Preschool–Grade 6

Jesus Calms the Storm

Sunday School Lesson for Kindergarten to 2nd Grade, 45 minutes

Main point: Jesus has power over everything, so we can trust Him when we are afraid.
Bible passage: Mark 4:35–41. Read it before class. (Matthew 8:23–27 and Luke 8:22–25 tell the same story.)
Memory verse: "What time I am afraid, I will trust in thee." *Psalm 56:3 (KJV)*
You need: a Bible, 5 paper waves cut from blue paper, a marker, tape, a small pillow, crayons, and one take-home sheet for each child. If you have them: a blue sheet and a soft ball.
Before class: write the memory verse on the 5 paper waves (see part 4). Put a bookmark in your Bible at Mark 4:39.

1. Opening game: Storm and Calm (5–10 minutes)

Kids make a storm with sounds and motions: rub hands together (wind), snap fingers (rain), pat knees (big rain), stomp feet (big waves). Make the storm louder and louder. When you raise your hand and say "Be still!", everyone stops right away and sits without a sound. Play a few rounds. Ask: *What is the scariest storm you have ever been in?* Say: "Today we will hear about a real storm that stopped the moment Jesus spoke."

2. Bible story: Peace, Be Still (10 minutes)

Hold up your Bible open to Mark 4, so the kids can see the story comes from God's Word. Tell it in your own words:

That day Jesus had been teaching a big crowd of people by the sea. There were so many people that Jesus sat in a boat on the water to teach them (Mark 4:1). When evening came, Jesus said to His disciples, His helpers, "Let us go over to the other side" (4:35). So they sent the crowd home, and they took Jesus with them in the boat. Other little boats went along with them (4:36).

Then a **great storm** of wind came. The wind blew hard. The waves crashed into the boat, and the boat was filling up with water (4:37)!

Where was Jesus? He was in the back of the boat, **asleep on a pillow** (4:38). *(Hold up the pillow.)* The disciples were scared. They woke Jesus up and said, "Master, don't You care that we are going to die?" (4:38). **Master** means teacher.

Free to print & copy for church, classroom & home · Please don't resell or re-post

The story continues: Jesus got up. He spoke strongly to the wind, and He said to the sea, "**Peace, be still.**" The wind stopped, and everything was very calm (4:39). **Read Mark 4:39 from your Bible:** "And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm." Say: "**Rebuked** means Jesus told the wind to stop. **Ceased** means it stopped."

Then Jesus asked His disciples, "Why are you so afraid? Why don't you have faith?" (4:40). **Faith** means trusting God.

The disciples were amazed. They said to each other, "**What kind of man is this, that even the wind and the sea obey Him?**" (4:41). Say: "Only God can tell the wind and the waves what to do. The disciples were learning that Jesus is God!"

3. Questions to ask (5 minutes)

1. Where did Jesus want to go? *(Over to the other side of the sea, Mark 4:35)*
2. What happened to the boat in the storm? *(The waves crashed in and it filled with water, 4:37)*
3. What was Jesus doing during the storm? *(Sleeping on a pillow in the back of the boat, 4:38)*
4. What did Jesus say to the sea? *("Peace, be still," 4:39)*
5. What happened when Jesus spoke? *(The wind stopped and there was a great calm, 4:39)*

4. Memory verse: Calm the Waves (5 minutes)

Write the verse on the 5 paper waves, one part on each: *What time / I am afraid, / I will trust / in thee. / Psalm 56:3.* Explain the old words: **what time** means whenever, and **thee** means You, God. Tape the waves up in a wavy line. Read the verse together in a loud "stormy" voice. Then take one wave down and read it again a little more calmly. Keep taking one wave down each time until the kids can say the whole verse by themselves, softly and peacefully.

Free to print & copy for church, classroom & home · Please don't resell or re-post

5. What this means for us (5 minutes)

Say: "The wind and the sea obeyed Jesus because Jesus is God. The Bible calls Him Emmanuel, which means 'God with us' (Matthew 1:23). God loves you very much. But everyone has done wrong things. The Bible calls that sin: 'For all have sinned, and come short of the glory of God' (Romans 3:23, KJV). That means none of us is as good as God. Jesus is God who came to earth as a man (1 Timothy 3:16). Jesus died for our sins, He was buried, and He rose again (1 Corinthians 15:3–4)! The Bible tells us how to obey the gospel, the good news about Jesus: 'Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost.' (Acts 2:38, KJV) To **repent** means we are sorry for our sin and we turn away from it. We are **baptized**, buried all the way under the water, in Jesus' name, so our sins are washed away (Romans 6:4; Acts 22:16). **Remission** means God takes our sins away. And God fills us with the **Holy Ghost**, His own Spirit, and we speak in other tongues, words God gives us, just like the believers did in the Bible (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.
This week: when you feel afraid (at night, at the doctor, in a real storm), say "What time I am afraid, I will trust in thee," and ask Jesus to help you.

6. Activity (10–15 minutes)

Choose one: the **Jesus Calms the Storm word search** (vbshq.com/puzzles/calming-the-storm-word-search), the Jesus Calms the Storm coloring page or craft (vbshq.com/bible-stories/calming-the-storm), or **Sea Sheet:** kids hold the edges of a blue sheet and shake it to make big "waves" with a soft ball bouncing on top. When you say "Peace, be still!", they lower the sheet and hold it perfectly still.

7. Prayer

"Dear God, thank You that even the wind and the waves obey You. When we are afraid, help us remember that You are with us, and help us trust You. Thank You for loving us and coming to save us in Jesus. In Jesus' name, amen."

If a child asks why God doesn't stop every storm: be honest and gentle. Sometimes God calms the storm, and sometimes He keeps us safe in it. Jesus was in the boat with His disciples the whole time, and He is with us too.

Free to print & copy for church, classroom & home · Please don't resell or re-post