



# WEEK 2

## PRESCHOOL LESSON OUTLINE



### BIG IDEA

Jesus cares about us when we are afraid.

### THE BIBLE

Jesus Calms the Storm: Mark 4:36-41

### THIS WEEK AT A GLANCE

## WELCOME TIME

- **ACTIVITY** | Unicorn Ring Toss
- **ACTIVITY** | Boat Races

## TEACHING TIME

- **MUSIC** | Worship time
- **BIBLE STORY** | Mark 4:36-41
- **ACTIVITY** | Be Still
- **PRAYER**

## DISCUSSION TIME

- **DISCUSSION** | Snack and Discussion
- **ACTIVITY** | Circle Time
- **ACTIVITY** | Parachute Waves
- **MEMORY VERSE** | John 14:6

## PLAY TIME

- **ACTIVITY** | Coloring Page of the Week
- **ACTIVITY** | Dragon Run
- **ACTIVITY** | Boats and Water



# WEEK 2

## PRESCHOOL LESSON GUIDE

UNBELIEVABLE  
THE MIRACLES OF JESUS

### BIG IDEA

Jesus cares about us when we are afraid.

### THE BIBLE

Jesus Calms the Storm: Mark 4:36-41

## WELCOME TIME

#### ACTIVITY | Unicorn Ring Toss

- **Welcome to church! We're on week two of our series called Unbelievable, where we are learning about things that are unbelievable.** We're playing with unicorns today, because they are unbelievable. The Bible stories we're learning about are unbelievable too, but (unlike unicorns) they are actually real!
- **INSTRUCTIONS:** Give some kids unicorn horn headbands and some kids rings. Tell them to stand a few feet apart (closer for the younger kids) and try and toss the rings onto the horns. You can split them into teams and give points for every ring they make on the horn.
- It's fun to pretend with things that are not real, but the things we're going to learn about in our Bible story are real. We're going to learn about a really amazing miracle Jesus did to help His disciples when they were afraid.

#### ACTIVITY | Boat Races

- Now we're going to play a game! Have any of you ever been on a boat? Boats can be so much fun, but if the waves start getting too big, it can be scary. In our Bible story today, we're going to learn about something that happened when the disciples were on a boat and it got scary. Let's play a game with boats!
- **INSTRUCTIONS:** You can play this game with real water in a big tub and plastic boats, or you can watch a YouTube video and make simple paper boats (they're easy!) and give the kids straws to blow them across the floor or table. Split the kids into teams and assign each team to a boat. Then let them have boat races. To make it more fun, you could even spray a squirt gun or water spray bottle on their boats to simulate a rain storm during the races.

## TEACHING TIME

### MUSIC | Worship Time

- **INSTRUCTIONS:** Spend some time singing with your preschoolers. You can sing any songs you'd like, but for this lesson we like, "My God is So Big," by LifeKids and, "I Believe in Jesus," by Saddleback Kids.

### THE BIG IDEA | Jesus cares about us when we are afraid.

- **INSTRUCTIONS:** Each week, do a big reveal (and make it fun) when you announce the Big Idea, like:
  - Ask the kids to give you a drum-roll by stomping their feet or patting their laps.
  - Shout the Big Idea, then point to the kids and have them shout it back. (Change it up by using funny voices, different volumes, or inflections.)
  - Have a character (either recurring or rotating) come out every week to reveal the Big Idea.
  - Write it on a piece of paper and hide it somewhere in the room. Have the kids go on a "hunt" for it. When it's found, read it out loud.
- This week's Big Idea: **Jesus cares about us when we are afraid.**

### BIBLE STORY | Mark 4:36-41

- Have you ever been afraid? Sometimes I get scared. When I do, sometimes I try to hide under a blanket until I'm not scared anymore.
- **INSTRUCTIONS:** Before you tell the Bible story, get a blanket and pretend to hide under it, like you're scared of the kids. Then peek out and let them convince you they aren't scary. Tell them God can help us when we're afraid.
- Look up the story in your Bible and read it to your preschoolers
- This month we have been learning about the miracles of Jesus. Miracles are things only God can do. The miracle we learned about today was Jesus making a storm stop.
- The disciples were in a boat when the storm started, and they were scared. We might not be in a boat in the middle of a big storm, but we all have times when we are afraid. **Do you have something you're afraid of?**
- In the Bible story, where was Jesus? He was asleep! But did He ever leave the disciples alone? No, He was with them the whole time. And when they needed Him, Jesus rescued them and made the storm stop.
- Whether you're afraid of the dark or nervous and scared about going to a new place for the first time, you can always trust Jesus to be with you and help you. **Jesus cares about us when we're afraid.**

### ACTIVITY | Be Still

- **Why were the disciples afraid in the Bible story?** That's right, because they were on a boat during a big scary storm.
- Are any of you afraid of storms? How cool is it that Jesus could control the storm by telling it to, "Be still," and the storm stopped?
- We're going to play a game where you all will pretend to be a storm, and I'll tell you to, "Be still."

