



'Jesus Calms the Storm – Don't be Afraid'

Young Church Sunday 19th July 2020



1) Introduction:

Hello to everyone at St Mary's and Christ Church young and youth church, we hope you are all safe and well. The summer holidays are only a few days away now and you will soon be able to relax and take a break from studying. We hope and pray you are safe, well and happy; you are all in our thoughts and prayers.

Today's 'social distance' young church is about ... Jesus calming the storm with the key message 'don't be afraid'. Enjoy!

Today's story is one of the most popular of Jesus' miracles. Jesus, is asleep in a boat with a storm raging. The disciples, know the sea of Galilee with its sudden squalls, are terrified and wake Jesus up to be with them. Jesus stills the storm and the disciples are relieved.

It is surprising and amazing, how tired Jesus must have been to be able to sleep under these conditions; how much He constantly gave out in order to become this exhausted. And how totally secure the disciples were in their relationship with him, that they felt able to wake him. Jesus treated them as friends, and we are his friends, too, which means that we have the same relationship – nothing is too trivial to talk to Jesus about, and nothing is too impossible for him to deal with.

You have fears. Some of them are simple – fears of the dark, fears of maths or spiders; others may be deeper. No matter what the fear, all the fears are genuine and you need to know that you can, and are welcome, to come to Jesus to talk about them and to be comforted. Jesus is always with us and He will comfort us. Sometimes He takes the situation away, sometimes He gives us the comfort we need to go through it. He doesn't promise to still all the storms in our lives, but Jesus does promise to be with us and help us bear them.

Let us begin...

2) Warm up game 'most scared ever'.

Equipment: Nothing.

Ideally, if you can, do this with more than two people at home.

The question, "What is the most scared you have been?"

Take turns to answer.

You may like to pass an object, such as a teddy bear, around so that only the person holding the object may talk.

In today's story, the disciples were very scared, but Jesus kept them safe. Jesus can keep us safe too.

The Point: To lead you into the teaching by talking about your fears.

3) Digging in: 'The big storm. The Storm is stilled'.

Equipment needed:

-Access to the Internet to play the videos.

-Children's Bible (optional).

3a) Introduction to the story (Mark 4: 35-42). Share the story adding the sound effects in brackets.

Jesus and his disciples were sailing across the lake. It was a peaceful evening, and Jesus was tired. He fell asleep in the stern of the boat.

Suddenly a strong wind started. (Rub hands together)

The wind got wilder and the rain fell. (Pat knees faster and faster)

The storm grew worse (Pat floor faster and faster), and the disciples started to be scared that they were going to drown. (Vocal effects - wheeeeeew)

The disciples woke Jesus up, crying, "Master! We are all going to die!"

Jesus woke up and sat up. He looked at the waves and said, "Peace! Be still!"

(All sound effects cease at once)

The wind obeyed Jesus. The rain stopped. It was a beautiful evening.

Jesus' disciples were relieved – and a little bit scared.

Who is Jesus? Even the wind did what he said!

3b) Sing the story to the tune of London Bridge.

Jesus' boat sailed on the lake, on the lake, on the lake,
Jesus' boat sailed on the lake one fine evening.

Sudden rain came falling down, falling down, falling down
Sudden rain came falling down one rough evening

Angry wind was rushing round, rushing round, rushing round.
Angry wind was rushing round one rough evening

Jesus friends stared all around, all around, all around
Jesus' friends stared all around one rough evening

Cried out, "Jesus! We'll all drown, we'll all drown, we'll all drown
Cried out Jesus we'll all drown one rough evening.

Jesus made the waves calm down, wind calm down, rain calm down
Jesus made the storm calm down one fine evening.

3c) Watch the one or more of the video clips that link to Mark 4: 35-42. Delve deeper into the story and to help your visualisation and understanding.

<https://www.youtube.com/watch?v=uYLHqdSO9OY> (from 30 seconds)

<https://www.youtube.com/watch?v=v9SRZu4hUN0>

https://www.youtube.com/watch?v=-rxby_S80uk

<https://www.youtube.com/watch?v=iCh1tc6iuPc> (from one minute)

Think about and discuss with an adult:

At the end of the story/video, ask:

- Why were the disciples scared of the storm?
- Why wasn't Jesus afraid?
- How did Jesus stop the storm?
- How did the disciples feel at the end?
- What were they thinking about Jesus?
- How does it make you feel, knowing that Jesus can tell the weather what to do?
- Do you know that Jesus can keep you safe today, anywhere?

The Point: To help you recognise that you can feel safe with Jesus today, wherever you may be.

4) Take aways: 'origami boat' and 'edible storm'.

Equipment:

A4 Paper (any colour). Access to the Internet for the instruction video clip.

<https://betterbibleteachers.com/2017/08/jesus-calms-the-storm-sunday-school-lesson-script-mark-435-41/>

Access the website above, scroll down to the video clip and follow the instructions to make an origami boat.



Equipment:

Lettuce, slices of tomato, cucumber sliced into circles, sliced peppers, slices of cheese (rectangles), slices of thin ham and a plate

You need a plate.

Use shredded lettuce to form the base of the sea and a slice of tomato to be a red sun. The rest of the cucumber and peppers can be added to give the sea depth – or they may want cucumber green clouds.

Place a rectangular slice of cheese on the lettuce to be a boat and a slice of ham above it to be the sail.

Now eat your sea pictures.

The Point: To create an edible story reminder for you.

5) Close prayer and St Mary's key reflection questions.

- 1) What does this teach us about God/Jesus/Holy Spirit?
- 2) What do we need to do (this week)?



Prayer - 'Storm Scared - don't be afraid':

Equipment

A large bowl of water, pieces of paper, pens.

Make a storm in the bowl of water by agitating it with your hands.

We all have fears of things, and they can be like storms in our mind. Just as Jesus was with the disciples and kept them safe, so Jesus is with us in our storms – He is always there to depend on.

Write or draw things you are scared of on the paper – or just take a piece of paper if they don't want to write.

Stir up the storm in the bowl of water, drop your paper into the water and pray that God will deal with all these fears and take them away.

Please remember that Jesus is always in the boat with us.

The Point: To give you space to pray to God about your fears.

Memory verse -

When I am afraid, I put my trust in you.

Psalm 56:3



Visit this website for more ideas on how to pray with young children throughout the day

<https://www.diddydisciples.org/tcahprayersthroughtheday>

Links to other ways to worship:



Diddy Disciples 'church at home' is a creative and playful worship and Bible storytelling on line resource for babies, toddlers and young children. This is a great resource for all our Young Church children, so we thought we would share.

<https://www.diddydisciples.org/thechurchathome>