

Jesus Calms the Storm

Sunday School Lesson for Preschool (Ages 3–5), 20–30 minutes

Main point: Jesus is strong. I can trust Him when I am afraid.

Bible passage: Mark 4:35–41. Read it yourself before class.

Memory verse: "What time I am afraid, I will trust in thee." *Psalms 56:3 (KJV)*. The old words **what time** mean whenever, and **thee** means You, God.

You need: a Bible, a small pillow, a row of chairs or a blanket on the floor to be the boat, crayons, and one take-home sheet for each child. If you have one: a blue sheet or blanket.

Before class: put a bookmark in your Bible at Mark 4. Set up the chairs in two rows like a boat, or spread the blanket on the floor.

1. Opening game: Wind and Waves (5 minutes)

Everyone sits in the "boat." Say "Wind!" and kids blow and wave their arms. Say "Waves!" and kids rock side to side. Say "Be still!" and everyone freezes like a statue. Play a few times. Say: "Today we will hear a true story about a big storm and a boat."

2. Bible story (5 minutes)

Hold up your Bible open to Mark 4. Say: "This story is true. It is in God's Word." Kids stay in the boat. Read each line slowly and do the motion. When you see **Say it with me**, the kids say the line back to you.

Jesus and His friends got into a boat (Mark 4:36). *(Climb into the boat.)*

Jesus said, "Let us go over to the other side" (4:35). *(Point far away.)*

Jesus went to sleep on a pillow (4:38). *(Lay your head on your hands.)*

Then the wind blew. Whoosh! (4:37). *(Blow hard.)*

Big waves came into the boat (4:37). *(Rock side to side.)*

Water filled up the boat (4:37). *(Shiver and hold on.)*

Jesus' friends were scared. *(Make a scared face.)*

They woke Jesus up (4:38). *(Shake a friend gently, or tap your knees.)*

Jesus stood up (4:39). *(Stand up tall.)*

Jesus said to the sea, "Peace, be still" (4:39). *(Hold out your hand.)*

Say it with me: "Peace, be still!"

The wind stopped. The water was calm (4:39). *(Sit very still.)*

The wind and the sea obey Jesus (4:41). *(Nod your head.)*

Say it with me: "Jesus is strong!"



3. Questions to ask (3 minutes)

1. Where was Jesus sleeping? (*On a pillow in the boat, Mark 4:38*) Hold up the pillow.
2. What did Jesus say to the sea? (*"Peace, be still," 4:39*)
3. Did the storm stop? (*Yes! The wind stopped and it was calm, 4:39*)

4. Memory verse (3 minutes)

Say: "When we are scared, we can trust God. The Bible says, 'What time I am afraid, I will trust in thee.' That means whenever I am scared, I will trust You, God." Teach the motions: **What time I am afraid** (hug yourself and shiver), **I will trust** (put your hand on your heart), **in thee** (point up). Say the verse with the motions three times: in a normal voice, in a whisper, and in a happy loud voice. Then say "Psalm 56:3" and clap three times.

5. What this means for us (3 minutes)

Say: "God loves you! Everyone has done wrong things. That is called sin (Romans 3:23). Jesus is God. He came to earth as a man (1 Timothy 3:16). Jesus died for our sins. He was buried. Then He rose again (1 Corinthians 15:3–4)! The Bible tells us what to do (Acts 2:38). We repent: we tell God we are sorry, and we stop doing wrong. We are baptized in Jesus' name, down under the water, and our sins are washed away. And God gives us the Holy Ghost. That is God's own Spirit in us. When people are filled with the Holy Ghost, they speak in other tongues, words God gives them (Acts 2:4)."

Pray with the kids, and encourage them to talk with their parents and pastor about being baptized in Jesus' name and filled with the Holy Ghost. Never pressure a child.

6. Activity: Calm Sea Picture (5–10 minutes)

Give each child a take-home sheet. In the drawing box, help them draw a simple boat on calm, flat water. They color the water blue. While they color, ask: "Who was sleeping in the boat? What did Jesus say?" Kids who finish early can hold the edges of the blue sheet, make waves, then hold it still when you say "Peace, be still!"

7. Prayer

Say each line, and the kids say it after you:

"Thank You, Jesus, that You are strong.

When I am scared, help me trust You. In Jesus' name, amen."

Tips for little ones: keep the story moving and let them rock and freeze in the boat. If they get wiggly, play Wind and Waves again. Send the take-home sheet home so parents can tell the story again this week.

If a child is scared of storms: listen kindly. Say: "Jesus was in the boat with His friends, and Jesus is with you too. You can pray and ask Him to help you."

