blowing wind sounds. Stomp your feet for thunder. Wave your arms and make the wind blow around the boat. Snap your fingers and slap your thighs for rain. Pause. Faster! Keep it up!

Boats, you're really rocking now! Sway back and forth even harder.

Disciples, how's it going? How do you feel about your boat ride so far? What are you thinking? Call out your responses. Invite responses from the Disciples.

It's a scary time! A tiny boat in a big lake in a giant storm. Waves are crashing over the sides of the boat.

- ③ What do you think happens when a boat fills with water? Welcome responses from the whole group.

Jesus' friends were panicking. Disciples, show us your panic. Pause.

Now let's all freeze for a moment (pause dramatically) and find out what the disciples did.



Read aloud Mark 4:38.

Jesus was napping in the middle of the crazy storm! He wasn't afraid. The disciples, on the other hand, were a worried mess! They were sure their boat would sink and they would drown as the storm raged around them. Storms, show us your raging wind, thunder, and waves. Boats, get rocking! Keep going while we see what happened next.



Read aloud Mark 4:39, and speak with great authority when Jesus says, "Silence! Be still!"

Storms, be still! Stop raging. Pause. **Boats, be still! Stop rocking.** Pause. **Disciples, be still! Stop panicking.** Pause.

Speak in a quiet voice. **All Jesus had to do was say, "Silence! Be still!" and the wind and rain stopped. Everyone, take the deepest breath you can and hold it. Now let it out slowly. Feel the calm take over your whole body. Take another deeeeeeep breath. Hold it. Exhale slowly. Now...listen. Shh!** Cup your ears and listen to the silence. Have everyone listen and be silent for several seconds. **The storm was completely still.**



Read aloud Mark 4:40-41.

The disciples were amazed at Jesus. Jesus rescues us, (Yay, Jesus!) just like he rescued the disciples. They'd never seen or imagined power like his before. Everyone—Boats, Storms, and Disciples—show me your amazed faces. Pause. **Thanks for your help! You can sit with your Crews now.**

The disciples wondered, "Who is this man?" And ever since Jesus lived on earth, people have been asking the same question. He's done so many miraculous things. Jesus is amazing! He is our Rescuer. Jesus rescues us. (Yay, Jesus!) Let's talk about something in our Connect Crews.

- Invite kids to sit in knee-to-knee circles with their Connect Crews.
- ② **Have you ever been afraid and in need of rescue? How did Jesus help you?** Invite Crew Guides to share first.
- Crew Guides give thumbs-up when everyone has shared.

On our own, we don't have superpowers to help us face our fears when life gets scary and out of control. But God does. Since Jesus is God's Son, he has all of God's power. That's how he calmed the wind and the waves, and that's how he can calm our hearts, too.

Jesus loves everyone, and he knows bad and scary things can happen in our lives. And he knows there'll be times we feel out of control and afraid. But he'll never leave us. Just like he calmed the storm and rescued his friends, through God's power, Jesus rescues us. (Yay, Jesus!)

Now's a great time for Apply-It Options. Choose one—or both—of the following reinforcement activities support today's Bible discoveries before the Friendship Finale.

Apply-It Options

Choose one—or both—of these activities to support kids' learning after Bible Discovery.

Explore More

Supplies

- Bibles, spray bottles with water

Jesus is always with us, ready to help give us power we need. He's promised!



Distribute Bibles, and help kids find and read Matthew 28:20 together.

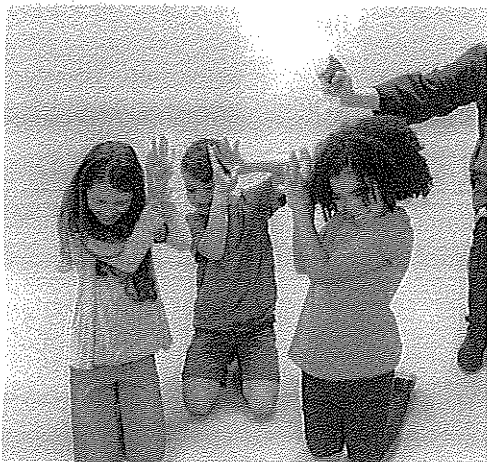
Form a big circle. If you have a large group, form Crew circles and give each Crew Guide a spray bottle with water.

We all experience different storms. Call out something that's like a storm in your life. Give a quick example to begin, like moving to a new house, a real storm, or a sickness. Spray a mist of water toward those who name a "storm."

