



Ages 4-5-K

Date: _____
Series: Jesus Is Our Helper
Winter Year 1, Lesson 39

Jesus Calms the Storm

Take Home Point: *JESUS HELPS US...*Give Jesus your fears.*

*Repeat this phrase throughout the lesson. The leader will say the first part of the phrase (*CAPS*). The children respond with the second part of the phrase (*italics*).

Bible Event: Mark 4:35-41

We will help children know:

- The story of Jesus calming the storm.
- We can give Jesus our fears.
- Jesus will either take away our fears or help us through them.

We will help the children feel:

- Peace in the midst of fearful times.
- Comforted by Jesus' help.
- Secure in Jesus' power to help.

We will help the children do:

- Interact with puppet presentation to introduce the Bible Event.
- Participate in the Bible event and act out the disciples in the storm.
- Craft: Make a Stormy Seas Puppet.
- Snack: Make the sound of rain with cinnamon graham crackers.
- Game: Play Pillow Relay game.
- Teach Albie the Take Home Point: JESUS HELPS US...*Give Jesus your fears.*
- Sing and Pray.

Kingdom Quest Year 1 - Lesson 39- 1

THIS LESSON'S ROADMAP

DESTINATION	PAGE #	DISCOVERIES ON YOUR JOURNEY	SUPPLIES NEEDED
Large Group Opening 	3 5	Puppet Presentation Bible Event	<i>Puppet Presentation:</i> <ul style="list-style-type: none"> • Bubba puppet • Bible <i>Bible Event:</i> <ul style="list-style-type: none"> • blue tablecloth or tarp • sheet draped over chairs • stage waves or a ten foot roll of blue plastic tablecloth • pillow • poster board or metal sheeting • microphone or paper towel tube • Imagination Box containing: <ul style="list-style-type: none"> • Bible with Bible Event inserted • Jesus costume • costumes for three disciples • spray bottle with water in it
Small Group Application 	7 8 10 11	Activity 1: Craft Activity 2: Snack Activity 3: Game Prayer Time	<i>Activity 1: Craft</i> <ul style="list-style-type: none"> • 7 or 9 oz blue disposable cup, one per child (option: clear 7 or 9 oz. disposable cup and blue squares of blue tissue paper and glue) • one craft stick per child • tape • crayons or markers • appendix A copied on card stock, 1 per 6 children • appendix B printed on address labels <i>Activity 2: Snack</i> <ul style="list-style-type: none"> • napkins, cups, water or juice • whole cinnamon graham cracker for each child <i>Activity 3: Game</i> <ul style="list-style-type: none"> • masking tape • pillow
Large Group Wrap-up 	12 12	Singing (Optional) Lesson Review with Puppet Skit	<ul style="list-style-type: none"> • your choice of music • Albie puppet • Example of craft • Example of snack

Pre-Session Singing (10 minutes)

Purpose: *When all children are in one group singing, it is easy for children arriving later to join the group and immediately get involved.*

Large Group Opening (15 minutes)



Purpose: *The puppet demonstrates today's lesson. The children are introduced to the take home point and experience the Bible event.*

Puppet Presentation

Supplies: Bubba and Judy puppets, Presenter holds a Bible

Presenter: **Boys and girls, today, both Bubba and Judy are here. Let's call them.** *(Children call "Bubba...Judy".)*

Bubba & Judy: Hi everyone.

Presenter: **Hello Bubba and Judy. It is good to have you both here.**

Bubba: Thanks. What are you talking about today?

Presenter: **Today, the children are going to learn to give their fears to Jesus.**

Judy: What are *fears*?

Presenter: **Fear is something that scares us.**

Bubba: Ha! I am not afraid of anything. Nope, nothing at all.

Judy: Oh yeah? What about the other night when you hid under the bed during that loud storm?

Bubba: It was just quieter under there. You are afraid of lots of things.

Judy: Am not!

Bubba: What about the time you cried like a baby when I put a bug on your back?

Judy: How about when you saw the clown at the circus, you hid your face in mom's coat?

Bubba: Well, you screamed like a two year old when I chased you with my monster mask!

