



# Calming the Storm

Lesson Aim: To see Jesus' power.

## THE WORSHIP

**Who God Is:** The God of Wonders

## THE WORD

**Bible Story:** Mark 4:35-41

**What He Has Done:** Jesus calmed the wind and the waves.

## BIBLE MEMORY VERSE

"I will remember Your miracles." Psalm 77:11b

Unit 1: Jesus as the God of Wonders			
	Bible Story	What He Has Done	Lesson Aim
1	Jesus' First Miracle, John 2:1-11	Jesus did miracles so people would believe.	To remember Jesus did miracles.
2	Filling the Nets, Luke 5:1-11	Jesus filled the nets with fish and called His followers.	To know miracles can help people decide to follow Jesus.
3	Calming the Storm, Mark 4:35-41	Jesus calmed the wind and the waves.	To see Jesus' power.
4	Healing Jairus' Daughter, Luke 8:40-42, 49-56	Jesus healed a twelve-year old girl.	To know Jesus can heal us.
5	Feeding the Big Crowd, John 6:3-13	Jesus fed the big crowd.	To know by sharing with others, you can be part of God's miracles.

## TEACHER'S ENCOURAGEMENT

This week, read Psalm 8. Please join us in praying, "Thank You, Lord, for calming our storms. May this Bible story show the children Your power and goodness, inspiring them to obey. Amen."

## TEACHER'S TIP

**Quiet! Be still!** Have some fun with today's lesson while improving classroom management. When transitioning from one activity to the next, ask the children, "**What did Jesus say to the wind and the waves?**" When they reply, "**Quiet! Be still!**" ask them if they can be quiet and still like the wind and the waves.



**THE WORSHIP  
THE WORD &  
THE WAY**

Segment	Minutes	Activity	Supplies
THE WELCOME		<b>Welcome</b>	Treasure chest, stamp or sticker of a boat
		<b>Coloring Center:</b> Calming the Storm	Coloring pages of Jesus calming the storm, crayons
		<b>Play-Dough Center:</b> In a Boat	Play-dough, cookie cutters, play-dough tools
		<b>Block Center:</b> Nothing to Fear	Blocks
		<b>Activity Center:</b> Miracle Match-Up	Two sets of pictures of the five Bible stories in this unit (Jesus turns water to grape juice, Jesus fills the nets, Jesus calms the storm, Jesus heals Jairus' daughter, Jesus feeds the big crowd)
		<b>Preparing for Worship</b>	None
THE WORSHIP	Up to 20	<b>Worship</b> Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org.	Praise music, optional: musical instruments <b>Unit 1 Bible Memory Verse Song:</b> "I Will Remember" <b>Other Bible Memory Verse Song Suggestions:</b> "Be Still and Know" "How Wide?" "Let Everything That Has Breath" "Praise Time: Love the Lord Your God" "With God All Things Are Possible" <b>Additional Song Suggestions:</b> "Jesus Loves Me" "My God Is So Big"
		<b>Offering</b>	Baskets
		<b>Worship Illustration</b>	<i>The Adventures of Delbert and Lello</i> puppet script or storybook: God of Wonders Unit 1, Lesson 3
THE WORD	Up to 10	<b>Watch the Word:</b> Mark 4:35-41	Teacher's Bible with bookmark at Mark 4:39 Visuals: Picture of the Bible story, toy boat
THE WAY	Up to 25	<b>Craft:</b> Whirling Winds Fan	Paper plate, large craft stick, blue crepe paper streamer, label, crayons, optional: boat shape or sticker, squares of blue tissue paper
		<b>Game:</b> Wind And Waves	"Wave Maker" crafts
		<b>Game:</b> "Quiet! Be Still!"	Blue blanket, one inflated (non-helium) balloon
		<b>Snack:</b> Quiet Like the Wind	Water-themed snack such as blue gelatin or blue drink
	Final 5	<b>Final Five</b>	Ponder, Pray & Play: Unit 1, Lesson 3
GOT TIME?	Up to 10	<b>Say &amp; Do:</b> Mark 4:35-41	None
	Up to 10	<b>Game:</b> Miracle Ball	Soft ball
	Up to 10	<b>Game:</b> Bible Memory Verse Dance	Unit 1 Bible Memory Verse Song "I Will Remember"
	Up to 10	<b>Story Time</b>	Any story about obeying Jesus or His command over nature

**RESOURCES:** Supplemental materials are available at ResourceWell.org.



Jesus as the God of Wonders

## **THE WELCOME**

### **WELCOME**

Welcome each child as they arrive. **Hello \_\_\_\_\_.** I'm glad you are here! **Come open the Treasure Chest to find today's treasure.** Child unlocks the Treasure Chest to receive a stamp or sticker of a boat. **Let this stamp (or sticker) of a boat help you remember the wind and waves obeyed Jesus when He said, "Quiet! Be still!"**

**Teacher's Note:** These activity centers are designed to reinforce the lesson through hands-on learning experiences either individually or in small groups with the guidance of the teacher. Choose the Bible Activity Centers that best suit the children in your class. Set up the activity centers around the room before children arrive. Allow children to move freely among them.

