

LESSON 8 SNAPSHOT

BOTTOM LINE:

We can trust and rest in Jesus!

OBJECTIVE:

Kids will learn “There is nothing to fear because God is in control.”

KEY PASSAGE:

Mark 4:35-41, Rest in Jesus

MEMORY VERSE:

“My goal is that they may be encouraged in heart and united in love, so that they may have the full riches of complete understanding, in order that they may know the mystery of God, namely, Christ, in whom are hidden all the treasures of wisdom and knowledge.” Colossians 2:2-3

SUMMARY:

The disciples panicked when a storm came. Jesus, on the other hand, was sleeping through it. When they awoke Jesus, the disciples were terrified. Jesus told them they had no reason to fear. They had forgotten who they were with, God’s son! We can rest in Jesus and remember that He is with us wherever we go.

SIMPLE PRAYER:

Dear God,

Help us to remember that you are with us wherever we go. Help us to pray to you when we feel worried.

In Jesus’ name,
Amen

MEMORY VERSE

“My goal is that their hearts may be encouraged and strengthened. I want them to be joined together in love. Then their understanding will be rich and complete. They will know the mystery of God. That mystery is Christ. All the treasures of wisdom and knowledge are hidden in him.” Colossians 2:2-3 (NIRV)

“My goal is that they may be encouraged in heart and united in love, so that they may have the full riches of complete understanding, in order that they may know the mystery of God, namely, Christ, in whom are hidden all the treasures of wisdom and knowledge.” Colossians 2:2-3 (NIV)

“I want them to be encouraged and knit together by strong ties of love. I want them to have complete confidence that they understand God’s mysterious plan, which is Christ himself. In him lie hidden all the treasures of wisdom and knowledge.” Colossians 2:2-3 (NLT)

“That their hearts might be comforted, being knit together in love, and unto all riches of the full assurance of understanding, to the acknowledgement of the mystery of God, and of the Father, and of Christ; In whom are hid all the treasures of wisdom and knowledge.” Colossians 2:2-3 (KJV)

LARGE GROUP:

Read the memory verse to the kids. Ask, “What kinds of mysteries of God have you learned these past few weeks? Things that seem hidden from us can be revealed when we pray and read God’s word! We can be encouraged instead of afraid. We can be strong in our weakness because Jesus is with us!” Have the kids stand up and read the verse from the big screen as confidently as they can. Say, “We can be confident because we know God is with us!”

SMALL GROUP:

Ask, “What about God gives you confidence? What has he done to help you feel less afraid? What truths in the Bible have you learned that help you feel more confident?” Read the memory verse to the kids. Have them split into pairs and give each kid a Bible. Ask them to explore their Bible and see what they can learn about God from a passage they have read. Give kids a chance to share what they found in the Bible. Say, “You can be like a detective and find out more and more about God and how He can help you in your life! Never stop reading God’s word and God will help you to solve your problems.”

SKIT

Okay, That's Funny!

ITEMS NEEDED:

Compass
Empty Matchbox
Backpack

CHARACTERS:

Scott
Bill

CHARACTER BREAKDOWN:

Wilderness expert – Scott
Wilderness expert – Bill

Wilderness experts, Scott and Bill, are standing center stage. Scott is holding a compass and Bill is holding the matchbox. They both have a backpack on.

SCOTT: Welcome back again campers! I'm Scott.

BILL: And I'm Bill. So glad you could join us again for another class out in the wilderness.

SCOTT: Today is all about SURVIVAL!

BILL: Yeah, learning how to rough it out in the wilderness.

SCOTT: If you are going to go out into the wilderness, we have some important things for you to do and to take with you.

BILL: Yes, and we will begin with, a friend!

SCOTT: It's important to go camping, hiking, and exploring with a buddy. The buddy system helps because if someone gets hurt, the other person can help you or go get help.

BILL: Next you should always bring a way to keep warm. Things like an extra set of dry clothes in your backpack, waterproof clothing, and some matches in case you need a fire to stay warm.