Presenter: Okay, that's enough. You two stop arguing. Everyone has things they are afraid of, even grownups.

Bubba: What would scare grownups?

Presenter: Grownups are afraid that their children might get hit by a car or lost in a store. They are afraid that something might happen to them and they will not be able to take care of their family.

Bubba: Oh, I never thought of that.

Judy: Me neither.

Presenter: Let me ask the children here, what are some things that scare you?

(Children call out their answers.)

Presenter: In today's Bible event, Jesus' helpers were afraid of a storm.

Bubba: I know how that feels!

Presenter: They learned that Jesus could help them. Would you like to learn more about that Bible event?

Bubba & Judy: Yes.

Presenter: First, let's practice the take home point. I'll say the first part and you say the second part.

Bubba & Judy: OK

Presenter: *JESUS HELPS US...now you say, "Give Jesus your fears."

Bubba & Judy: Give Jesus your fears.

Presenter: Do you think you can teach the boys and girls?

Bubba & Judy: Sure.

Presenter: OK everybody, * JESUS HELPS US...

Bubba& Judy: (and everyone): Give Jesus your fears.

Presenter: Wonderful. Say "goodbye" Bubba and Judy.

Bubba & Judy: Bye everyone!

Bible Event: Imagination Theater

Supplies: See Roadmap on page 2

To set up the stage:

1. Lay the blue tablecloth or tarp on the stage floor with the boat resting in the middle of it and the pillow inside the boat.
2. Place the waves or roll of blue tablecloth in front of the boat.
3. Have an adult ready to turn the light on and off quickly several times when the presenter says, "lightening."
4. Give the poster board to one or more children and tell them that when you say the word "thunder" in the story they are to shake it.
5. Have two children come up and sit at the ends of the prop waves (or tablecloth) – show them how to move the waves back and forth.

Take the Bible out of the Imagination Box and briefly summarize today's Bible event.

Today's Bible event comes from a book written by Mark. Let me open it up. Oh my! I can see that this is about a storm. Jesus and his disciples were on a boat when a bad storm came. The disciples were very afraid, but they learned to give their fears to Jesus. Jesus did something very special to calm the storm. Let's put on our imagination hats and find out what he did.

Phrases that are underlined and italicized are to be repeated by the child actor or audience. Point the microphone (or paper towel tube) to the actor to show when it is his or her turn.

Boys and girls, I want you to imagine that you are one of Jesus' disciples in a boat and you are in the middle of a storm. I'm going to ask that everyone help me act out this Bible event.

I need a few characters here onstage. As I call you up, I will have some adults take the costumes out of our Imagination Box and quickly dress you. We need Jesus and three of his disciples.

One evening Jesus and his disciples got into a boat to go to the other side of the lake. Jesus was very tired. Let's all pretend to yawn. He went to the back of the boat and fell fast asleep. The disciples rowed the boat. Disciples pretend to row the boat.

It was late at night and very dark. Before long, a wind began to blow. Boys and girls, let me hear you make the sound of wind. Children make wind-blowing noises.

I hear a storm coming. Now it's started to rain. I hear some soft rain. Pat hands softly on legs. Boys and girls, help me make some soft rain. Pat hands softly on legs.

Then it started raining faster and faster. Pat hands faster and harder. **Soon it was a huge storm.** Make loud blowing noises. **The waves began to crash around the boat,** (children holding waves move them back and forth) **and everyone was getting wet.** Spray the children with the water sprayer.

There was lightening! Lights go on and off. **And thunder!** Shake thunder board. **The storm was horrible!** Spray the water bottle at the children in the audience.

The disciples tried to row the boat, but it was too hard. They were very scared! Show us how scared you are, disciples. They thought they were going to drown. I think I hear them yelling now. Aaaahhh! Point to child actors. **Aaaahhh!**

There's the thunder again! Use thunder board. **And more lightening.** Lights on and off. **Soon everyone was so afraid they were all yelling. Aaaahhh!** Point to audience. **Aaaahhh!**

Do you think Jesus slept through all of this? Yes, he did. I guess he must have known his Heavenly Father would take care of them.

