



July's B.i.G. Idea

We believe that we can live and act with love and courage because God is always with us.

July's Bible Verse

My help comes from the LORD, who made heaven and earth. Psalm 121:2

July's B.i.G. Theme

Come, Live the Adventure

Lesson 7 ★ Jesus Calms the Storm

Today's Bible Story

Mark 4:35-41; Matthew 8:23-27; Luke 8:22-25

Three B.i.G. (Believe in God) Truths

- ★ God is a great big God.
- ★ God loves us with a great big love.
- ★ We are part of God's great big world.

Objectives

- ★ Children will hear the Bible story about Jesus calming a storm.
- ★ Children will recognize that we can depend on God when we are afraid.

Today's Bible story (found in all three of the Synoptic Gospels) is about Jesus and the disciples getting caught in a storm at sea. Each version of the story includes a slightly different introduction. In Mark, Jesus has been sitting in a boat, telling a huge crowd parables about the kingdom of God. In Matthew's version, Jesus has just been healing many people—a clear sign of his power. In Luke, the disciples have heard Jesus teach. They have seen many miracles. And yet, the disciples do not truly understand the extent of this authority and power. So Jesus tells them, "There is nothing hidden that will not become visible." The disciples will soon have the opportunity to actually see an illustration of this authority and power for themselves.

As evening approaches, Jesus says, "Let's cross over to the other side of the lake." So Jesus and his disciples climb into a boat—probably a simple fifteen-passenger freshwater fishing boat—and begin sailing

across the Sea of Galilee. Since Jesus is exhausted, he lies down on a cushion in the back of the boat and falls asleep. But soon a sudden storm hits. Waves beat against the bow of the boat, splashing into the boat and threatening to capsize it.

The disciples are terrified, certain that their boat may soon sink. "How can Jesus sleep through a storm like this?" they wonder. "Wake up!" they cry. "Lord, save us!" According to Mark, the disciples ask Jesus, "Teacher, don't you care that we are going to drown?"

We can sense how frightened the disciples were. Here is Jesus, who continually demonstrated his compassion for humankind! And yet, in their panic, the disciples asked Jesus if he cared!

The answer, of course, is yes. Jesus always cares! Jesus stood up, raised his arms, and commanded the wind and waves to be still. And immediately everything was calm. This amazed the disciples. "Who is this," they asked, "that even the wind and the sea obey him?"

This is a powerful story for us to remember in times of fear and doubt. When we are facing major problems in our lives, we can remind ourselves that Jesus *does* care! Jesus knows exactly what storms we are facing. He is with us—he is in the same boat. Whenever we are afraid, we can call out to him, knowing that his power and strength are available to us. No matter what, we can depend on Jesus!

Invite them in . . . (15 minutes)

Welcome!	✓
Boat Play	✓
Make Sea Shakers	
Picture Time	✓
Transition Time	✓

. . . Into the Bible (30 minutes)

Hear the Bible Story	✓
Sea Shaker Shanty	✓
Adventure Passports	✓
Storm Pictures	
Snack	

. . . Into Life (15 minutes)

Praise Time	✓
Closing Worship	



TimeSaver
Activities that require little or no planning and only basic supplies.



EcoFriendly
Activities that encourage responsible earth stewardship by providing options to use recycled or repurposed materials.

DVD Summary: Picture Time

It is storming outside, and Mr. Z, Ms. Lucy, and Bongo are taking shelter in the clubhouse. When the storm stops, they wonder, "Why do we have both storms and sunshine?" Mr. Z introduces this week's Picture Time, which highlights Molly Schaar Idle's book Pennies From Heaven. This book explores that all-important question, "Why do bad things happen in our world?" and helps your children understand that good things can be mixed in with the bad things that happen. We can "look at both sides of the coin" and trust God to take care of us, no matter what.

LIVE BIG

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Choose one or more activities to introduce your children to the Bible story.

Welcome!

