

UNIT 3: GUIDE • SESSION 11:

“Jesus Calms the Storm”

MARK 4:35-41

Showing the way,
like the light of Christ.

Open my eyes so I can examine
the wonders of your
Instruction!
Psalm 119:18

JESUS IS OUR GUIDE:

Sometimes a guide is the one who stays calm when everything else is in chaos. We look to the person who is level headed in a crisis to help us and protect us. In this story, that was Jesus. He taught his disciples that when your faith is strong, you can remain at peace in your heart even when there is a storm raging around you. This peace and calm in your heart and your **strong faith** can eventually quiet the storm.

BIBLE STORY:

In today's Bible story, Jesus helps his disciples learn how to trust their faith. Jesus had been teaching the crowds all day, Jesus said to his followers, “Let’s go across to the other side of the lake.” They took a boat out into the water. Big, strong winds began blowing the water against and into the boat. The disciples were scared, but Jesus was asleep in the back of the boat. The disciples woke Jesus up and said, “Teacher, don’t you care that we are drowning?” Jesus got up and told the wind to be silent and still. The wind settled down, and everything was calm. Jesus asked the disciples, “Why are you afraid? Don’t you have faith yet? The disciples were filled with wonder because of what Jesus had done. They looked at each other and said, “Who is this man? The wind and the sea obey him.”



