



Jesus calms the storm (Mark 4:35-41)

For parents: a message from Urban Saints - "This week I read somewhere that children will not remember what they learned or what they did during this time of social isolation but they will remember how home felt. I found this statement to be a great challenge as we look to create an environment of peace and grace around our children. If you are fearful about something particular in this time take a moment as you start to think about your time with your children this weekend and pray about that issue. Remind yourself that you are perfectly loved by God and perfect love drives, the literal translation is violent forcing out of, fear. Remind yourself and your family that God's love is perfect and will never fail. This week's session looks at the calming of the sea, a time when the disciples were very fearful. It would be good to remind your family that you are not afraid because Jesus is with you and he can calm the storm on the inside and the outside."

Watch: <https://youtu.be/uYLHqdSO9OY>

The story: Read the story from the Bible, Mark 4:35-41. Why not act out the story, either as a family or with small world figures. Make a boat - my nana used to turn her kitchen table upside down to make a boat for me to play in - but you could use sofa cushions or a big box! If you have a blue blanket or sheet, use that for the lake. Decide who will be Jesus and who will be the disciples. Don't forget the cushion for Jesus to lay his head on! Everyone can join in with stormy noises and actions as you tell the story. You might like to practice the storm noises first! And you might like to take it in turns to be Jesus!

You might like to spend a few moments thinking about this story, imagining you were there in the boat with Jesus. Ask God what he wants to say to you as you read this passage again.

Ask: I wonder what you find amazing about this story?

I wonder if there are times when you feel worried or a bit scared?

Do you think God can help us when we are going through a storm in our lives?

We can talk to Jesus and tell him how we are feeling and just like he helped his friends, Jesus will help us too. We need to remember that Jesus is always with us and he will comfort us. Sometimes he takes the situation away and sometimes he gives us the peace we need to go through it, he promises to be with us always and to give us the strength we need.

Pray: Make some paper boats (instructions below) and find a bowl of water (if it's warm enough you might like to do this outside!)

Think about something that you are worrying about or are a bit scared about and write it on your boat. You might like to write it on the paper before you make the boat.

Float your boats on the water and then stir the water to make it a bit stormy as you ask Jesus to take your worries and fears.

Let the water calm and thank Jesus, for loving us and always being with us.

You might like to spend a few moments of quiet, talking to Jesus quietly in your head and listening to what he is saying to you.

Or try this prayer with actions:

God, sometimes the things happening around us make us feel scared, frightened, anxious or worried (clench your fists tightly) It feels like we can't control them and they make us want to run and hide. But we know you calmed the storm for the disciples and you can calm our storms too (unclench your fists and lay your hands flat with your palms up) Help us to put our trust in you when we are afraid. Amen

Something extra:

Sometimes we think that if we could see Jesus and touch him and talk to him like the disciples did, that our faith would be stronger. Yet, there they were, within feet of Jesus and still they had little faith. So it doesn't matter if you're a disciple hanging out with Jesus or if you're a kid in the 21st Century, your faith can be big or small.

Do you know how you can get more faith? Ask Jesus. He'll gladly increase your faith and help you when you face a scary situation. Try to learn and remember Bible verses which will remind you of God's promises, like these verses in Isaiah 41:10 when God says, "Do not be afraid, for I am with you. Do not worry for I am your God. I will help and strengthen you, I will uphold you with my righteous right hand."

Junk modelling - make a boat with Jesus and his friends to remind you of the story.



Make a wind sock out of a cardboard tube, card or paper and add paper streamers and some string to hang it up in the garden. Write this verse on it to remind you to trust God at all times, especially when you are a bit scared or worried.

When I am afraid, I put my trust in you. Psalm 56:3

Play 'musical storms' - play some music and everyone should move around like they are being blown about by a storm. When the music stops, everyone should stop and stand still like the storm when Jesus spoke.

Sing 'My Lighthouse' together and try to do the actions!

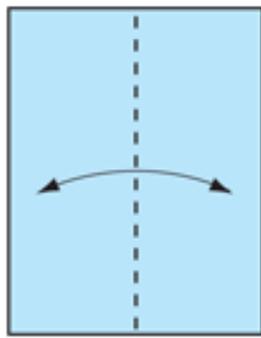
https://youtu.be/OaW_4MWSE6I

Draw or paint a picture of the story or colour in one of the pictures below.