Finally, the disciples shook Jesus awake. Help disciples shake Jesus awake. **The disciples said, "We're drowning!"** Point to child actors. **We're drowning!** **Don't you care?"** Point to child actors. **Don't you care?**

Jesus stood up. Have Jesus stand up. **He pointed his finger at the wind and the waves.** Jesus shakes finger. **He said, "Quiet!"** Point to Jesus actor. **Quiet!** **"Be still!"** Point to Jesus actor. **Be still!**

The rain stopped. The wind stopped. The waves stopped. It was completely calm. Jesus asked his disciples, "Why are you afraid?" Point to Jesus actor. **Why are you afraid?**

Jesus wanted the disciples to have faith. Faith means you can trust God even if you can't see him. Faith means that instead of worrying, you believe God will take care of you. Faith is when we know that Jesus gave his life for us so we can have our sins forgiven and be with him forever.

Even though the disciples were afraid, they learned they could give Jesus their fears. So can we.

Boys and girls, let's practice the take home point together. I will say the first part and you repeat the last part. *JESUS HELPS US...Give Jesus your fears.

Let's fold our hands and pray. Repeat after me.

Dear God,
We love you.
You help us.
You take away our fear.
Thank you, thank you, thank you.
In Jesus' name.
Amen.

Song:

Let's sing our song of the week. (To the tune of *Frere Jaques*)

Capitalized letters indicate emphasis on that syllable when the rhyme is sung.

JE-sus HELPS us.
JE-sus HELPS us.
YES he DOES.
YES he DOES.
GIVE je-SUS YOUR fe-ARS.
GIVE je-SUS YOUR fe-ARS.
HE will HELP.
YES he WILL.

Small Group Application (30 minutes)



Purpose: Children will break into small groups. Smaller groups enable children to develop closer relationships with adults and peers in the church. In your small groups you will reinforce the take home point with a fun hands-on activity and discuss the Bible event. Review questions help kids apply the take home point to their daily lives.

Activity 1: Craft: Stormy Seas Puppet

Supplies: Copies of Appendix A, one per six children; 7 or 9 once blue cup (option: a clear cup, glue and one inch squares of blue tissue paper); once craft stick per child; crayons or markers; tape;

Before class, cut apart Appendix A so each child has one boat and one take home point. Also, cut a slit in bottom of cups you are using.

Today we are going to make a stormy seas craft. First you can color your boat. When you are finished, I will help you tape the stick to the back of the boat.



Instructions for clear cup and tissue paper: **Glue the tissue squares on the outside of your cup until it is covered, so it looks like water.**

Instructions for both cups: **Now let's turn our cup upside down and tape (or glue) the take home point on the cup. Take your boat on the stick and put it through the slit in the bottom of the cup so that the boat is resting on the bottom of the cup. Now put your hand inside the cup and using the stick, make the boat go up and down like it is in a storm.** If time permits, highlight the points of the story, while the children move the boat puppet.

Review the Bible Event.

What was Jesus doing in the boat when the big storm came? (*sleeping*)

Let's practice the take home point. *JESUS HELPS US...*Give Jesus your fears.*

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Activity 2: Snack: Graham Cracker Storm

Supplies: cinnamon graham cracker halves, napkins, cups, water or juice.

*****CAUTION:** *Be aware of food allergies children may have, before you give them anything to eat.*

Before we eat our snack, let's fold our hands and pray. Repeat after me.

Dear God,
We love you.
You help us.
You take away our fear.
Thank you, thank you, thank you.
In Jesus' name.
Amen.



Boys and girls, today we are going to use our snack to make the sound of rain. Give each child two graham cracker halves and a napkin. Now rub the cinnamon sides together and listen to the rain. As you do that, let's take turns telling a fear you have. Stop rubbing your cracker after you tell everyone your fear. Just as Jesus stopped the storm, he can calm your fears. Go ahead and eat your crackers.

If children are unable to come up with fears, suggest one of the following:

Fear of big dogs, fear of the dark, fear of monsters, fear of storms, fear of loud noises, fear of heights, fear of going to the doctor, fear of bullies, fear of getting lost, fear of strangers

Review the Bible event.