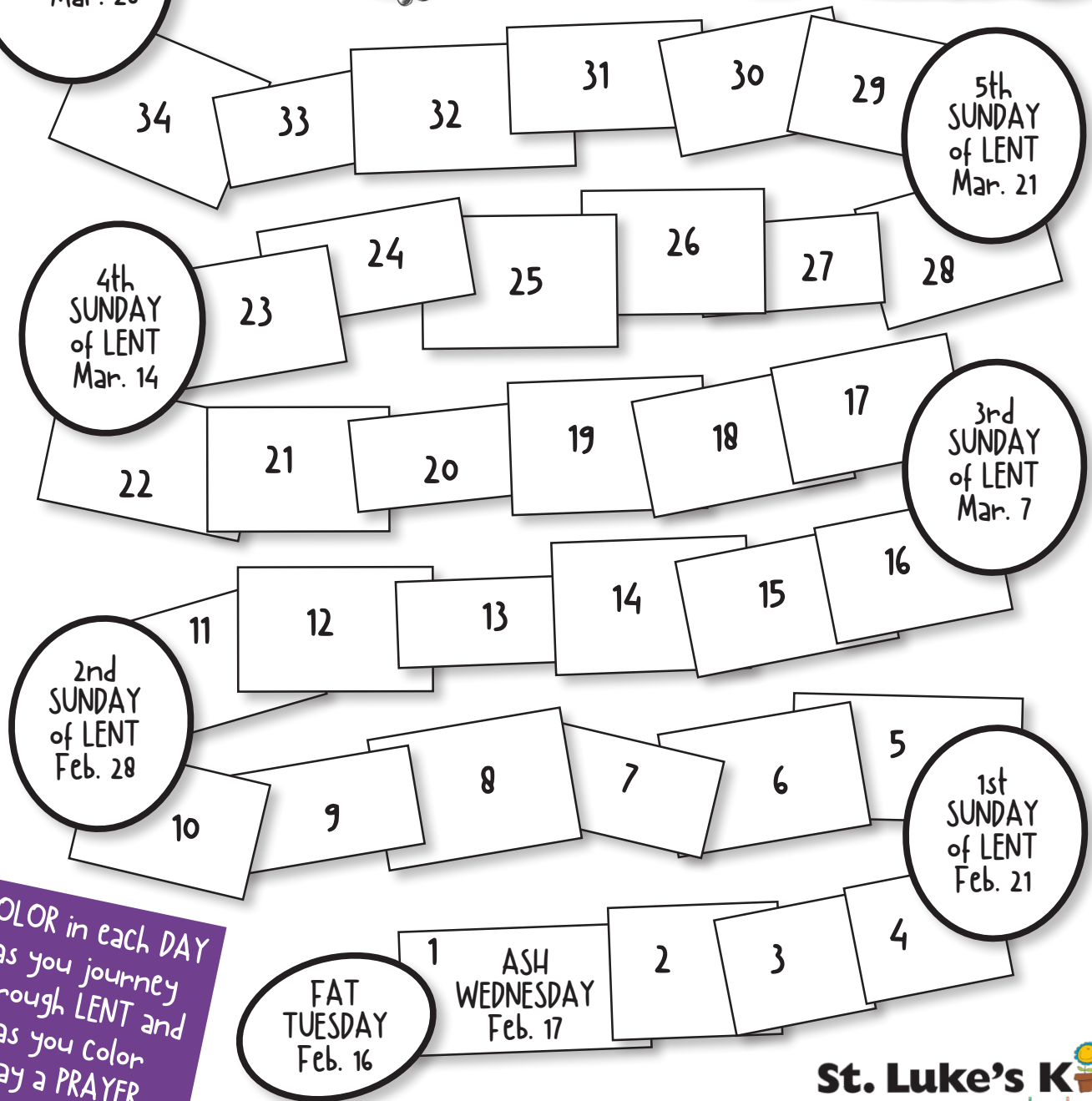
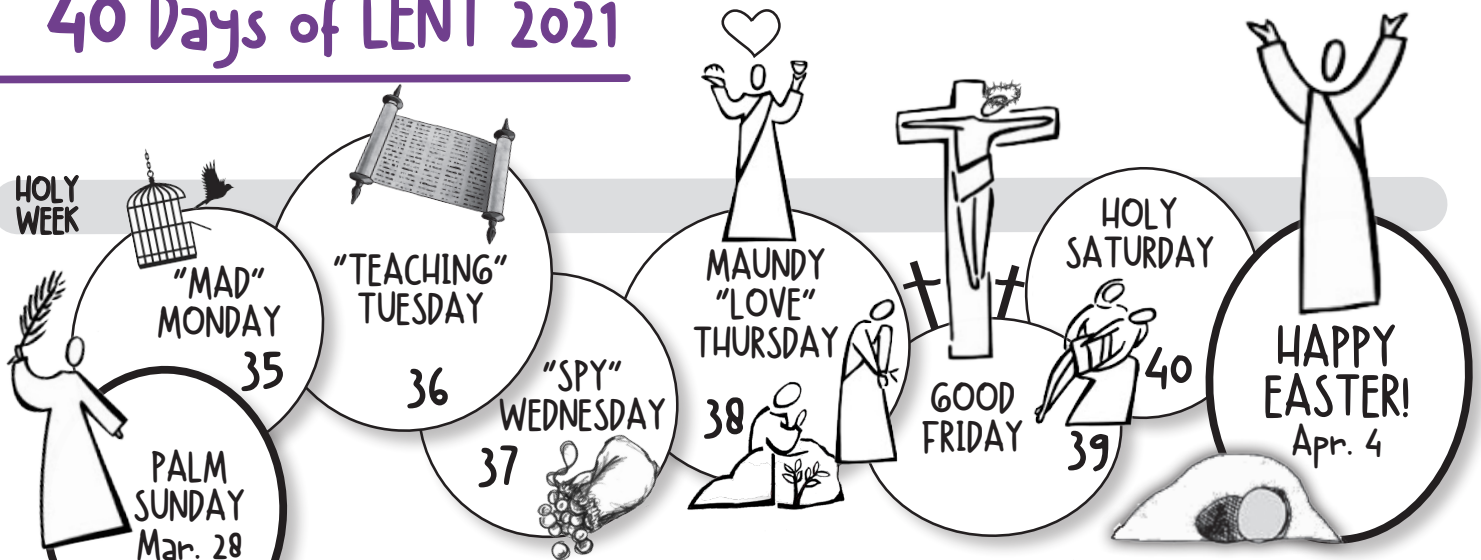
Blow bubbles. Watch the bubbles get bigger, then smaller, then disappear. Our fears can be this way. They feel big and overwhelming at first, but with time they can lessen. When we have faith, we can give our feelings to God and know that there is comfort and healing; and with time, big feelings can lead to a big faith. Faith is knowing God is always with you and will help you through life's storms.



WONDER QUESTIONS & ACTIVITIES:

- Have you ever been on a boat?
- Have you ever been in a storm? What happened?
- How is Jesus a guide in the story?
- What do you imagine the disciples did right after Jesus calmed the storm?
- How can your faith in God, keep you calm?
- **Think of a time when you were scared, was there someone who helped calm you down and made you feel better?** We can calm down by taking a deep breath, thinking of something that makes us smile, going outside in nature, saying a prayer, hugging a stuffie or drawing a picture. What helps you calm down?
- How would you help someone find peace and calm if they were scared? What words or actions might help?

40 Days of LENT 2021



COLOR in each DAY
as you journey
through LENT and
as you color
say a PRAYER