

40. Power



BIBLE STORY / REFERENCE

Mark 4:35-41

Jesus calms the storm



AIMS

To help the children understand who Jesus is and that he has great power.

To help them to understand that because Jesus is God, those who trust in him need not be afraid.

Jesus showed who he was, and demonstrated his amazing power, by calming the storm when the disciples were afraid. He has power to save us too, even when life is scary.



PREP FOR LEADERS

Read through the Bible passage for this session and reflect:

- What are you afraid of?
- How has knowing God helped you in times of fear or anxiety?
- What truths about God help you when you are afraid?

Take some time to pray for your group.



GAMES / INTRO ACTIVITIES

Choose one or more of the following activities to introduce today's theme:

► Fears Quiz

You will need: paper and pens to make signs, Blu-tack

See if the children can identify the objects of fear from the names of some common phobias. Stick up signs labelled A, B and C around the room and get them to move to the letter they think is correct for each one.

Arachnophobia

- a) fear of wasps, b) fear of spiders, c) fear of hospitals
Answer: b) fear of spiders

Claustrophobia

- a) fear of small spaces, b) fear of claws, c) fear of Santa
Answer: a) fear of small spaces

Aerophobia

- a) fear of wind, b) fear of flying, c) fear of chocolate
Answer: b) fear of flying

Glossophobia

- a) fear of light, b) fear of paint, c) fear of public speaking
Answer: c) fear of public speaking

Monophobia

- a) fear of being alone, b) fear of failure, c) fear of heights
Answer: a) fear of being alone

Alektorophobia

- a) fear of electricity, b) fear of fire, c) fear of chickens
Answer: c) fear of chickens

Globophobia

a) fear of travelling abroad,
b) fear of balloons, c) fear of
choking

Answer: b) fear of balloons

Nyctophobia

a) fear of darkness, b) fear of
doctors, c) fear of falling

Answer: a) fear of darkness

▶ People, Shelter, Storm

This game works well with a
larger group and a large space
such as a gym hall.

Get the children to divide into
groups of three. Within each
group, two people form the
shelter by standing facing one
another and extending their
arms up towards one another
so that their palms are touching
to create the roof of the shelter.
The final member of the group
sits or crouches between them
as the person hiding in the
shelter.

To play the game, there are four
commands you can give:

People: the people have to
come out from their shelters
and run to find a different
shelter, while the shelters stay
in place

Shelter: the people forming the
shelters have to break apart
and run to find a new person to
build a shelter over, while the
people stay in place

Storm: everyone leaves their
position and runs around as
though they are being blown
about by the storm

Stop: everyone has to form a
new group of three as before
with two people being the
shelter and one being the
person inside. The role each
person takes can be different
from the one they had in the
previous round.

Give the commands in a random
order (but always following
“Storm” with “Stop”) and let the

children get used to them.

If you want to add to the
challenge, you could introduce
the rule that when “Stop” is
called, the person who is the
caller has to join in and become
part of a group of three while
the person who is left without a
group becomes the new caller.

▶ Beetle Drive Boat

*You will need: pens or pencils,
dice, sheets printed from
additional document: Beetle
Drive Boat*

This game is similar to the
traditional game Beetle Drive,
but it involves drawing a picture
of a boat, tying in the with story,
rather than a beetle!

Give each child a sheet (*from
additional document: Beetle
Drive Boat*) and a pen or pencil.
If you have a large group, divide
them into smaller groups of
four or five to play, and give
each group a dice.

Each child rolls the dice in turn
and they can then draw the part
of the picture that corresponds
to the number they get as listed
below:

- 6 – boat
- 5 – mast
- 4 – sails (2)
- 3 – waves (2)
- 2 – Jesus
- 1 – disciples (2)

However, they have to have
their boat drawn before they
can draw anything else, so they
must roll a 6 to start, and they
must have their mast drawn
before they can draw their sails.

Where two of the same item
need to be drawn (sails, waves,
disciples) they can only draw
one when they roll that number
on the dice, so they must roll
these numbers twice to
complete their picture.

The child who manages to
complete all the items on their
picture first is the winner.

▶ Obedience Games

There are also some games on
the theme of obedience in
Session 3 of One Big Story,
which you could link in with the
story and the fact that the wind
and waves obeyed Jesus.



EXPLORING THE BIBLE

▶ Recap / Intro

**Last term, we began thinking
about the life of Jesus – we
talked about his birth and his
baptism, we learned about how
he resisted temptation, how he
called his disciples to follow
him, and how he began healing
people, fulfilling the words that
had been written about the
Messiah by the prophets long
ago. This term we’ll be thinking
some more about some of the
things Jesus did and what he
taught.**

**In the part of the Bible we’re
looking at today, we’re going
to hear about a time when
Jesus’ disciples were afraid.**

▶ Jesus Calms The Storm Story

*You will need: spray bottles
filled with water, thunder maker
(optional - search for thunder
maker on Amazon etc. It is a
percussion instrument, like a
drum with a long spring coming
from it which vibrates and
produces very effective
thunder noises. If you grab the
spring you can make the sound
stop very suddenly, which is
particularly effective for telling
this story.)*

Choose a child to be Jesus and a
few to be disciples to help act
out the story.

