



Calming the Storm

Lesson Aim: To see Jesus' power.

THE WORSHIP

Who God Is: Jesus as the God of Wonders

THE WORD

Bible Story: Mark 4:35-41

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

THE WAY

Whisper Verse: "Quiet! Be still!"

BIBLE MEMORY VERSE

"I will remember the deeds of the Lord; yes, I will remember Your miracles." Psalm 77:11

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."

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**THE WORSHIP
THE WORD &
THE WAY**

Segment	Minutes	Activity	Supplies
THE WELCOME		Treasure Chest	Treasure chest, stamp or sticker of a boat
		Whisper Verse	Sign language for "Quiet! Be still!"
THE WORSHIP	Up to 20	Worship Sheet music and recordings for Bible Memory Verse Songs available at ResourceWell.org.	Unit 1 Bible Memory Verse Song: "I Will Remember" Other Bible Memory Verse Song Suggestions: "Be Still and Know" "Do Not Let Your Hearts Be Troubled" "He Is Mighty to Save" "Heal Me, O Lord" "Let Everything That Has Breath" "Praise Time: Love the Lord Your God" "We Love" Additional Song Suggestions: "Jesus Loves Me"
		Offering	Baskets
		Worship Illustration	<i>The Adventures of Delbert and Lello</i> puppet script or storybook: God of Wonders Unit 1, Lesson 3
THE WORD	Up to 10	Watch the Word: Mark 4:35-41	Teacher's Bible with bookmark at Mark 4:39 Visual: Fishing boat (picture, large toy boat, bed sheet, or tape outline of a boat on floor)
THE WAY	Up to 25	Craft: Wave Wheel	Sturdy blue paper, paper fasteners, drinking straws, pencil, boat stickers or stamps, sticker or label, markers
		Game: Wind And Waves	"Wave Wheel" crafts
		Game: "Quiet! Be Still!"	Blue blanket, one inflated (non-helium) balloon
		Snack: Quiet Like The Wind	Water-themed snack such as blue gelatin or blue drink
		Circle of Prayer	None
	Final 5	Final Five	Ponder, Pray & Play: Unit 1, Lesson 3 Color This Story: "Jesus Calmed the Storm"
GOT TIME?	Up to 10	Say & Do: Mark 4:35-41	None
	Up to 10	Game: Wedding Dance	Unit 1 Bible Memory Verse Song "I Will Remember"
	Up to 10	Game: Miracle Ball	Soft ball
	Up to 10	Story Time	Any story about obeying Jesus or His command over nature

RESOURCES: Supplemental materials are available at ResourceWell.org.



Quiet! Be still!

THE 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!" That is today's Whisper Verse.** Teach the Whisper Verse in spoken language and in sign language below. **We call it the Whisper Verse so you can whisper it to others.***

SIGN LANGUAGE: "Quiet! Be still!"

(For visual demonstrations, see www.signingsavvy.com.)

Each time we say today's Whisper Verse, let's say it with two hand motions:

- "Quiet!"** Begin with both index fingers in front of the lips, hands overlapping. Pull fingers away from the lips while uncrossing hands. End with all fingers extended and palms facing down to the floor at waist level.
- "(Be) still!"** Create the letter "Y" hand shape by extending the thumb and pinky of the right hand while the pointer, middle and index finger remain curled into the palm in a fist shape. The "Y" hand shape is held sideways facing across the body and then twists down and forward.

Allow children to enjoy free play until everyone has arrived. **Let's sing the "Clean Up Song" as we put toys away before Praise Time.** Praise any child who helps. Allow several minutes for clean up.

**"Clean Up Song": Clean up! Clean up! Everybody, everywhere!
Clean up! Clean up! Everybody do your share!**

Gather and seat children in Praise Time area.

***Today's Whisper Verse:** "Quiet! Be still!" Mark 4:39. The Whisper Verse is a tool to help the children learn a major point in the lesson. It is coupled with sign language or hand motions as a memory aid. The verse is not necessarily chosen from today's Bible story.



Jesus as the God of Wonders

THE WORSHIP

Teacher Tip: To help the 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.

It’s Praise Time—our time to sing praise to Jesus who is the God of Wonders. Wonders are miracles; amazing surprises from God. When Jesus went on the boat with His friends, a storm came. The mighty wind and waves rocked the boat, but Jesus was not worried. He is the maker of the wind and the waves, so He told them, “Quiet! Be still!” That reminds me of today’s Whisper Verse. Let’s try it together. Review the Whisper Verse together: “Quiet! Be still!” Include sign language.



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.

Jesus has power over the whole world and everything in it. He will be with us when we are afraid. We can trust Him to take care of us. Jesus said, “Do not let your hearts be troubled. Trust in God.” Sing: “Do Not Let Your Hearts Be Troubled.”



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.



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

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

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

Last time, we learned about the miracle when Jesus filled the nets with fish. Today, we will see how powerful Jesus is. Even the wind and waves of the sea obey Him. Handle the Bible as a special treasure, leaving it open to Mark 4:39.

WATCH THE WORD: MARK 4:35-41

Read the points below or retell the passage in your own words using the points below as a general guide. To illustrate the story, display a fishing boat (picture, large toy boat, bed sheet, or tape outline of a boat on floor). Other visual options include the craft sample, Color This Story, or any related picture.

