



BIG IDEA

Jesus cares about us when we are afraid.

THE BIBLE

Jesus Calms the Storm: Mark 4:36-41

LARGE GROUP ORDER

WELCOME, RULES & ANNOUNCEMENTS (3 min)

WORSHIP SONG (3min)

PASSING OF THE PEACE (1 min)

ATTENTION GRABBER (4 min)

THE BIG IDEA (1 min)

MEMORY VERSE (3 min)

PRAYER (2 min)

BIBLE STORY (6 min)

WORSHIP SONG (3 min)

OFFERING (during song)

DISMISSAL (1 min)



UNBELIEVEABLE | (WEEK 2 – FEB 9)



LARGE GROUP

WELCOME, RULES & ANNOUNCEMENTS (3 min)

WORSHIP SONG (3min) | “All Around The World”

PASSING OF THE PEACE (1 min)

ATTENTION GRABBER (4 min) | **Fear Factor Would You Rather**

- **INSTRUCTIONS:** *Read the following “Would You Rather?” questions and tell the kids to move to one side of the room for the first option or to the other side of the room for the other option.*
- Would you rather . . .
 - Step on a spider with bare feet **or** sleep with a worm on your pillow?
 - Run into a lion’s cage **or** swim with sharks?
 - Have the power go out at night **or** sit outside in the storm?
 - Ride on a roller coaster **or** a pirate ship?
 - Have no phone **or** no TV?
 - Find a frog in your pocket **or** a bee hive in your closet?
 - Eat a booger **or** sneeze out milk?
 - Fight a fire-breathing dragon **or** be a fire-breathing dragon?
- Sometimes, we’re afraid of things that aren’t real, like monsters or fire-breathing dragons. We all have things that scare us. Some things are silly and some are very real fears.
- We’re going to hear a Bible story today about a time Jesus helped the disciples when they were afraid and how Jesus reminds us that God is always with us when we’re afraid.

Picture Perfect Storm

- **INSTRUCTIONS:** *Show the photo included in your Week 2 folder.*
- While we’re talking about things that make us afraid, **how many of you would be afraid if you were in a boat in the middle of this storm?**
- **When was the last time you were really afraid?**
- In today’s Bible story, we’re going to hear about a time when the disciples were afraid and Jesus did an unbelievable miracle to save them.

THE BIG IDEA (1 min) | **Jesus cares about us when we are afraid.**

MEMORY VERSE (3 min) | **John 14:6**



I AM THE WAY (*hold one arm out to the side*)
THE TRUTH (*hold the other arm out to the side*)
AND THE LIFE (*point both arms up*).
NO ONE COMES TO THE FATHER (*shake one finger*)
EXCEPT THROUGH ME (*point up*).

PRAYER (2 min)

BIBLE STORY (6 min) | **Mark 4:36-41**

Share about a time when you were afraid.

- Now let me tell you about a time when I was afraid.
- **INSTRUCTIONS:** *Talk about a time when you were a child and were afraid. Emphasize that God was always with you.*
- Now let's hear a Bible story about the amazing power of Jesus.
- **INSTRUCTIONS:** *Look up the story in your Bible and encourage kids to do the same. Read it!*
- Remember, we learned last week that a miracle is something that only God can do. **What miracle did Jesus do in this Bible story?** Yes! Jesus calmed the storm.
- During the storm, the disciples wondered if Jesus cared about what was happening to them. Why do you think Jesus was asleep during the storm? It wasn't because He didn't know or didn't care what was happening. It was because He knew everything was under control. After all, He's God!
- Jesus didn't stop the storm from happening, but He never left His disciples in the midst of the storm. He helped by calming the storm.
- With this miracle, Jesus showed His disciples that He was all-powerful. And through this story, Jesus shows us He cares about us when we're afraid.
- **When we're afraid, we can trust that Jesus is always with us, just like He was with His disciples. God will always give us comfort, strength, and courage when we're afraid.**

OFFERING (during song) | UMCOR (United Methodist Committee on Relief)

WORSHIP SONG (3 min) | "Let's Get A Little Crazy"

DISMISSAL (1 min)



ELEMENTARY SMALL GROUP

REVIEW BIBLE STORY | Mark 4:36-41

- **What were the disciples doing in the Bible story?** *(They were in a boat, crossing the lake.)*
- **Why were they afraid?** *(A big storm started.)*
- **What was Jesus doing during the storm?** *(Sleeping.)*
- **What did Jesus say what they need to stop being afraid?** *(They needed to have faith.)*
- **What does this story tell us about Jesus?** *(He is all powerful. We can trust Him. He is always with us.)*
- **What is an example of a time when you were afraid and Jesus helped you?**
- **What are you afraid of right now that you need courage from Jesus for?**

GAME/ACTIVITY | Origami Boats

- Now let's make our own paper boats to take home and remind us that even though we face scary situations, we're never alone, because Jesus is with us, like He was with the disciples in the boat.
- **INSTRUCTIONS:** *Even though these boats seem like they have a lot of steps, they are easy to make, and even young kids should be able to follow along as you give them instructions. Give every kid a piece of paper. Read the instructions and help the kids make their own boats.*

