

# Jesus' Power Calms Our Fears

## Lesson Guide

**Scripture: Jesus Calms the Storm—Mark 4:35-41**

**Supplies:** bowl of water, towel, transparent tape, table

Parent(s): This lesson is provided by Group Publishing. They have also provided a teaching video that you can play and it will teach the lesson. I want to encourage our GP parents to watch the video and teach the lesson to your kid(s). Here is the link to the YouTube video:

<https://www.youtube.com/watch?v=fTVyAlfkDso&feature=youtu.be>

### Introduction:

Today we're going to talk about Jesus' power! A lot of people are fearful about Coronavirus right now, but Jesus' power calms our fears. Let's start with a song about Jesus' power! click the link below and follow along from home!

- Music Video: My God Is Powerful - <https://www.youtube.com/watch?v=Y1MDCwirYoQ>
- Family Discussion: Thanks for singing with me! Now, let's talk more about fears. What scares you right now? (Give your own example first.) How about you?

Being scared isn't new...it happened in the Bible, too! Let's see how Jesus' power calmed fears of some people who were very scared!

### The Bible Story

You'll need a bowl of water and a towel.



This Bible story is in **Mark 4:35-41 — Jesus Calms the Storm —**

<sup>35</sup> That day when evening came, he said to his disciples, "Let us

go over to the other side." <sup>36</sup> Leaving the crowd behind, they

took him along, just as he was, in the boat. There were also

other boats with him. <sup>37</sup> A furious squall came up, and the

waves broke over the boat, so that it was nearly swamped.

<sup>38</sup> Jesus was in the stern, sleeping on a cushion. The disciples

woke him and said to him, "Teacher, don't you care if we

drown?" <sup>39</sup> He got up, rebuked the wind and said to the

waves, "Quiet! Be still!" Then the wind died down and it was

completely calm. <sup>40</sup> He said to his disciples, "Why are you so

afraid? Do you still have no faith?" <sup>41</sup> They were terrified and

asked each other, "Who is this? Even the wind and the waves

obey him!"

Explain these points of the Bible story in your own words, demonstrating how to interact with the water in the bowl as you teach.

- Jesus and his friends were on a boat (*set hand on water as boat*)
- A storm started! (*splash and swirl the water*)
- Jesus was sleeping through the storm (*keep splashing*)
- Jesus' friends woke him up and asked for help (*keep splashing*)
- Jesus woke up and said, "Silence! Be still!" (*take your hand out of the bowl and wait for the water to calm*)
- Jesus' power calms our fears.

Read the following questions one at a time and discuss as a family.

- What happened to the water in our bowl? How is that like feeling afraid?
- Imagine you were in the boat during the storm. What would scare you?
- What does this event show you about Jesus' power over your fears?

**Science Fun** (Note: This may not work with off-brand tape. Use Scotch brand.)

Wow! Jesus' power calmed the fears of his friends—and calmed the storm! When our fears feel like a swirling storm inside of us, we can turn to Jesus. Jesus' power calms our fears. When people are afraid, sometimes they blame God and push him away. I'll show you what that's like.

Explain what you're doing as you follow these steps. Put two strips of tape down on the table side by side, pressing them down but leaving one end loose to peel up. Lift them up and hold them near each other, sticky side out and hanging down from your hands. The tape will repel each other.)

- Why would people push God away when they're scared?

Explain what you're doing as you follow these steps: Put the tape back down on the table, but this time, put one piece on top of the other. Peel them off and hold them as before. This time, the tape will attract the other piece because you reversed the static charge.)

- How can we get closer to Jesus when we're afraid about Coronavirus?

In our Bible story, Jesus' friends didn't push him away. They went to Jesus with their fears, and he helped them! We can do the same thing because Jesus' power calms our fears.

## **Closing/Prayer**

Let's close by drawing closer to Jesus and talking with him! Think of someone who helps you when you're scared...maybe someone in your family! When I pause in my prayer, call out their name!

God, we thank you for \_\_\_\_\_. We're thankful that when we feel scared, they help us by \_\_\_\_\_ (pause for a while). In Jesus' name, amen.

We're going to draw a picture to add to a thankful journal. You can use a notebook or just staple a bunch of paper together to make a book. Being thankful takes our eyes off of what we're scared of and helps us see Jesus' power instead. It's one way Jesus' power calms our fears.

Draw the person you just thanked God for. Or draw Jesus! Put today's date on your picture so you can look back at your journal later.