



WEEK 2

ELEMENTARY LESSON OUTLINE

UNBELIEVABLE
THE MIRACLES OF JESUS

BIG IDEA

Jesus cares about us when we are afraid.

THE BIBLE

Jesus Calms the Storm: Mark 4:26-41
(Hebrews 13:5; Proverbs 3:5-6; Psalm 56:3)

THIS WEEK AT A GLANCE

LARGE GROUP TIME

- **ACTIVITY** | Make Waves
- **ACTIVITY** | Fear Factor Would You Rather
- **IMAGE** | Picture Perfect Storm
- **BIG IDEA** | Jesus cares about us when we are afraid.
- **STORY** | Share about a time when you were afraid.
- **BIBLE STORY** | Mark 4:36-41
- **OBJECT LESSON** | Ocean in a Bottle
- **SCRIPTURE** | Hebrews 13:5
- **ACTIVITY** | Be Still
- **ACTIVITY** | Dragon Fight
- **VIDEO** | Moana in a Storm
- **ACTIVITY** | What Storm is it?
- **ACTIVITY** | Origami Boats
- **MEMORY VERSES** | John 14:6; Jeremiah 29:11

SMALL GROUP TIME

- **DISCUSSION**
 - What were the disciples doing in the Bible story?
 - Why were they afraid?
 - What was Jesus doing during the storm?
 - What did Jesus say they needed to stop being afraid?
 - What does this story tell us about Jesus?
 - What is an example of a time when you were afraid and Jesus helped you?
 - What are you afraid of right now that you need courage for?
- **SCRIPTURE** | Proverbs 3:5-6; Psalm 56:3
 - Is it easy or hard for you to trust God?
 - How can God help you when you're afraid?
- **ACTIVITY** | Sounds of a Storm
- **MEMORY VERSES** | John 14:6; Jeremiah 29:11



WEEK 2

ELEMENTARY LESSON GUIDE

UNBELIEVABLE
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Jesus cares about us when we are afraid.

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Jesus Calms the Storm: Mark 4:26-41
(Hebrews 13:5; Proverbs 3:5-6; Psalm 56:3)

LARGE GROUP TIME

WHAT? *What are we talking about today?*

ACTIVITY | Make Waves

- **Hi! We're so glad you're here today! This month, we're talking about the unbelievable, but true, miracles of Jesus.** Last week, we had fun with unicorns and learned about Jesus healing a person who was sick. Today, we're talking about a pretty unbelievable storm, so let's play a game where we'll make some waves!
- **INSTRUCTIONS:** *As the kids are coming in, tell them to hold the sides of a parachute or sheet and bounce it up and down gently to make waves. When you shout "freeze," they have to freeze immediately. Then when you say "Go" again, they will make more waves. You can put a toy boat in the middle and let them toss the boat up and down.*
- **FOR KIDS WITH SPECIAL NEEDS:** *Instead of bouncing a boat up and down on a sheet, you can give your kids with special needs a toy boat and a small blue blanket (or a real tub of water) and let them play with it and make their own waves.*
- The lesson today is about a storm on the water. We'll learn how Jesus helped his disciples and calmed their fears in the middle of that storm.

ACTIVITY | Fear Factor Would You Rather

- **INSTRUCTIONS:** Read the following "Would You Rather?" questions and tell the kids to move to one side of the room for the first option or to the other side of the room for the other option

- Would you rather...
 - Step on a spider with bare feet or sleep with a worm on your pillow?
 - Run into a lion's cage or swim with sharks?
 - Have the power go out at night or sit outside in the storm?
 - Ride on a roller coaster or a pirate ship?
 - Have no phone or no TV?
 - Find a frog in your pocket or a bee hive in your closet?
 - Eat a booger or sneeze out milk?
 - Fight a fire-breathing dragon or be a fire-breathing dragon?
- Sometimes, we're afraid of things that aren't real, like monsters or fire-breathing dragons. We all have things that scare us. Some things are silly and some are very real fears.
- We're going to hear a Bible story today about a time Jesus helped the disciples when they were afraid and how Jesus reminds us that God is always with us when we're afraid.

IMAGE | Picture Perfect Storm

- **INSTRUCTIONS:** Show the photo included in your Week 2 folder.
- While we're talking about things that make us afraid, **how many of you would be afraid if you were in a boat in the middle of this storm?**
- **When was the last time you were really afraid?**
- In today's Bible story, we're going to hear about a time when the disciples were afraid and Jesus did an unbelievable miracle to save them.

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, ask someone to come up and read it.
- This week's Big Idea: **Jesus cares about us when we are afraid.**

SO WHAT? Why does it matter to God and to us?

STORY | Share about a time when you were afraid.

- Now let me tell you about a time when I was afraid.
- **INSTRUCTIONS:** Talk about a time when you were a child and were afraid. Emphasize that God was always with you.
- Now let's hear a Bible story about the amazing power of Jesus.