### **COLORING CENTER: CALMING THE STORM**

#### **SUPPLIES**

Coloring pages of Jesus calming the storm, crayons

#### **DO**

Children color while talking about the story.

#### **TALK ABOUT**

**Tell me what you see in the picture.** (Children respond.) **Can you color the water blue?** Help the children find blue crayons to color the water. **In our story today, Jesus' friends are afraid when a storm begins to sink the boat they are in. Jesus tells the storm to "Quiet! Be still!" and it does! Do you think Jesus' friends were surprised Jesus had the power to stop the storm?** (Children respond.) **Would you have been surprised?** (Children respond.)

### **PLAY-DOUGH CENTER: IN A BOAT**

#### **SUPPLIES**

Play-dough, cookie cutters, play-dough tools

#### **DO**

Children make boats out of play-dough as an introduction to the story.

#### **TALK ABOUT**

**Can you make a boat with your play-dough? In Bible times, there were no cars or planes, but they did have boats. Do you like boats?** (Children respond.) **What can people do in or with a boat?** (Fish, get from place to place, ride for fun, etc.)

# THE WELCOME *continued...*

## **BLOCK CENTER: NOTHING TO FEAR**

### **SUPPLIES**

Blocks

### **DO**

Children create a boat with the blocks to ride in.

### **TALK ABOUT**

**With the blocks, let's make a pretend boat that is big enough for us to sit in.** Build the outline of a boat. Have children climb inside. **Have you ever been afraid?** (Children respond.) **In our story today, Jesus' friends were afraid when their boat began to sink in a storm. We don't have to be afraid because Jesus is always with us. Let's sing while we pretend to row our boat.** (To the tune of "Row, Row, Row Your Boat.")

**Jesus keeps His promises, and His Word is true,  
We don't have to be afraid, He's with us—me and you!**

## **ACTIVITY CENTER: MIRACLE MATCH-UP**

### **SUPPLIES**

Two sets of 5 ½" x 8 ½" pictures of the five Bible stories in this unit (Jesus turns water to grape juice, Jesus fills the nets, Jesus calms the storm, Jesus heals Jairus' daughter, Jesus feeds the big crowd)

**TEACHER TIP:** Keep these supplies and use them for lessons 1-5.

### **DO**

Children match pictures of some of the things God gives us.

### **TALK ABOUT**

**Jesus did many miracles. Do you remember what a miracle is?** (An amazing surprise only God can do.) **Let's see if we can match pictures of some of Jesus' miracles.** Lay the pictures on the table face down on the table. Children take turns turning over two pictures at a time. When a match is made, talk about the miracle in the picture.

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## **PREPARE FOR WORSHIP**

**It's time for Praise Time. Let's sing a "Clean Up Song" as we put things away.** Praise children as they help clean.

**Clean up! Clean up! Everybody, everywhere!  
Clean up! Clean up! Everybody do your share!**

### **BIBLE MEMORY VERSE SIGN LANGUAGE**

(For visual demonstrations, see [www.signingsavvy.com](http://www.signingsavvy.com))

<b>"I will remember Your miracles."</b>	Point to self. (remember) Close fists with thumbs pointing out. Start one thumb at the forehead. Move it downward, touching thumbs in front of you. (miracles) With fingers open and palms facing forward at shoulder height, move hands forward and up twice (sign for "wonders").
<b>Psalms 77:11b</b>	Hold hands open, as if holding a Bible.

Adding sign language or motions to the Bible Memory Verse helps children recall what they are learning.



## Jesus as the God of Wonders

# THE WORSHIP

**Supplies:** Praise music, optional: musical instruments

**Teacher Tip:** To help children identify time set aside for worship, designate a special corner or area for singing, collecting offering, and watching the worship illustration. Play "Praise Time: Love the Lord Your God" as children move to that designated area.



**Jesus has the power to do anything. Isn't He wonderful? Let's talk with Him through prayer.** Have the children bow their heads and close their eyes. **Dear Jesus, thank You for the miracles You do. We praise Your name. Amen.**



**The wind and the waves obeyed Jesus. He has power over everything He has made. Everything that has breath praises Him!** Sing: "Let Everything That Has Breath."

