

Focus: Jesus makes us feel safe

Materials:

Prayer Altar: Cross, Candle, Chasuble on stand (priest's vestment) and Altar Cloth
CD: Bible Songs for Kids Vol 2
Bible: The Beginner's Bible

Gathering (children find/sit on a carpet square)

Say: *Good Morning everyone, my name is _____. Last week we talked about how the smallest person or act helps build the kingdom of God. This week we will hear a story about the time Jesus helps his disciples feel safe, just like he helps us feel safe.*

Opening Prayer

Together we make the Sign of the Cross (do in reverse so children can mirror).

Say: *Now let's put our hands together and bow our heads.*

Let us pray.

Dear God, We know you are always with us. Sometimes we forget this, especially when we are really scared. Help us remember to turn to you always and give us faith to know you are always there. We ask this in Jesus' name. Amen.

Song/Movement

Standin' In the Need of Prayer, track: 8, from Bible Songs for Kids-Vol. 2

Play music, encourage children to stretch or move to the music (clapping, stamp feet march in place to the beat), turn to each other and shake hands, saying hello, etc.

It's me, it's me, O Lord
Standing in the need of prayer;
It's me, it's me, O Lord
Standing in the need of prayer.

Not my father, not my mother, but
it's me, O Lord
Standing in the need of prayer.

Not my sister, not my brother. but
it's me, O Lord
Standing in the need of prayer.

Repeat both verses 2 more times.
Last time repeat last line: "Standing
in the need of prayer."

Memory Verse

Say: *Now let's take a moment together to learn a verse from the bible.*

Peace...Be Still!

Have the children repeat the verse after you a couple of times.

Say: *In today's Gospel story we will hear Jesus say these words and take away what is scaring the disciples. Jesus might not be able to make a storm or loud noises stop, but he can help us be quiet and peaceful. We can ask Jesus in the silence of our hearts to help us not be afraid.*

Gospel Story

Say: *Today we are reading from the Gospel of Mark.*

Have children make sign of the cross on their forehead, mouth and heart saying. *“Lord, open my mind, my lips and my heart so that I may learn it, speak it and love it.”*

Read: The Beginner's Bible, pp. 361-367, *Wind and Waves*

After the reading say: *The Gospel of the Lord*

Children respond: *Praise to you, Lord Jesus Christ*

Discussion Starters:

- *Why did Jesus want to go to the other side of the lake?*
- *Who went with him?*
- *What happened as the boat crossed the lake?*
- *Who was afraid?*
- *What was Jesus doing on the boat?*
- *What did he say when he woke up?*
- *What does he say to calm the storm?*
- *What does this show us about Jesus? (He is really from God)*

Reflection on Reading:

Jesus calms the storm with the words PEACE and BE STILL. There are times when we are afraid and we don't feel very peaceful. Maybe a bumble bee is buzzing around or you hear a loud clap from cymbals during a parade. These make us afraid because we think we might get hurt by the bee or the cymbals startle us. We don't always remember right away to call on Jesus to help us be still and feel his peace but it is always with us. Because it is always with us, we can be sure that God's love is with us. What are some ways that Jesus is with us in the "storms" that can scare us. (—Parents, teachers, friends, siblings.)

Gospel ActivityActivity 1:**Act it Out-**

Use the following to have the children act out the Gospel Story. Remind them to respect others space and keep their hands in their own space. Have them “Freeze” in place when you say – “Peace. Be Still” Go back and forth through the rocking and freezing as time allows.

Jesus said to his followers, “It will be night soon. Get into the boats so we can cross the lake.”

>>Have the children pretend to get into the boat. Show them how to help row the boat. Have them row, while you continue to read.

Jesus was very tired and decided he would take a nap as the boat moved across the lake. When the boats reached the middle, most deepest part, of the lake, a great wind came up.

>>Have the children wave their hands in the air like a great wind.

***It rocked the boat all around*

>> Have the children sway and rock from side to side.

Jesus stayed asleep! Everyone in the boat was scared.

>>Have the children pretend to be scared.

Soon, the boat would start to sink! Then woke Jesus up. They said, "Teacher do you want us to drowned?"

>>Have the children pretend to wake up Jesus.

Jesus got up and ordered the wind to stop blowing. Jesus said to the sea, "Peace! Be Still!" Just then, the wind stopped.

*>>Have the children FREEZE***

*—Repeat from ** to ** as time allows. Then continue.—*

Jesus asked, "Why are you afraid?-Have you still no faith?" The people were filled with awe and wonder.

>>Have the children pretend they are wondering.

Who is this that even the wind and the sea obey?

The End

Activity 2:

Spreading Peace

Just as Jesus shares his peace with us, we can share peace with others. Have the children stand in a circle. Start with one child and ask him/her to pick one person on either side of them to shake hands with saying, "peace be with you." In turn, the chosen child will pick another child and so on until everyone has had a chance. You might want to play some music, while the children are spreading peace. (Suggestion: "I've Got Peace Like A River", track 4, America's 25 Favorite Bible Songs.)

Complete the weekly bulletin as a group-let the children color them if there is extra time

Closing Prayer

(Children respond: "I Believe!")

Ask: *Do you believe in God, who sent Jesus to bring us peace?
Do you believe in Jesus, who brings us peace and stillness?
Do you believe in the Holy Spirit, who helps us remember to ask Jesus to help us when we are scared?*

Sending Forth

Say: Remember, just like Jesus calmed the storm and others help us calm our storms, we can calm the storms of others. You can hold hands with a friend who is afraid, give a hug to a sibling that is afraid. Be a peace bringer to all those around you.

Lining Up/Closing Song

Play "*Peace Like a River*" track 10 from Bible Songs for Kids, Vol 2 while children put away any materials and lineup. Hand out weekly bulletins. Remind them it is important that they return to their family quietly so that we may all listen and pray together in church.