**One day, Jesus got into the
boat with his disciples to sail**

**across to the other side of the
lake.**

(Get the children playing Jesus

and the disciples to sit as if they are in a boat, either on the floor or on chairs.)

Jesus was very tired so, as they sailed off, he settled down in the boat to have a nap while the disciples rowed. The sea was calm and the boat was rocking gently from side to side.

But as they got out into the middle of the lake, it began to rain.

(Get the rest of the children to make rain noises by tapping on their legs or on the floor.)

It started off gently, but it got heavier and heavier.

The wind started to blow too, stronger and stronger, there was thunder and lightning (get the children to make the noises of wind and thunder – use the thunder maker if you have one) **and it was becoming a really wild storm.** (Have someone spray the children in the boat with water sprays.) **The boat was swaying violently from side to side, and water was beginning to come into the boat. The disciples were terrified!**

(If the children are particularly enthusiastic about the sound effects, you might need to settle them down at this point so that they can hear the story. Get them to imagine that all the noise is continuing.)

They thought the boat was going to sink and they were all going to drown. Even Peter, James, John and Andrew, who were fishermen and used to being out in a boat in all conditions, were terrified. There was only one person who wasn't scared and that was Jesus. He was still fast asleep, and the storm didn't worry him.

The disciples went to him and they shook him to wake him up. They shouted, "Jesus, help

us. We're going to drown!"

Jesus said to them, "Why are you so afraid? Don't you have faith?"

The storm was still raging all around them - rain, wind, waves, thunder and lightning. (Get sound effects and water spray going again.)

Then Jesus got up and stretched his hands out over the sea. He said, "Wind, be quiet, waves, be still!" (If you are using a thunder maker, grab the spring at the bottom to silence it suddenly.) **And immediately the storm stopped, and the sea was calm.**

The disciples were terrified and amazed. They wondered who Jesus was and why he had such power.



REFLECT & RESPOND

► Discussion

Ask the children to imagine they were one of the disciples in the story. How do they think they would have felt - first of all when they were in the middle of the storm, and then when Jesus stopped the storm?

It seems like the disciples were in a very scary situation. The storm was so fierce that they thought they were going to drown.

Why do you think Jesus told them they didn't need to be afraid?

In the Bible, God often tells his people not to be afraid, and, when he does, he often reassures them by reminding them of what he is like.

Give an example: in Isaiah 41:10, God says, "Do not be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help

you."

Depending on your group, you could ask if they can think of anything else they know about God which would mean they don't need to be afraid: e.g. God cares for his people, God is powerful, God has a plan for good...

Even though the storm was scary, the disciples didn't need to be afraid, because Jesus was with them, and he was more powerful than the storm.

► Prayer Activity

You will need: a piece of wool or string for each child, Bible, printout(s) of 1 Peter 5:7 (either one printout of additional document: Bible Verse, or one copy for each child from Bible verse - small), glue sticks (optional)

Ask the children to think about some things that people might be afraid of. (If you used the Fears Quiz intro activity, you could refer back to some of the fears mentioned there.)

Give the children a piece of wool or string each.

All of us have things that we are afraid of and sometimes it can feel like fear, anxiety and worry can tie us up in knots. Get them to think of some of the things that make them feel fearful or anxious and to tie some knots in their piece of wool/ string as they do so.

Show the children 1 Peter 5:7 which says, 'Give all your worries and cares to God, for he cares about you.'

Christians believe that God cares for us and that, if we are trusting in him, we don't need to be afraid, because he is with us and will help us.

You could either let the children lay down their pieces of wool or string on the large sheet with the Bible verse to represent giving their worries and fears to

God, or you could give them each a small copy of the verse and let them glue their piece of wool or string around the edge to take home as a reminder.

Lead them in prayer.

As you close, mention to the children that if there is something they are very worried or fearful about, they should also talk to an adult they trust like a parent or teacher, or even the SU Group leader. Prayer is important but there are also other things that can help with fear and anxiety, and it is not something we should try to deal with alone.



ADDITIONAL IDEAS

▶ Who Is Jesus?

You will need: large sheet/roll of paper, pens, glue stick, pictures from additional document: Who is Jesus pictures

This is an activity that can be used as part of every session in this term of One Big Story to help the children build up a picture of who Jesus is. There is a picture that corresponds to each week's story - each week you could add the picture to your large sheet of paper and get the children to write some words around it that describe who Jesus is or what they have learned about him.

By the end of term, you will have a frieze that gives a summary of all they have learned.

(If you are adapting One Big Story to include other stories and you still want to use this idea, the images provided are all from <http://christiancliparts.net>, so you

could search for additional images there.)

▶ Saddleback Kids Video

You will need: equipment to play video

This short video (2 minutes) could be used to tell or recap the story: <https://www.youtube.com/watch?v=uYLHqdSO90Y>

▶ Songs

You will need: equipment to play music

These songs tie in well with today's theme:

Only A Prayer Away: https://www.youtube.com/watch?v=fq_BSFkxHys

Fully Rely On God: <https://www.youtube.com/watch?v=b5fqK35DEiQ>