- 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 find our answer in the Bible. Read Mark 4:39 from the teacher's Bible.

Let's imagine the voice of Jesus as we say the Whisper Verse in our strongest voices: "Quiet! Be still!" Include sign language or hand motions.



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: WAVE WHEEL

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

Supplies: Sturdy blue paper, paper fasteners, drinking straws, pencil, boat stickers or stamps, sticker or label, markers

Prepare:

1. Cut an 8-inch square from the blue paper.
2. Fold the paper square, corner to corner, then unfold.
3. Use a pencil to mark 1/3 of the way out from the center on each fold line.
4. Cut along the fold lines from the corners; stopping at your pencil marks.
5. Bring every other corner point into the center.
6. Push the ends of the fastener through all four points. Look at the back to make sure the fastener is in the exact center.
7. Make sure the pinwheel will spin freely by twisting the fastener to enlarge the hole.
8. Make a small hole in the straw. Push the fastener ends into the straw and spread to secure; keeping the pinwheel loose enough to spin.
9. On the sticker or label, print:

Jesus Calmed the Storm
Mark 4:35-41

Optional: Use two pony beads as a cushion between the pinwheel and straw handle. Purchase pre-made pinwheels or make Wind Fans (glue a stick as a handle to the back of a paper plate or sturdy paper). Children may decorate both sides of the plate with wind and waves.

Directions:

1. **Blow on your Wave Wheel to see what wind can do.**
2. Create four waves by drawing bubbles and curvy lines on the 4 parts of the Wave Wheel.
3. Place a boat sticker on each wave.
4. **Blow on your Wave Wheel to see what the wind did to the waves and boats at sea.**

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!")**
- **That's our Whisper Verse! Let's say it with our motions right now!** Say the Whisper Verse together with the hand motions.

THE WAY *continued...*

GAME: WIND AND WAVES

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

Supplies: Wave Wheel crafts

Directions:

1. Children blow Wave Wheels as the wind blew the waves and the boats.
2. Repeat poem below as children blow their Wave Wheels:

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

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

GAME: "QUIET! BE STILL!"

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

Supplies: Blue blanket, 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 snack and drink.
2. **Let's sing the "Blessing Song."** Sing to the tune of "Frere Jacques" or other 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. Lead discussion below while children enjoy their snack.
 - **Who remembers our Whisper Verse?** Choose a child to demonstrate the motions to the Whisper Verse: "Quiet! Be still!"
 - **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.**
 - **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.)



CIRCLE OF PRAYER

God made you and He cares for you. He loves to hear you pray with private words or words you say out loud. Let's fold our hands and close our eyes. As I lift up your name to God in heaven, I will lay my hand on your shoulder. Let's pray together.

Dear God, thank You for making us and loving us. We lift up to You a special prayer for ____, ____, ____ (read every name). We pray for our families and friends. Thank You for teaching us how to love one another. Amen.



When only 5 minutes remain, begin this segment.

FINAL FIVE MINUTES

COMPLETED CRAFT: Take home your "Wave Wheel" craft. Use it to show someone what happened when Jesus said, "Quiet! Be still!" to the wind and waves.

PONDER, PRAY & PLAY: Distribute Ponder, Pray & Play cards if available. **Show this card to your family.** Talk about how Jesus has power over everything—even the wind and the waves.

COLOR THIS STORY: "Jesus Calmed the Storm." Discuss the Bible Story and play the Unit 1 Bible Memory Verse Song, "I Will Remember," as children color.



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 acts it out with hand motions; then repeats the same phrase and motions with the children.

- **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!”** (Whisper Verse sign language.)
- **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.”)



BIBLE MEMORY VERSE ACTIVITIES

“I will remember the deeds of the Lord; yes, I will remember Your miracles.” Psalm 77:11

GAME: WEDDING 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 pretend we are dancing at a wedding as we sing our Bible Memory Verse Song “I Will Remember.”

Directions:

1. Play Unit 1 Bible Memory Verse Song “I Will Remember” or teacher may sing without accompaniment.
2. Encourage children to sing, dance and create motions to help them remember the words.

GOT TIME? *continued...*

GAME: MIRACLE BALL

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

Supplies: Soft ball for rolling

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 will say our Bible Memory Verse together and then you tell us about a miracle God has done for you or your family.

Directions:

1. Seat children in a circle.
2. Roll ball to first child.
3. While child holds ball, children recite or echo together: **"I will remember the deeds of the Lord; yes, I will remember Your miracles!"**
4. First child then tells about a deed or miracle.
5. Child rolls ball to another child.
6. Repeat steps 2-5 until each child has a turn.



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.

PONDER, PRAY & PLAY

Unit 1, Lesson 3: Calming the Storm

PONDER! Read Mark 4:35-41 with your family. Talk about how Jesus calmed the sea. Talk with your family about why the wind and waves obeyed Jesus. What do you think His friends on the boat thought when they saw Jesus quiet the wind and the waves?

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! Freeze Tag! As you tag others, say, "Quiet! Be still!" Once everyone is quiet and still, then say "Ready? Set? Go!" and play the game again, giving others a turn at being the one to tag everyone.

Unit 1 Bible Memory Verse: Psalm 77:11

"I will remember the deeds of the Lord; yes, I will remember Your miracles."