BIBLE STORY | Mark 4:36-41

- **INSTRUCTIONS:** Look up the story in your Bible and encourage kids to do the same. Read it!
- Remember, we learned last week that a miracle is something that only God can do. **What miracle did Jesus do in this Bible story?** Yes! Jesus calmed the storm.
- During the storm, the disciples wondered if Jesus cared about what was happening to them. Why do you think Jesus was asleep during the storm? It wasn't because He didn't know or didn't care what was happening. It was because He knew everything was under control. After all, He's God!
- Jesus didn't stop the storm from happening, but He never left His disciples in the midst of the storm. He helped by calming the storm.
- With this miracle, Jesus showed His disciples that He was all-powerful. And through this story, Jesus shows us He cares about us when we're afraid.
- **When we're afraid, we can trust that Jesus is always with us, just like He was with His disciples. God will always give us comfort, strength, and courage when we're afraid.**

OBJECT LESSON | Ocean in a Bottle

- Let's try to imagine the storm the disciples were in by making our own storm in a bottle.
- **INSTRUCTIONS:** Fill half a bottle with water, put a few drops of blue food coloring in it and swirl it. Fill the rest of the bottle with mineral oil or clear vegetable oil. Seal the top on with the hot glue. Hold the water bottle up and swirl back and forth to make waves. You can also give all the kids supplies to make their own bottle and add small seashells or small plastic fish to the bottle too.
- **FOR PRETEENS:** Check out the hacks for this week for instructions on how to make an instant-freeze bottle of water. Take the freezer-bottle out carefully. Show it to the students and let them see that it's a regular bottle of water. Then hit it once really hard and watch as the whole bottle of water instantly freezes.
- **FOR KIDS WITH SPECIAL NEEDS:** Check out the hacks for this week to get some ideas of some sensory bottles you can make to go with this activity.
- **How would you have felt if you were one of the disciples in the boat with the waves crashing all around?**
- **What can you do when you're scared?**

SCRIPTURE | Hebrews 13:5

- **INSTRUCTIONS:** Open your Bible and encourage the kids to open their Bibles. Read Hebrews 13:5.
- You might not be in a storm on the sea right now, but we all have times when we are afraid. We might be afraid of the dark, or spiders, or heights, or getting hurt, or seeing someone we love get hurt.
- Jesus never tells us there won't be storms, but He does promise to He will always be with us and will never abandon us.
- **How can this verse help us when we're afraid?**

ACTIVITY | Be Still

- Now let's play a game to help us imagine how Jesus calmed the storm.
- It's cool that even the wind and the waves obeyed Jesus when He said, "Be still," isn't it? By calming the storm, Jesus showed the disciples that He is all-powerful.

- **How many of you can control the weather?** None of us can! Wouldn't that be a cool super power, to be able to go outside and tell a storm to stop?
- If you've ever been to a sporting event, you might have seen the crowd do the "wave." We're going to make a wave, but when I tell you to "be still," you'll have to be still!
- **INSTRUCTIONS:** *If your kids aren't already sitting in a line across the room, tell them to sit lined from one side of your room to the other. When you point to them (or you can have someone run in front of them), they'll stand up and do the wave (wave their arms in the air). At random points, shout, "be still," and have everyone freeze. If anyone moves after you have said the words, "be still," they're out.*
- **PRETEEN HACK:** *Let the students race from one side of the room to the other, but when you call out "Be still," they have to freeze. The last one to freeze each time is out. Let them continue the race after each time of freezing. Give a prize to the winner.*

NOW WHAT? *What does God want us to do about it?*

ACTIVITY | Dragon Fight

- Jesus calming the terrifying storm was pretty unbelievable.
- **Do you know what else is pretty terrifying?** Fire-breathing dragons! Dragons are pretend, but they're pretty fun to play with. **Have you ever pretended to be escape a fire-breathing dragon?**
- Let's play a game where we pretend to be fire-breathing dragons in a duel.
- **INSTRUCTIONS:** *Tape a circle on the ground about five feet wide. Call up two kids and give each one a can of silly string. The two kids will stand inside the circle (the moat) and pretend to be fire-breathing dragons in a duel. They will have 30 seconds to shoot each other with their silly string and see which one can get the most silly string on their opponent, while at the same time trying to stay inside the circle. If they step outside the circle, they're out. They aren't allowed to clean the silly string off themselves once it lands on them. At the end of the minute, whoever has the most silly string on their body loses.*
- **Would you be afraid if you were facing a fire-breathing dragon in a duel?** Luckily, they aren't real, so we won't have to face that, but the next time you're up against something that makes you afraid, just remember that God is with you and He will give you courage.

VIDEO | Moana in a Storm

- If you've never been in a boat, or you've never been in a big storm, it might be hard to imagine what it might be like, so here's a video to help us imagine what it must have been like to be the disciples.
- **INSTRUCTIONS:** *Show the video clip of Moana in the storm at sea.*
- In this video, Moana is in her small wooden boat in the big ocean, filled with fear as a storm approached.
- **How would you react if you were in a boat by yourself and saw the storm?**
- **What are some situations in life that make you feel scared and alone?**
- **How would that change if you imagined Jesus next to you?**

- After Jesus calmed the storm, He told the disciples to have faith. Faith means we have complete trust in Him. Whatever it is that makes you afraid, know that Jesus cares about you and is always with you.