- **INSTRUCTIONS:** *If you have the sound effect list, you can play a storm sound effect. If not, you can just play some fun music, or just let the kids run around. Assign each kid to be one of the following storm elements (wind, rain, thunder, waves, lightning, tornado, snow) and tell them to run around the room pretending to be that thing. (Yes, this time, we are encouraging chaos!) But when you hold up your arms and say "Be still," they have to freeze. With the older kids, you can make it a competition and tell them that if you see anyone move after you say "Be still," they are out.*
- **How did it feel when everyone was running around pretending to be a storm?** It was probably a little chaotic or even a little scary.
- Jesus helped the disciples in the storm, because He cares about us when we're afraid.

### PRAYER

- **Is there anything you're scared of right now?** Let's share and pray for each other right now, as we ask God for His help.
- Dear God, thank you for always being with us and helping us when we are afraid. Please give us courage and comfort when we're scared, amen.

## DISCUSSION TIME

### DISCUSSION | Snack and Discussion

- **INSTRUCTIONS:** *Pass out a snack to all of your preschoolers and ask them to sit and listen while they eat. Your discussion will be more effective when they're busy sitting and snacking!*
- **Why were the disciples afraid?** *(They were on a boat in a storm.)*
- **Where was Jesus during the storm?** *(He was asleep on the boat.)*
- **What did the disciples do when they were too scared?** *(They woke up Jesus.)*
- **What did Jesus do?** *(He told the storm, "Be still," and it stopped.)*
- **How do you think the disciples felt after Jesus calmed the storm?**

### ACTIVITY | Circle Time

- **INSTRUCTIONS:** *Tell the kids to sit in a circle while you stand in the middle. Point to the kids and have them stand up and do "the wave" by waving their arms up in the air, only as you are pointing to them; when your hand moves to the next kid, they have to be sitting down again until you get back to them. At random times, stop the wave, and whoever you land on will answer a question.*
  - **Have you ever been afraid?**
  - **Have you ever been on a boat?**
  - **What is one thing you can do when you're afraid?**
  - **How can God help you when you're afraid?**
  - **What are you afraid of this week, that you can pray to God about?**

### ACTIVITY | Parachute Waves

- **INSTRUCTIONS:** *Get a parachute or a sheet and tell the kids to each hold a part of it. Put a toy boat (or a stuffed animal) in the middle and tell the kids to wave it up and down and make waves and try to see how high they can bounce the boat. Optional: with older kids, you can also tell them to wave*

*it high up in the air all at once and run under it when you shout "Be still!"*

- You were good at making waves! **Have you ever been to a beach that had big waves? Have you been swimming in the ocean when the waves were big?** Imagine how big the waves in our Bible story must have been to make the disciples so scared!
- **Even when we face big problems or scary situations, we can be comforted when we remember that God is always with us. He promises to never leave us.**

#### MEMORY VERSE | John 14:6

- **INSTRUCTIONS:** Check out the Memory Verse Guide in your Programming Folder for ideas on how to help your preschoolers memorize Bible verses. Here are the hand motions for this month's memory verse . . .

**I AM THE WAY** (hold one arm out to the side),  
**THE TRUTH** (hold the other arm out to the side),  
**AND THE LIFE** (point both arms up).  
**NO ONE COMES TO THE FATHER** (shake one finger)  
**EXCEPT THROUGH ME** (point up).

## PLAY TIME

*While you're waiting for parents to pick up their kids . . .*

#### ACTIVITY | Coloring Page of the Week

- **INSTRUCTIONS:** Give every kid a Coloring Page, plus markers or crayons. As they color, remind them how much Jesus cares about us when we're afraid.

#### ACTIVITY | Dragon Run

- We're talking about things that are unbelievable this month. One thing that is unbelievable is a fire-breathing dragon. I'm going to stand inside this castle and pretend to be a fire-breathing dragon.
- **INSTRUCTIONS:** Stand in the middle of the room with a pool noodle. Place a doll on the other side of the room and line the kids up on the opposite side of the room as the doll. Try and tap the kids with the pool noodle, which is like the fire, while they run past to try and get to the doll and save her. Once they get the doll, they have to run her back to the other side of the room without being caught by the fire-breathing dragon. For younger kids, you can just let them run all around the room while you try and tap them. For older kids, they can take turns being the dragon and be "out" when they get tapped by the pool noodle.

#### ACTIVITY | Boats and Water

- **INSTRUCTIONS:** Give your preschoolers tubs of water and plastic boats and let them play with the boats and make waves in the water. You can have them reenact the Bible story too.

**Encourage your preschoolers to help clean up the room while they wait for their parents.**