**The wind and waves obeyed Jesus because they know He is God. Now, let's be still like the wind and the waves and thank Him for His miracles as we give our offerings to His church.** Sing: "Be Still and Know" while collecting the offering.



**Let's see if our friends Delbert and Lello know about this miracle.** Perform *The Adventures of Delbert and Lello* puppet script or read storybook: God of Wonders Unit 1, Lesson 3.



**Even though we can't always see Jesus' power, we can remember the miracles He has done. Let's practice our Bible Memory Verse together.** Practice the verse together a few times with the motions.

<b>"I</b>	Point to self.
<b>will remember</b>	(remember) Close fists with thumbs pointing out. Start one thumb at the forehead. Move it downward, touching thumbs in front of you.
<b>Your miracles."</b>	(miracles) With fingers open and palms facing forward at shoulder height, move hands forward and up twice (sign for "wonders").
<b>Psalm 77:11b</b>	Hold hands open, as if holding a Bible.



**Let's always remember the day when Jesus made the wind and the waves be still.** Sing: "I Will Remember."



Jesus calms the storm

## THE WORD

**Supplies:** Teacher's Bible with bookmark at Mark 4:39, picture of the Bible story, toy boat

**Before we begin our Bible Time, let's say our Classroom Promise with the motions.**

<b>With my eyes on my teacher;</b>	Point to eyes.
<b>My mouth quiet as can be,</b>	Place index finger over mouth as quiet sign.
<b>I will listen to hear,</b>	Cup hand around ear.
<b>How God loves you and me.</b>	Hug self, point to others, and then self.

**Let's reach deep in our pockets and pull out our listening ears.** Reach in your pocket and cup your hands behind your ears as if listening.

Show the children the toy boat. **Have you ever been on a boat?** (Children respond.) **What did you see when you were on the boat?** (Children respond.) **When the sun is shining and the waters are calm, being on a boat can be very enjoyable. But, when a storm comes, what should you do?** (Get to shore, get off the boat.) **When a storm comes, the wind begins to blow, "whewwww," and the waves begin to "crashhh." That's what happened in today's story. Let's listen.** Handle the Bible as a special treasure, leaving it open to Mark 4:39.



### **WATCH THE WORD: MARK 4:35-41**

Read the story below or retell the passage in your own words. To illustrate the story, show a picture of the Bible story from a children's Bible, the coloring page, or other source.

- **Jesus said to His friends one night,**
- **"Let's all go out for a long boat ride.**
- **Let's cross the sea to the other side."**
- **So off they went and left the crowd behind.**
  
- **But, all of a sudden a storm came through.**
- **The waves went crashhhhhh! The wind went whewwwwww!**
- **The friends thought, "Now what will we do?"**
- **They were afraid; you would be, too!**
  
- **The boat was blown and tossed around.**
- **But, Jesus slept! I don't know how!**
- **His friends said, "Teacher! Wake up now!**
- **We're sinking fast and we will drown!"**
  
- **He told the storm to calm right down.**
- **He ordered, "Quiet! Be still now!"**
- **The sea obeyed; there was no sound.**
- **The waves were calm! The wind died down!**
  
- **Then as the boat went on its way**
- **He asked His friends, "Why be afraid?"**
- **They wondered why the sea obeyed.**
- **He proved He was the Lord that day.**

**What was the miracle Jesus did on the sea?** (Made the wind and waves be still.) **Let's imagine the voice of Jesus as we say "Quiet! Be still!" in our strongest voices.**



Jesus has power over everything

## THE WAY

**Teacher Tip:** Craft and games can be presented at the same time in different areas or one at a time depending on class size and teaching style.

### **CRAFT: WHIRLING WINDS FAN**

**Purpose:** To create a fan to remind the children of the story of Jesus calming the storm.

**Supplies:** Paper plate, large craft stick, blue crepe paper streamer, label, crayons, optional: boat shape or sticker, squares of blue tissue paper

**Prepare:** Cut a paper plate in half (makes two crafts). On a label, print:

**Jesus Calmed the Storm**  
**Mark 4:35-41**

**Option 1:** Print or draw a picture of Jesus calming the storm for children to color and attach to the plate.

**Option 2:** Children can draw the wind and the waves on the fan and color it. Add a boat shape or sticker, if available.