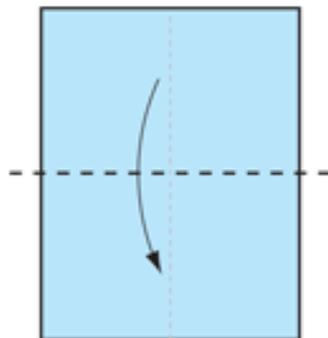
Why not imagine you were one of the disciples in the boat and write your own account of what happened?

Make paper boats!

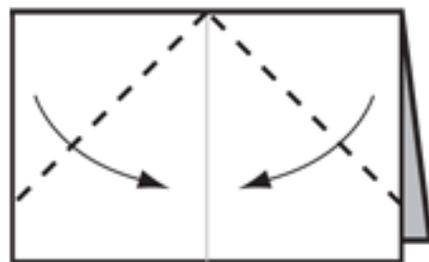




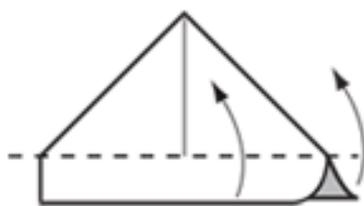
1. FOLD IN HALF



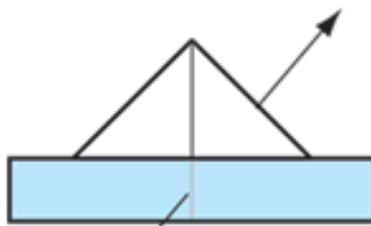
2. FOLD IN HALF AGAIN



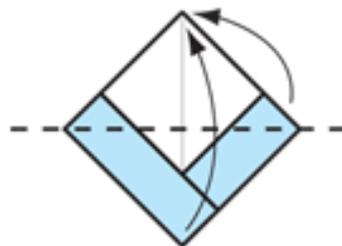
3. FOLD IN CORNERS



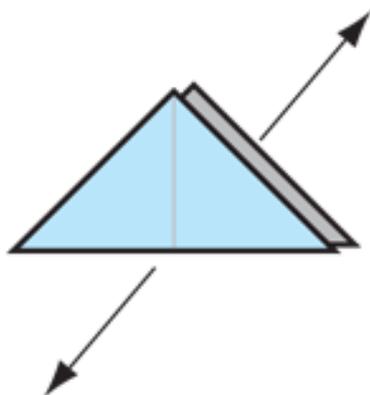
4. FOLD UP EDGES ON BOTH SIDES



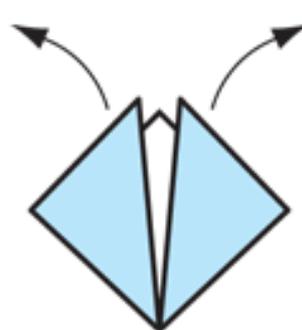
5. PULL THE SIDES OUT AND FLATTEN



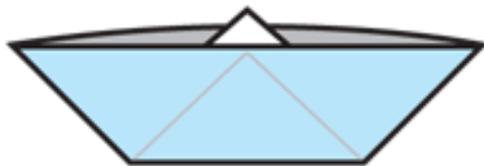
6. FOLD FRONT AND BACK LAYERS UP



7. PULL SIDES APART AND FLATTEN

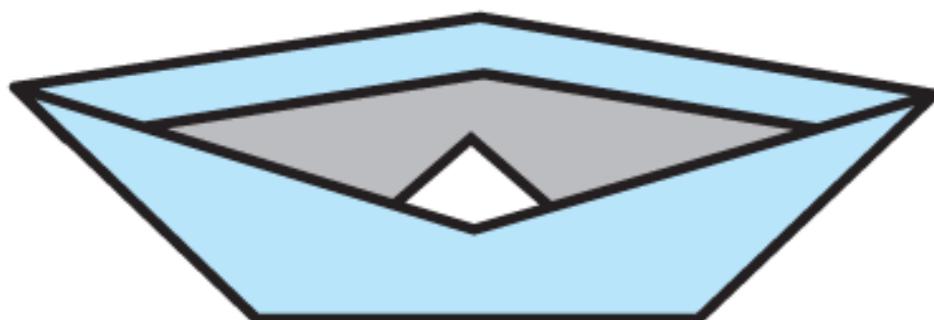


8. PULL TOP FLAPS OUTWARDS



9. SQUISH THE BOTTOM AND PULL THE SIDES UP

10. TA DAAA!





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