



## 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:** I wonder what it would have been like to be in the boat with Jesus? 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!

*Jesus and his friends had been working hard: they needed a day off so Jesus suggested they all go on a boat trip across the lake.*

*It was a lovely sunny morning and Jesus and his friends felt happy and relaxed. Jesus felt so relaxed that he lay down in the boat and fell asleep.*

*But - oh no! - Suddenly big, black clouds came racing across the sky. The wind began to blow. The rain began to fall.*

*The water became rough - very rough indeed, and waves started to splash over the sides of the boat. Jesus' friends felt very scared! The boat might sink! Jesus kept on sleeping. "Wake up!" Jesus' friends shouted. "The boat's going to sink and we're all going to drown!" Jesus opened his eyes - he wasn't scared a bit! He stood up and called to the wind, "Stop your blowing!" Then he called to the waves, "Stop being so rough!" Suddenly everything was quiet and still! Jesus' friends were amazed. "Why did you worry?" Jesus asked his friends. "God is looking after you - just trust him."*

**Ask:** I wonder which bit of this story you like best?

I wonder what you find amazing about this story?

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

Jesus is always with us and he will comfort us. We can talk to him and tell him how we are feeling and just like he helped his friends, Jesus will help us too.

**Pray:** Find a bowl of water (if it's warm enough you might like to do this outside!) and if you have them, some toy boats or make some paper boats (instructions below) or just use some leaves from the garden.

Everyone sits around the bowl of water and holds their boat. Think about something that you are worrying about or a bit scared about and float your boat on the water.

Everyone can stir the water to make it a bit stormy as you ask -

Dear Jesus, please help us when we are worried or scared.

Let the water calm and say -

Thank you Jesus, for loving us and always being with us. Amen

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.

## Something extra:

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.

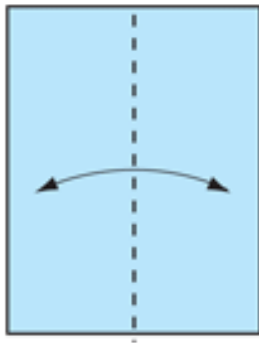
Sing 'My Lighthouse' together and try to do the actions!

[https://youtu.be/OaW\\_4MWSE6I](https://youtu.be/OaW_4MWSE6I)

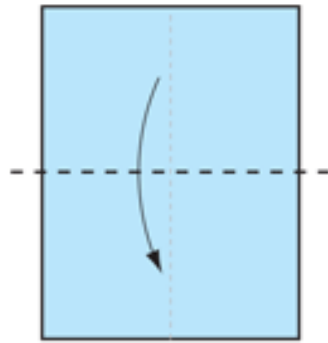
Draw or paint a picture of the story or colour in the picture below.

Make paper boats!

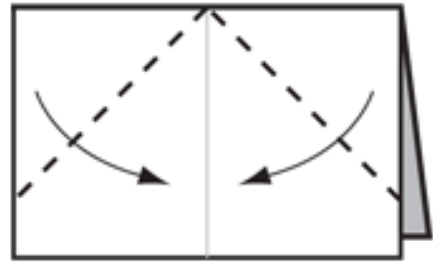




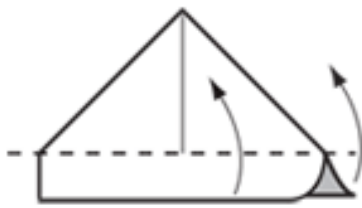
1. FOLD IN HALF



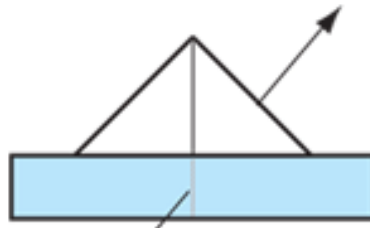
2. FOLD IN HALF AGAIN



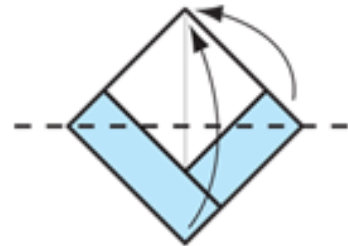
3. FOLD IN CORNERS



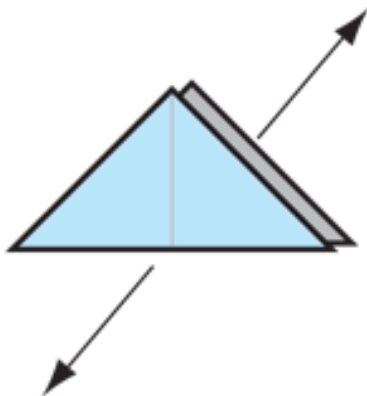
4. FOLD UP EDGES ON BOTH SIDES



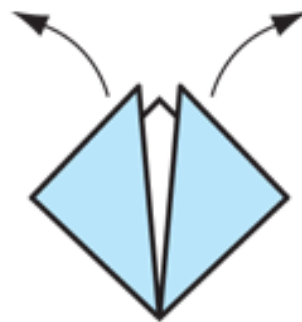
5. PULL THE SIDES OUT AND FLATTEN



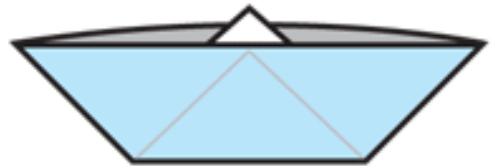
6. FOLD FRONT AND BACK LAYERS UP



7. PULL SIDES APART AND FLATTEN



8. PULL TOP FLAPS OUTWARDS



9. SQUISH THE BOTTOM AND PULL THE SIDES UP

10. TA DAAA!