1. *Start with a regular piece of paper in the shape of a rectangle. Hold it vertically, with the long edges going up and down.*
2. *Fold the bottom half up to the top.*
3. *Fold the bottom right corner over to the left corner and make a small pinch, just enough to crease the paper. Open it back up.*
4. *Using the crease as a guide, fold the left and right bottom corners up and to the middle.*
5. *Flatten the folded pieces down and rotate the paper so it's sideways.*
6. *Fold one layer from the bottom up along the bottom of the front flaps.*
7. *Flip the paper over to the other side.*
8. *Fold the bottom edge up in the same way.*
9. *Unfold, and then fold the bottom right corner in along the crease you made.*
10. *Repeat on the bottom left flap, then re-fold the bottom edge back up.*
11. *Open the bottom. Look at the corners. Flatten and then insert the overlapping flap on the left underneath the right section.*
12. *Fold one layer up to the top, then repeat on the back.*
13. *Open the bottom of the model. Pull apart the left and right flaps.*
14. *Flatten it out, in the shape of a boat*
15. *Open it slightly. The triangle in the middle will be the sail.*
16. *You're done. This boat will really float in water.*



- **FOR KIDS WITH SPECIAL NEEDS:** *Check out the hacks for this week to learn how to make simple and fun mini boats for your kids with special needs to play with. They can put their sailboats in a bowl of water, watch them float, and blow them around.*

GAME/ACTIVITY | What Storm is It?

- We may not be in a boat in a storm like the disciples, but we have storms in our everyday lives — things that are hard or scary for us to face.
- **INSTRUCTIONS:** *Have the kids get in groups of 3-5 and assign them storm scenarios to act out. The other groups can guess what each scenario is, like . . .*
 - You have a big test coming up at school, but you don't understand the subject and don't think you will do well.
 - Your friends didn't invite you to a party and you overheard them talking about it.
 - You got in trouble and you're afraid to tell your parents.
 - You're going to a new school or club, and you don't know anyone, so you're nervous.
 - You're learning how to do something new, like ride a bike, and you're scared you might get hurt.
- *After they act out the storm scenarios, ask them how Jesus can give them courage in each of those situations.*
- **FOR PRETEENS:** *Instead of assigning storms to your preteens, give them each an index card and let them write down a storm they have gone through or something a friend has gone through. (They can do it anonymously, if they'd like.) Put the index cards in a pile, have each person draw one, and then talk about how God could help us during each storm.*

MEMORY VERSE | John 14:6

I AM THE WAY *(hold one arm out to the side)*
THE TRUTH *(hold the other arm out to the side)*
AND THE LIFE *(point both arms up).*
NO ONE COMES TO THE FATHER *(shake one finger)*
EXCEPT THROUGH ME *(point up).*

PRAYER

- **Is there anything you're scared of and want to ask God for help?** Let's share and pray for each other right now.
- Dear God, thank you for always being with us and helping us when we are afraid. Please give us courage and comfort when we're scared, amen."

PARENT PICKUP



UNBELIEVEABLE | (WEEK 2 – FEB 9)

While waiting, the students can color, complete any unfinished activities, redo other games or activities, play Hangman or a different game on the board.



PRESCHOOL SMALL GROUP

WATCH VIDEO

SNACK & BIBLE STORY REVIEW | Story Retell (Mark 4:36-41)

- **INSTRUCTIONS:** *Pass out a snack to all of your preschoolers and ask them to sit and listen while they eat. Your discussion will be more effective when they're busy sitting and snacking!*
- **Why were the disciples afraid?** *(They were on a boat in a storm.)*
- **Where was Jesus during the storm?** *(He was asleep on the boat.)*
- **What did the disciples do when they were too scared?** *(They woke up Jesus.)*
- **What did Jesus do?** *(He told the storm, "Be still," and it stopped.)*
- **How do you think the disciples felt after Jesus calmed the storm?**
- The disciples were in a boat when the storm started, and they were scared. We might not be in a boat in the middle of a big storm, but we all have times when we are afraid. **Do you have something you're afraid of?**

ACTIVITY/GAME | Parachute Waves

- **INSTRUCTIONS:** *Get a parachute or a sheet and tell the kids to each hold a part of it. Put a toy boat (or a stuffed animal) in the middle and tell the kids to wave it up and down and make waves and try to see how high they can bounce the boat. Optional: with older kids, you can also tell them to wave it high up in the air all at once and run under it when you shout "Be still!"*
- You were good at making waves! **Have you ever been to a beach that had big waves? Have you been swimming in the ocean when the waves were big?** Imagine how big the waves in our Bible story must have been to make the disciples so scared!
- **Even when we face big problems or scary situations, we can be comforted when we remember that God is always with us. He promises to never leave us.**

MEMORY VERSE | John 14:6

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ACTIVITY/GAME | Coloring Page of the Week

- **INSTRUCTIONS:** *Give every kid a Coloring Page, plus markers or crayons. As they color, remind them how much Jesus cares about us when we're afraid.*



PRAYER

- **Is there anything you're scared of and want to ask God for help?** Let's share and pray for each other right now.
- Dear God, thank you for always being with us and helping us when we are afraid. Please give us courage and comfort when we're scared, amen."

PARENT PICK UP

- While waiting, the students can color, complete any unfinished activities, redo other games or activities, play with the toys in the room.