When we go through these times, Jesus is with us. We can call out to Jesus like the disciples did. We can ask for his power and trust that he'll help us. Set the spray bottle aside, and have everyone take two long, deep breaths.

Jesus rescues us. (Yay, Jesus!) Jesus is our refuge—or our safe spot—when storms come. We can encourage others to look to Jesus for rescuing, too.

- 🗣️ **What's one way you could help someone who's going through a storm? Invite responses from the whole group.**



Game

Supplies

- ping-pong balls
- Have kids gather around you, and distribute a ping-pong ball to each child or small group of kids.
- Tell them on the count of three, they'll make a ping-pong ball "storm" by bouncing their ping-pong balls high all at once.
- Before they catch their ping-pong balls, they must complete this pattern: snap-snap-clap-clap. The goal is to allow the ball to bounce only once between snap-clap patterns before catching it.

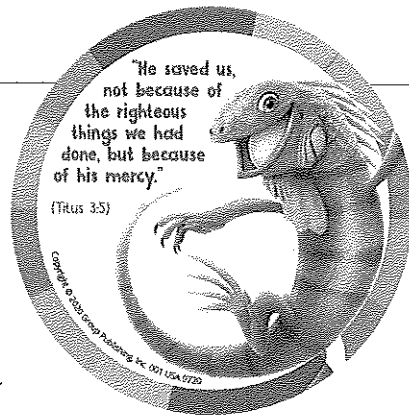
Continue playing until kids have mastered the challenge. If you'd like, make up a new pattern for another round.

In our Bible story, Jesus' friends were terrified and thought they might sink into the lake. But Jesus didn't abandon his friends. He didn't let them down. He calmed the storm. Through God's power, Jesus rescues us. (Yay, Jesus!)

- 🗣️ **What's one way you can remember to focus on Jesus and call out to him when you need help?**



Friendship Finale



Invite kids to sit in knee-to-knee circles with their Connect Crews.

Guac, our Bible Memory Buddy, can help us remember that Jesus rescues us. (Yay, Jesus!) You'll each receive a Guac sticker to help you remember Jesus is always watching out for you throughout your week. You can wear it now or keep it for later. Crew Guides will give each person a sticker like this.

- Demonstrate the following actions with a Connect Crew.
- In their Crews, kids will take turns squatting down and holding their noses. One by one, Crew Guides will take kids' hands and raise them up, as if out of water. Then Crew Guides will place a Guac sticker in each child's hand. It's like being rescued by Jesus!
- As they give each child a Bible Memory Buddy sticker in the same way, Crew Guides say, "[Child's name], **Jesus rescues you.**"
- Crew Guides give thumbs-up when everyone has received a sticker.

Jesus didn't let the storm hurt his friends. He calmed the storm and calmed their fears. And Jesus is there for *you* in every one of life's storms. Jesus loves you, always.

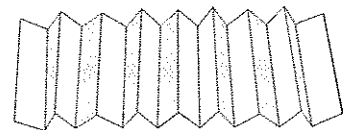
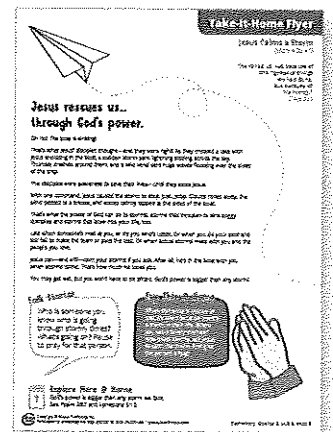
I'd like to read you something about our friend Jesus. As you listen, close your eyes and think about our stormy boat ride. Pause as kids do this. Now imagine you're in the boat again, and it's rocking back and forth. Go ahead and sway, but keep your eyes closed. Pause. Now reach out to take your friend Jesus' hand as he rescues you from the storm.