Why were the disciples afraid in the boat? *(There was a bad storm.)*

Let's practice the take home point. *JESUS HELPS US...Give Jesus your fears.

Song:

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Activity 3: Game: Pillow Relay

Supplies: masking tape; pillow

In the Bible event, Jesus was asleep with his head on a pillow. The disciples became frightened by a storm and had to give their fears to Jesus so he could help them. In our game you will pass the pillow to one another as fast as you can.

1. Tape a line of masking tape on the floor, long enough for each child in the group to put his/her shoulders on it.
2. Have the children lie on the floor and put their shoulders on the masking tape. The children should lie so that their feet are going in alternating directions. They would look something like a giant zipper.
3. Give the pillow to the first child in the line. Explain that this is a race to pass the pillow down the line and back.
4. Have the children pass the pillow above their bodies, going down the line and back, racing to beat the shepherd's counting. The shepherd will count to a number (for example 15). If the children get the pillow down the line and back before the shepherd gets to the number, the children win. If the shepherd gets to the number first, the shepherd wins.
5. Play several times, increasing the challenge by decreasing the count.

Remember, you can give Jesus your fears, because Jesus died on the cross to take those fears a way.

Review the Bible event.

How did Jesus help the disciples? (He calmed the storm.)

Let's practice the take home point. *JESUS HELPS US...Give Jesus your fears.

Let's fold our hands and pray. Repeat after me.

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Prayer Time:

What is something that scares you? (*Answers will vary, but some examples of a child's fears are: fear of dogs, the dark, monster and storms.*)

Ask children for prayer requests and pray as a group for child's request.

Let's practice the take home point. *JESUS HELPS US...Give Jesus your fears.

Let's fold our hands and pray. Repeat after me.

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Large Group Wrap-Up (10 minutes)



Purpose: *The crazy bird puppet, Albie, struggles with learning the take home point. We try to teach him the take home point, but each time he confuses words or concepts. After three attempts, he finally gets it right.*

Singing: (Optional, two or three songs, as time allows)

Supplies: Albie the puppet, sample of today's craft and snack.

Lesson Review with Puppet Skit

Presenter shows Albie an example of each of the Activities done in small group. Then the kids attempt to teach Albie the take home point.

Presenter: **We want to welcome all our guests today and thank them for coming.**
(If you give guests a gift for coming, do it now.)

Presenter: **Albie, look at the craft the children made today. It is a boat on a stormy sea. The children are going to teach you our take home point. Listen carefully.**

Presenter: (says to kids): ***JESUS HELPS US...**
Kids say: ...Give Jesus your fears.
Presenter: (says to Albie): ***JESUS HELPS US...**
Albie says: *Help! I can't find my ears!*



Presenter: **Albie, look at the snack we ate. It made a sound like the rain. Now listen carefully to the take home point.**

Presenter: (says to kids): ***JESUS HELPS US...**
Kids say: ...Give Jesus your fears.
Presenter: (says to Albie): ***JESUS HELPS US...**
Albie says: *I am really thirsty...have you got any root beer?*

Presenter: **Albie, today we played a game called *Pillow Relay*. Now, please listen closely to the take home point.**

Presenter: (says to kids): ***JESUS HELPS US...**
Kids say: ...Give Jesus your fears.
Presenter: (says to Albie): ***JESUS HELPS US...**
Albie says: *I am afraid of my own tears!*

Presenter says: **“Albie, listen one last time.**
***JESUS HELPS US...**
Kids response: ...Give Jesus your fears.
Presenter: (says to Albie): ***JESUS HELPS US...**

Albie's response:

(Warms up his singing voice with “*Mee, mee, mee, mee...*” and sings in a silly dramatic opera-like voice)
***JESUS HELPS US...Give Jesus your fears.**

Presenter says to Albie: Good job, Albie!

Albie can leave stage or join in the prayer and song.

Let's fold our hands and pray. Repeat after me.

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Goodbye boys and girls. Remember that God loves you and he wants you to give him your fears.