Supplies: Stickers, Attendance Chart, Leader—inside front cover, DVD, DVD player, television, sailor hats made last week (page 60)

- Do** ★ Welcome the children as they arrive. Give each child a rain cloud **Sticker** to place on the **Attendance Chart**.
- ★ **Say:** Look at this rain cloud. I bet you have seen clouds like this before.
 - ★ **Say:** In our Bible story today, we are going to hear about a time when Jesus and his friends were caught in a terrible storm at sea. Jesus' friends were frightened by the storm, but Jesus helped them.
 - ★ **Ask:** Do you remember our Bible verse for this month? It says, "My help comes from the LORD, who made heaven and earth" (Psalm 121:2). We will find out how Jesus helped his friends.
 - ★ Remind the children how to sign the Bible verse (**DVD; Leader—inside front cover**).
 - ★ Give each child the sailor hat he or she made last week (page 60). Help any child who was absent last week make a hat.
 - ★ Give each child a boat on a stormy sea **Sticker** to attach to the sailor's hat. Invite the children to wear their sailor hats.

Live B.i.G. God's love always surrounds us, even during storms.

Boat Play

Supplies: box boat made last week (page 62)

- Do** ★ Encourage the children to play in the box boat they made last week.
- ★ **Say:** In our Bible story today, Jesus and his friends were riding in a boat. They were caught in a terrible storm at sea. At first Jesus' friends were frightened by the storm, but then they asked Jesus for help. I wonder what Jesus did to help them.

Live B.i.G. God is always with us to help us act with love and courage.

Make Sea Shakers

Supplies: Kids' Book, yarn, scissors, tape, aquarium gravel or plastic beads

Plan to use the sea shakers after the Bible story for the Sea Shaker Shanty.



Invite them in . . .

Prepare

- ★ Punch out the sea shaker circles and the holes for each child (**Kids' Book**).
- ★ Cut yarn into 24-inch lengths. Then wrap the ends of the yarn lengths with tape.

Do

- ★ Give each child the two sea shaker circles (**Kids' Book**).
- ★ **Say:** The picture on our circles looks like waves on the sea.
- ★ Help each child place the two circles together so that the ocean pictures face out.
- ★ Help each child line up the holes.
- ★ Show each child how to use the yarn to lace the two circles together.
- ★ Have each child stop before lacing around the entire circle.
- ★ Pour a small amount of gravel or beads into each sea shaker.
- ★ Help the child finish lacing the shaker and tie off the yarn.
- ★ **Say:** In our Bible story today, Jesus and his friends were riding in a boat. They were caught in a terrible storm at sea. Shake your sea shakers to make the sound of the storm. (*Encourage the children to shake their sea shakers.*)
- ★ **Say:** At first Jesus' friends were frightened by the storm, but then they asked Jesus for help. I wonder what Jesus did to help them.

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Picture Time

Supplies: DVD, DVD player, television, a penny

- Do** ★ **Say:** I wonder if it ever storms in Mr. Z's backyard?
- ★ Watch Picture Time (**DVD**).
- ★ Show the children a penny. Point out the words "In God we trust" on the penny.
- ★ Let the children take turns tossing the penny, to see whether it lands heads or tails.
- ★ **Ask:** What does it mean to say that when bad things happen we should "look at both sides of the coin"? (*Good things can be mixed in with the bad things that happen.*)

Live B.i.G. We can trust God to take care of us, no matter what.

Transition Time

Supplies: box boat made last week (page 62)

- Do** ★ Have the children sit in or around the box boat.
- ★ Sing the song "My Help Comes From the Lord" as the children pretend to row a boat

My Help Comes From the Lord
(Tune: "The Farmer in the Dell")

My help comes from the Lord.
My help comes from the Lord.
Row along and sing this song;
My help comes from the Lord.

- ★ Lead the children to your storytelling area and have them sit down.

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Choose one or more activities to immerse your children in the Bible story.