- Read the first section of the Unit 3, Week 2 Take-It-Home Flyer.
- **Now I'll give you one of these flyers to help you talk about Jesus' love in your Connect Crews and at home, too.**
- Distribute Take-It-Home Flyers to Crew Guides, and have them share about their own friendship with Jesus as they answer the "Talk Starter" question and then invite kids to talk.
- Kids share prayer requests—things they'd like to tell Jesus—in their Connect Crews.
- Connect Crews pray together.
- Crew Guides distribute Take-It-Home Flyers and follow the directions to help kids fold the paper to "fly" home. ☺

Supplies

- Guac Bible Memory Buddy stickers (1 per child)
- Take-It-Home Flyers (Unit 3, Week 2) (1 per child)

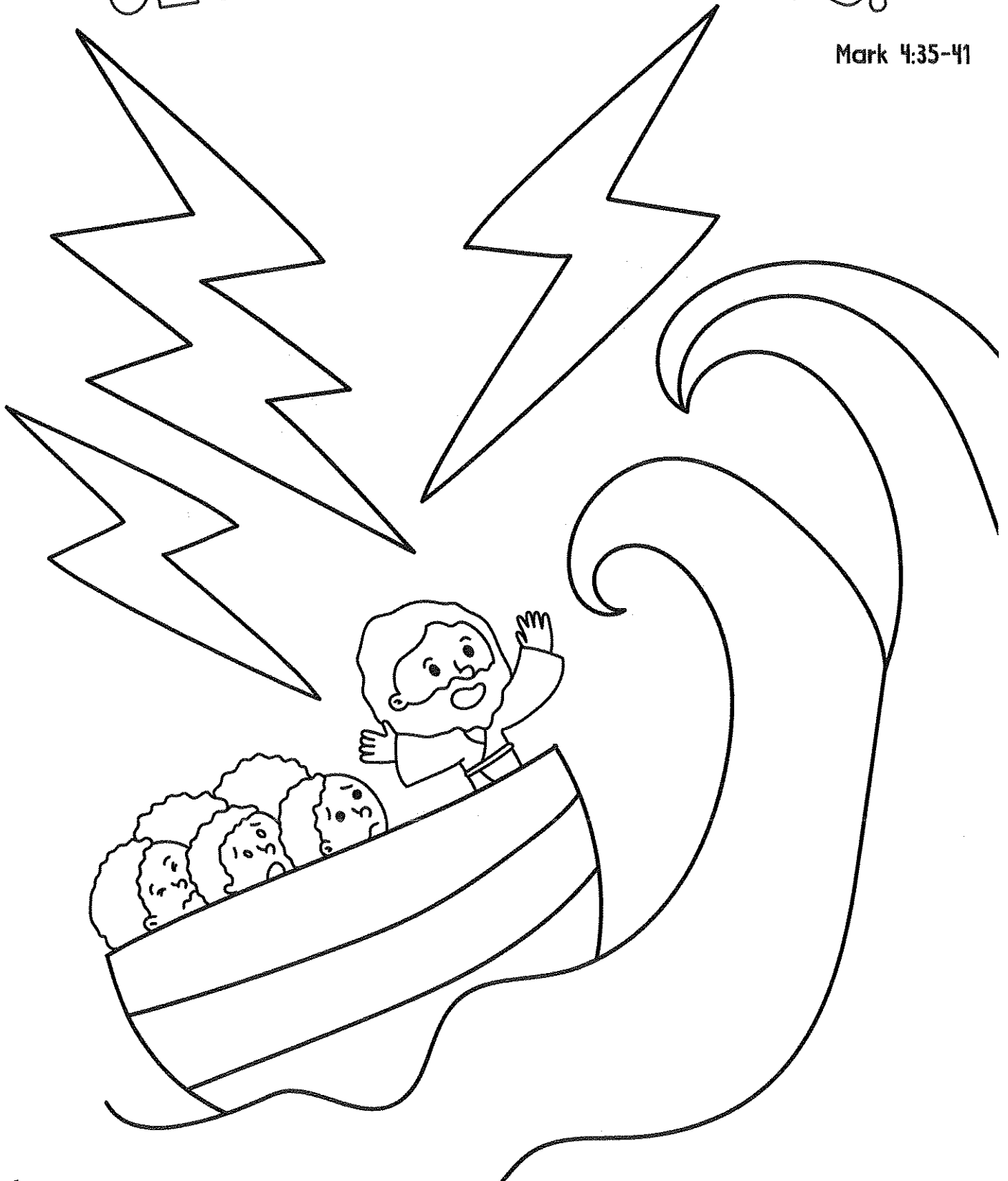
Saying each child's name in a loving way helps kids simply experience Jesus' love through you!



Jesus Calms a Storm

JESUS RESCUES US.

Mark 4:35-41



GUAC

“He saved us, not because of the righteous things we had done, but because of his mercy.”

(Titus 3:5)