#### **Directions:**

1. Color the paper plate as suggested in either Option 1 or 2.
2. Attach the craft stick to the back of the flat side of the plate for a fan handle.
3. Optional: Lay the blue squares of tissue paper on a table or on the floor. **Wave your fan to see what the wind did to the waves and the boat in which Jesus and His friends were riding.** Allow children to wave their fans to move the tissue paper squares across the surface.

#### **Craft Discussion:**

- **We cannot see the wind, but we can see what the wind blows! Jesus and His friends saw the strong wind blowing the waves and the boat.**
- **What did Jesus tell the wind and waves to do? ("Quiet! Be still!")**

# THE WAY *continued...*

## **GAME: WIND AND WAVES**

**Purpose:** Children will pretend to be the wind and obey Jesus' command to be still.

**Supplies:** "Wave Maker" crafts

### **Directions:**

1. Show the children how to wave their Wave Maker and how to crinkle the shimmery translucent paper to make noise.
2. Instruct the children to wave their Wave Maker as you repeat the poem. When you say, "**Jesus says, 'Quiet! Be still!'**," they should freeze and stop waving their Wave Maker.
3. Repeat the poem below as children blow their Wave Makers:

**Blow, wind! Blow!**  
**Around the waves will go.**  
**The wind and waves will toss the boats,**  
**To and fro!**  
**Jesus says, "Quiet! Be still!"**

4. Children obey and stop blowing.
5. Play again, as time allows.

## **GAME: "QUIET! BE STILL!"**

**Purpose:** Children will experience the physical obedience of the wind and waves.

**Supplies:** Blue blanket or sheet, one inflated (non-helium) balloon

**The wind and waves obeyed Jesus. He wants us to obey Him, too. Let's practice being the waves and obeying Jesus. Let's imagine this blanket is the sea and we are the waves. The balloon stands for the boat where Jesus was sleeping. Let's raise and lower the blanket to make waves for the boat. Don't stop the waves when others say, "Quiet! Be still!" But, stop right away when you hear this: "Jesus said, 'Quiet! Be still!'"**

### **Directions:**

1. Children stand evenly spaced surrounding the "Sea of Galilee" blanket edges.
2. Place the balloon "boat" in the center of the blanket.
3. Children lift and lower the blanket to create waves around the boat as they make the noise of the wind: "**Whewwwwwwww.**"
4. Choose one child to say: "**I say, 'Quiet! Be still!'**"
5. All other children reply in a wind's whisper: "**No way! We won't obey!**"
6. Child says: "**Jesus said, 'Quiet! Be still!'**"
7. All children freeze in place and are silent.
8. Play again, choosing a different child. Play until each child has a turn.



# THE WAY *continued...*

## **SNACK: QUIET LIKE THE WIND**

**Purpose:** Children will eat a water-themed snack as they practice being quiet and still.

**Snack Suggestion:** Water-themed snack such as blue gelatin or blue drink

### **Directions:**

1. Serve the snacks and drinks.
2. **Let's sing the "Blessing Song."** Sing to the tune of "Frere Jacques" or another familiar tune.  
**God our Father, God our Father. Once again, once again,  
Thank You for our blessings. Thank You for our blessings. Amen. Amen.**
3. Pray. Lead discussion below while children enjoy their snack.
  - **Let's play a game called "Quiet Like the Wind." We will visit together, and whenever I say, "Quiet! Be still!" we will all stop speaking and be as quiet like the wind when it obeyed Jesus. When someone breaks the silence, we will start to talk again.** Play as often as you like.
  - **Sometimes, it is nice to be quiet and still. It helps some of us listen and think. It helps some of us rest. When do you enjoy being quiet and still?** (Children respond.)
  - **Do you think it was easy or hard for the wind and waves to obey Jesus and be quiet and still?** (Children respond.)
  - **Has it ever been hard for you to obey and be quiet and still?** (Children respond.)



When only 5 minutes remain, begin this segment.

## **FINAL FIVE MINUTES**

### **BIBLE MEMORY VERSE**

Gather children in a circle sitting or standing and practice the words and motions.

<b>"I</b>	Point to self.
<b>will remember</b>	(remember) Close fists with thumbs pointing out. Start one thumb at the forehead. Move it downward, touching thumbs in front of you.
<b>Your miracles."</b>	(miracles) With fingers open and palms facing forward at shoulder height, move hands forward and up twice (sign for "wonders").
<b>Psalms 77:11b</b>	Hold hands open, as if holding a Bible.

### **PRAY**

**Let's pray together.** Say a closing prayer with the children.

### **PLAY**

Allow children to play with selected toys or centers or choose a book to read to them.

### **DISMISSAL**

Have children take home their coloring page, craft, and a copy of the Ponder, Pray & Play for 2-3's.