Hear the Bible Story

Supplies: Bible, Leader—page 75, boat made last week (page 62), spray bottle filled with water, small fan

- Do**
- ★ Have the children sit in or around the boat.
 - ★ Hold your Bible open to Mark 4.
 - ★ **Say:** Today's Bible story is from the Gospel of Mark. I want you to help me tell the story. Listen and I will tell you what to do.
 - ★ Tell the story "Jesus Calms the Storm" (**Leader—page 75**) and do the actions indicated in the story.
 - ★ **Say:** Have you ever been scared during a storm? What made you feel better? Whenever we are scared, we can pray to God to help us. God is always there, ready to help us.

Live B.i.G. God is always there to help us, even when we are afraid.

Sea Shaker Shanty

Supplies: Leader—page 75, sea shakers made earlier (page 70)

- Do**
- ★ Give each child his or her sea shaker.
 - ★ Have the children shake their sea shakers.
 - ★ **Say:** Your shakers sound like wind and rain during a rain storm.
 - ★ Sing "In the Boat With Jesus" (**Leader—page 75**) with the children.
 - ★ Have the children shake their shakers through the song and then suddenly stop when you say, "Peace, be still."
 - ★ **Say:** In our Bible story today, Jesus and his friends were caught in a terrible storm at sea. Jesus' friends were frightened and asked Jesus for help. Jesus helped his friends and calmed the winds and waves.

Live B.i.G. We can ask God for help. God is always there to help us.

Adventure Passports

Supplies: Kids' Book, Stickers, passports made last week (page 63)

Prepare

- ★ Prepare a passport (**Kids' Book**) for any child who does not have one.

- Do** ★ Give the children their passports.
- ★ **Say:** This week we traveled through a great storm. Place your Galilee **Sticker** on your passport. Remember, a passport shows all the places you have traveled.
 - ★ **Say:** You need to have your passport **Sticker** in order to participate in the next activity.
 - ★ Give each child the Galilee **Sticker**.

Live B.i.G. God is always with us no matter where we go.

Storm Pictures

Supplies: Leader—page 76, table covering, paint smocks, box lid or clean coffee can with lid for every three or four children, marbles, paint, spoons

Prepare

- ★ Photocopy “Stormy Weather” (Leader—page 76) for each child.
- ★ Cover the table with plastic or paper.

- Do** ★ Have the children wear paint smocks.
- ★ Give each child “Stormy Weather” (Leader—page 76).
 - ★ **Say:** Jesus and his friends were caught in a storm at sea. Jesus’ friends were afraid.
 - ★ Let the children take turns placing their pictures in the box lid or help each child line the inside of a coffee can with her or his picture.
 - ★ Drop a marble into some paint and then spoon the marble onto each picture.
 - ★ If you are using the coffee can, drop the marble into the can and secure the lid.
 - ★ **Say:** Let’s rock our pictures like the wind and waves rocked the boat.
 - ★ Show the children how to gently rock the box lid back and forth so that the marble rolls all over the picture (or let the children shake the coffee can gently).
 - ★ The marble will leave a trail of paint over the picture.
 - ★ Remove each picture and set it aside to dry.
 - ★ **Say:** Jesus helped his friends when they were afraid of the storm. Our Bible verse is “My help comes from the Lord, who made heaven and earth” (Psalm 121:2).

Live B.i.G. God is there to help us when we are afraid.

Snack

Supplies: pear halves, raisins, napkins, paper plates, cups, water

- Do** ★ Have each child wash his or her hands before eating.
- ★ **Pray:** Dear God, thank you for always being there for us during our happy and scary times. Amen.
 - ★ **Say:** Let’s make boat snacks. Pretend your pear is a boat. Put thirteen raisins on your pear boat to represent the twelve disciples plus Jesus. Let’s practice counting to thirteen.
 - ★ Count with the children.
 - ★ **Ask:** What did you like best about the story today?

Check for allergies
before serving
any snack.



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Choose one or more activities to connect your children's lives to the Bible story.