ACTIVITY | What Storm is It?

- We may not be in a boat in a storm like the disciples, but we have storms in our everyday lives — things that are hard or scary for us to face.
- **INSTRUCTIONS:** *Have the kids get in groups of 3-5 and assign them storm scenarios to act out. The other groups can guess what each scenario is, like . . .*
 - You have a big test coming up at school, but you don't understand the subject and don't think you will do well.
 - Your friends didn't invite you to a party and you overheard them talking about it.
 - You got in trouble and you're afraid to tell your parents.
 - You're going to a new school or club, and you don't know anyone, so you're nervous.
 - You're learning how to do something new, like ride a bike, and you're scared you might get hurt.
- *After they act out the storm scenarios, ask them how Jesus can give them courage in each of these situations.*
- **FOR PRETEENS:** *Instead of assigning storms to your preteens, give them each an index card and let them write down a storm they have gone through or something a friend has gone through. (They can do it anonymously, if they'd like.) Put the index cards in a pile, have each person draw one, and then talk about how God could help us during each storm.*

ACTIVITY | Origami Boats

- Now let's make our own paper boats to take home and remind us that even though we face scary situations, we're never alone, because Jesus is with us, like He was with the disciples in the boat.
- **INSTRUCTIONS:** *Even though these boats seem like they have a lot of steps, they are easy to make, and even young kids should be able to follow along as you give them instructions. Give every kid a piece of paper. Read the instructions and help the kids make their own boats.*
 1. *Start with a regular piece of paper in the shape of a rectangle. Hold it vertically, with the long edges going up and down.*
 2. *Fold the bottom half up to the top.*
 3. *Fold the bottom right corner over to the left corner and make a small pinch, just enough to crease the paper. Open it back up.*
 4. *Using the crease as a guide, fold the left and right bottom corners up and to the middle.*
 5. *Flatten the folded pieces down and rotate the paper so it's sideways.*
 6. *Fold one layer from the bottom up along the bottom of the front flaps.*
 7. *Flip the paper over to the other side.*
 8. *Fold the bottom edge up in the same way.*
 9. *Unfold, and then fold the bottom right corner in along the crease you made.*
 10. *Repeat on the bottom left flap, then re-fold the bottom edge back up.*
 11. *Open the bottom. Look at the corners. Flatten and then insert the overlapping flap on the left underneath the right section.*

12. Fold one layer up to the top, then repeat on the back.
13. Open the bottom of the model. Pull apart the left and right flaps.
14. Flatten it out, in the shape of a boat
15. Open it slightly. The triangle in the middle will be the sail.
16. You're done. This boat will really float in water.

- **FOR KIDS WITH SPECIAL NEEDS:** Check out the hacks for this week to learn how to make simple and fun mini boats for your kids with special needs to play with. They can put their sailboats in a bowl of water, watch them float, and blow them around.

MEMORY VERSES | John 14:6; Jeremiah 29:11

- **INSTRUCTIONS:** Give every kid memory verse magnets or stickers. Then work on the memory verse together. For ideas on how to do this well, check out the Memory Verse Guide in your Programming Folder and give them to your small group leaders, if you'd like.

SMALL GROUP TIME

DISCUSSION

- **What were the disciples doing in the Bible story?** (They were in a boat, crossing the lake.)
- **Why were they afraid?** (A big storm started.)
- **What was Jesus doing during the storm?** (Sleeping.)
- **What did Jesus say they need to have to stop being afraid?** (They needed to have faith.)
- **What does this story tell us about Jesus?** (He is all powerful. We can trust Him. He is always with us.)
- **What is an example of a time when you were afraid and Jesus helped you?**
- **What are you afraid of right now that you need courage for?**

SCRIPTURE | Proverbs 3:5-6; Psalm 56:3

- **INSTRUCTIONS:** Look up the verse in your Bible and encourage kids to do the same. Read it!
- **What does this verse say about our lives without friends?**
- **What kind of friend does God want you to be to other people?**
- **Do you have reliable friends who help you get closer to Jesus? Who?**

ACTIVITY | Sounds of a Storm

- **We know that whatever we face, we can trust in Jesus, because Jesus cares about us when we're afraid.** Let's make our own storm by working together!
- **INSTRUCTIONS:** Kids will use their bodies to simulate the sound of a storm starting and stopping. You can do it with a minimum of five kids (one per sound effect) but the more students doing each sound, the better it will sound. As you point to the students one by one, they will start doing their actions (like rubbing their hands together, snapping their fingers, clapping their hands, etc.) over and over. Start the next action after about 15 seconds. It will sound like a storm starting and stopping.

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