If time remains, choose from the connected activities below.

## **GOT TIME?**

### **SAY & DO: MARK 4:35-41**

**Purpose:** This pantomime version of the Bible Story helps children remember the story details.

**Supplies:** None

**Directions:** With each phrase, the teacher says the phrase and leads the children in doing the hand motions.

- **Jesus said to His friends one night,** (Raise index finger.)
- **“Let’s all go out for a long boat ride.** (Beckoning motion.)
- **Let’s cross the sea to the other side.”** (Point to distant shore.)
- **So off they went and left the crowd behind.** (Wave goodbye.)
  
- **But, all of a sudden a storm came through.** (Hands up. Look alarmed!)
- **The waves went crashhhhhh! The wind went whewwwwww!** (Wave arms.)
- **The friends thought, “Now what will we do?”** (Palms up.)
- **They were afraid; you would be, too!** (Hands on cheeks.)
  
- **The boat was blown and tossed around.** (Tilt from side to side.)
- **But, Jesus slept! I don’t know how!** (Eyes closed as cheek rests on folded hands.)
- **His friends said, “Teacher! Wake up now!** (Eyes open with hands down.)
- **We’re sinking fast and we will drown!”** (Hands up, Look alarmed!)
  
- **He told the storm to calm right down.** (Point firmly to floor.)
- **He ordered, “Quiet! Be still now!”** (Hold pointer finger to mouth.)
- **The sea obeyed; there was no sound.** (Lift hand to ear.)
- **The waves were calm! The wind died down!** (Palms down.)
  
- **Then as the boat went on its way,** (Point to distant shore.)
- **He asked His friends, “Why be afraid?”** (Palms up.)
- **They wondered why the sea obeyed.** (Index finger to brain.)
- **He showed them He was Lord that day.** (Make L shape with left hand. Move L down from top of left shoulder to right hip as a royal sash as sign language for the word “Lord.”)

# GOT TIME? *continued...*



## BIBLE MEMORY VERSE ACTIVITIES

"I will remember Your miracles." Psalm 77:11b

### **GAME: MIRACLE BALL**

**Purpose:** To help children memorize and review the Unit 1 Bible Memory Verse.

**Supplies:** Soft ball

**The Lord wants us to remember His deeds and miracles. Deeds are actions or things God has done. Miracles are amazing surprises from God. When the ball rolls to you, we'll say our Bible Memory Verse together.**

**Directions:**

1. Seat children sit in a circle.
2. Roll ball to first child.
3. While child holds ball, children recite or echo together with the motions: **"I will remember your miracles!"**
4. Child rolls ball to another child.
5. Repeat until all children have had a turn.

### **GAME: BIBLE MEMORY VERSE DANCE**

**Purpose:** To help children memorize and review the Unit 1 Bible Memory Verse.

**Supplies:** Unit 1 Bible Memory Verse Song "I Will Remember"

**The Lord wants us to remember His words in the Bible. Let's dance (or move around the room) as we sing our Bible Memory Verse Song "I Will Remember."**

**Directions:**

1. Play recording of Unit 1 Bible Memory Verse Song "I Will Remember."
2. Encourage the children to sing, dance, and create motions to help them remember the words.
3. Optional: Periodically stop the music. Lead the children in stopping where they are and saying the Bible Memory Verse together.



## STORY TIME

Gather the children and read a favorite story. This can be a Bible Story, a chapter from *The Adventures of Delbert & Lello*, or a story about obeying Jesus or His command over nature.

# GOT TIME? *continued...*

## **PONDER, PRAY & PLAY**

Unit 1, Lesson 3: Calming the Storm

**PONDER!** It was a miracle when Jesus calmed the sea (Mark 4:35-41). What did He say to calm the sea? ("Quiet! Be still!")

**PRAY!** Pray this prayer each day this week: "Lord, please help me obey You as the wind and waves did. Help me obey my parents, my teacher, and others You have chosen to care for me. Amen."

**PLAY!** Remember Jesus' miracle by playing "Quiet! Be still!" Play praise music or sing a praise song while you dance and move about the room. Choose one person to periodically stop the music and say, "Quiet! Be still!" Everyone freezes in position until the person starts the music again.

### **BIBLE MEMORY VERSE**

"I	Point to self.
will remember	(remember) Close fists with thumbs pointing out. Start one thumb at the forehead. Move it downward, touching thumbs in front of you.
Your miracles."	(miracles) With fingers open and palms facing forward at shoulder height, move hands forward and up twice (sign for "wonders").
Psalm 77:11b	Hold hands open, as if holding a Bible.