Praise Time

Supplies: DVD, Leader—page 5, DVD player, television, sailor hats made last week (page 60)

- Do**
- ★ Point to the big fish **Sticker** on one of the children's sailor hats.
 - ★ **Ask:** This **Sticker** reminds us of the story about Jonah. What do you remember of the story about Jonah? (*He was swallowed by a fish. Then he went to Nineveh to do what God wanted him to do.*)
 - ★ Point to the boat on stormy sea **Sticker** on one of the children's sailor hats.
 - ★ **Ask:** This **Sticker** reminds us of another story. What happened when Jesus and his friends were in a boat? (*A storm came up.*) How did Jesus' friends feel? (*afraid*) What did Jesus do? (*calmed the storm*)
 - ★ **Say:** Let's sing "I'm Part of the Story Too." Look for the pictures of Jonah and the fish and the pictures of Jesus and his friends in the boat.
 - ★ Play "I'm Part of the Story Too" (**DVD**). Let the children to sing and dance.

Live B.i.G. Bible stories help teach us how God wants us to live.

Closing Worship

Supplies: Stickers, Leader—pages 75 and 77, Kids' Book, scissors

Prepare

- ★ Detach a storybook (**Kids' Book**) for each child (instructions, page 144).
- ★ Photocopy and cut apart "What Helps You Feel Better?" (**Leader—page 77**).
- ★ Photocopy "Jesus Calms the Storm" (**Leader—page 75**) for each child.

- Do**
- ★ **Say:** We all feel afraid sometimes. Let's look at pictures of some things that might help us feel better when we are afraid.
 - ★ Show the children the "What Helps You Feel Better?" (**Leader—page 77**) pictures one at a time. Save the picture of Jesus to show last.
 - ★ **Ask:** I have one more picture. Who else can help you feel better? (*Jesus*)
 - ★ **Say:** We know Jesus loves us and is our friend.
 - ★ Place a "Do Not Be Afraid! God Is With You!" worship badge (**Stickers**) on each child.
 - ★ Give each child a storybook (**Kids' Book**) and a copy of "Jesus Calms the Storm" (**Leader—page 75**) to take home.
 - ★ Collect the children's sailor hats so that they can wear them next week.

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Into Life

Jesus Calms the Storm

Let's pretend we are riding in the boat with Jesus and his friends. Let's get in the boat. *(Have the children climb in the boat.)*

It's a beautiful sunny day. The water in the lake is clear and calm. Doesn't that gentle breeze feel good? *(Turn the fan on low.)*

Let's row across the lake. *(Have the children pretend to row.)* Jesus is sleeping. He is very tired. Shh! *(Put your finger to your lips.)*

Uh oh, look at that dark cloud up ahead. *(Point away from the boat.)* I think a storm is coming. The wind is blowing harder! *(Turn the fan on medium.)*

It's beginning to rain! *(Have an adult spray the water bottle in front of the fan to lightly mist the children.)*

The storm is getting stronger! Are you afraid? I'm afraid! I think our ship is going to sink! What should we do? Let's wake up Jesus. Wake up, Jesus! Help! Help! *(Continue spraying the water bottle in front of the fan.)*

Jesus wakes up. He stands up in the boat and holds his hand out over the water. *(Have the children hold out their hands.)*

Then Jesus speaks to the waves and says, "Peace! Be still!" *(Have the children repeat these words. Stop spraying water, and turn off the fan.)*

(Whisper) And the winds and the waves obey him. Immediately everything is calm.

based on Mark 4:35-41

In the Boat With Jesus

(Tune: "This Is the Way")

This is the way we sail along,
sail along, sail along.
This is the way we sail along
in the boat with Jesus.

This is the way the wind comes up,
wind comes up, wind comes up.
This is the way the wind comes up
in the boat with Jesus.

This is the way the rain comes down,
rain comes down, rain comes down.
This is the way the rain comes down
in the boat with Jesus.

This is the way waves toss the boat,
toss the boat, toss the boat.
This is the way waves toss the boat
in the boat with Jesus.

This is the way we shake with fear,
shake with fear, shake with fear.
This is the way we shake with fear
in the boat with Jesus.

This is the way the storm obeys,
storm obeys, storm obeys.
This is the way the storm obeys
in the boat with Jesus.

Peace, be still!

**My help comes
from the LORD,
who made heaven
and earth.
Psalm 121:2**

What Helps You Feel Better?