SCOTT: Just a reminder that only grownups should have the matches. And kids should

SKIT

only go into the wilderness if they have a grown up with them!

BILL: Absolutely.

SCOTT: Another helpful thing for survival is having a compass. This will help you know what direction to go and how to get back from the way you came.

BILL: If you went north, you will need to go south to get back home.

SCOTT: Or if you are heading southeast, you would need to go northwest to get back home again. Whatever the opposite direction of the way you went was.

BILL: A compass is a very important tool.

SCOTT: All of these things can help you to feel more confident and less afraid. If anything does go wrong, it's helpful to have a cellphone.

BILL: But cell phones don't always work when you're off the grid! So that's why these other things are so important.

SCOTT: You can do your best to prepare and pack what you need for your trip. But if you forget something, it's okay. Just do the best you can.

BILL: What do you mean it's ok? I would be so worried if I forgot my raincoat. What if it rains?

SCOTT: When you forget an important item, you can adapt to the situation. For instance, if you see rain is coming, find shelter under a rock until the rain passes.

BILL: Ah, I see. I guess we can't always be perfectly prepared for everything.

SCOTT: This is a lot of serious talk today. But it's serious stuff.

BILL: It is....but we don't want to be TOOOOO serious, do we?

SCOTT: Well...

BILL: I mean, we can have a little bit of fun today, right?

SCOTT: What do you propose?

SKIT

BILL: How about some campfire songs?

SCOTT: Oh boy! What do you want to sing?

BILL: How about ... “Down on the banks of the hanky panky where the bullfrogs jump from bank to bank. With a hip, hop, flip, flooooooop! Into the middle with a curb flop!”

SCOTT: Great, thanks for that....

BILL: Or, “I’ll build a bungalow, big enough for two! Big enough for two my honey, big enough for two...woow woow woow. And when we’re married happy we’ll be...”

SCOTT: Okay, okay! That’s enough of that...

BILL: “Under the bamboo, under the bamboo tree. And you’ll be M-I-N-E Mine I’ll be T-H-Y-N-E Thyne and I’ll

SCOTT: STOP! No one wants to hear a song about two people falling in love! Yuck!

BILL: What, my grandparents used to sing that.

SCOTT: Hahaha! Ok. Now that we’ve heard some campfire songs, we will see you all next week for another WILD WILDERNESS CLASS!

BILL: BYE!!!

End Scene

OBJECT LESSON

ITEMS NEEDED:

Backpack

When you go hiking, it's good to be prepared with your backpack. But what do we do to prepare for everyday life? How do we survive difficult situations, unexpected turn of events, or when things suddenly go wrong? We don't always have a backpack with tools preparing us for any scenario. And we can't live our lives like that, always worrying about the future and trying to be prepared for any chance that something bad might happen! Believe me. This is no way to live. We can't spend our lives in a constant state of worry. For one thing, much of the time bad things don't happen. And we don't want to waste our lives anticipating something that probably won't happen. For another thing, God tells us that we should not worry about our lives. It's in the Bible. He says, "Don't worry about what you should eat, or drink, or wear...look at the birds of the air, they do not worry and yet their father feeds them. Are you not much more valuable than they? Can worrying add even a single hour to your life?"

It's good to be prepared for certain things. Like going on a camping trip. It's important to be wise and bring what you need for the trip. But when it comes to being prepared for everything, or any possible scenario, it's just impossible. God says that we should pray instead of worry. When we need help, we can talk to Him. When we are afraid, we can lean on Him. When things aren't going well, we can trust God. We can replace the act of worrying with the act of praying. Why sit around and worry, it won't help anything. But by praying, we are talking to the one who is in control of the universe. The one who created everything and is all-powerful. The one who loves us and cares for us.

Next time you find yourself worrying about every little detail, let it go and give it to God. Our lives do not need to be full of worry and fear. Instead, we can be free from fear. We can trust God to take care of us. He has the whole world in His hands, and He loves us!

LARGE GROUP GAME

Go to God with Worries

ITEMS NEEDED:

Stacks of pieces of paper with worries written on them. Examples could be, "I'm going to be late, we are going to run out of milk soon, and I might not get an A on this test."

INSTRUCTIONS:

Instruct them to sit down and close their eyes. As they are sitting, if they feel someone tap on their shoulder, they can open their eyes. Have adult volunteers walk around tapping on kids' shoulders and handing them a paper with a worry on it. When kids receive a worry, it will be their job to get rid of it as fast as they can. They must stand up and run to the front of the room where an adult is sitting on a chair. They must hand the worry off to them and quickly make it back to their seat before you blow the whistle. Anyone holding onto a worry after the whistle is blown will become like adult volunteers and have to hand out worries for the next round. If they get rid of their worry in time, they can go back to their seat, close their eyes, and rest easy!

Once the whistle is blown, begin a new round. Encourage kids to let go of their worries as quickly as they can in order not to be stuck handing out worries to others! After kids have served one round handing out worries, they will be free to go back to their seat and rest again. Play several rounds about 2 -3 minutes long. Feel free to reuse worries after they are collected by the person in the chair, and hand them out to other kids. The game works best when you are handing out just a few worries at a time.

VARIATIONS:

Ask kids to contribute and write down some of their own worries to hand out if they get caught after the whistle blows with a worry in hand. To make it more challenging, hand out a lot of worries at once so kids have to wait in line to get rid of them.

WHAT'S THE POINT?

When we pray and give our worries to God, we no longer have them taking over and making us fearful. Prayer is the answer to worry. Going to God with our challenges in life is how we can handle difficulties.

LARGE GROUP LESSON

TAGLINE:

We can trust and rest in Jesus!

OBJECTIVE:

Kids will learn “There is nothing to fear because God is in control.”

KEY PASSAGE:

Mark 4:35-41, Rest in Jesus

INTRO:

We have been listening to some pretty funny things that Jesus said and did. Funny if we don't really stop and realize the reason why. You see, Jesus is so wise. Sometimes what it appears to be is not what it really is. For instance, our story today. Jesus is going to seem like He doesn't care. Like He's in his own world and not behaving the way most people would in His situation. What he does might seem funny. It might seem hilarious even! But when we take a closer look, we will see that He is actually the wisest one of all.

What funny things have happened this week? Does anyone have a story of something that you did or that happened to you? Raise your hand if you have a funny story to share? Something that happened kind of recently!

Funny things happen and when they do, it's usually easiest to laugh them off. In this story we are reading today, the disciples are shocked by Jesus' behavior, but they can't even laugh at it. As funny as it is...because they are way too scared! They are way too fearful to take the time to laugh. Let's take a look at what happened!

READ MARK 4:35-41

MAIN POINT:

Okay, that's funny! Jesus was sleeping. He was treating it like a naptime! It was as if he had his pillow and blanket and stuffed animal all spread out on the boat and just sleeping through the wild windy storm! What a funny picture to imagine. At least for us. But for the disciples on the boat...how do you think they felt? Instead of laughing, they were scared. They couldn't understand how Jesus could sleep through such a crazy storm. How he could be so calm about it when He woke up. How he wasn't afraid too!

Have you ever felt afraid? Have you ever felt stressed out or overwhelmed? Did you fear what people would think of you, how you would look, or what might happen? Did you fear in a scary situation or in a lonely one? There are many things that can get us to feel fear. In this case, the disciples feared for their lives because the storm might take them and the boat down! Yikes!

Then Jesus asks, why are you afraid? Ha! What a funny question, Jesus. Can't you see the storm? First, he takes a nap then he asks why they are afraid? This is getting hilar-

LARGE GROUP LESSON

ious. They said, “Jesus, don’t you care if we drown?” But Jesus’ question is actually a good question. He is God. He is all-powerful and He is on the boat with them. So, what is actually funny is that they are afraid. Why are you afraid when Jesus is with you on the boat, and he can calm the seas! Why are you so afraid and why do you have so little faith in God? God is with you? Or did you forget that God is with you?

DRIVE IT HOME:

God is with us too! We have His Holy Spirit with us in our hearts. He is omnipresent, meaning, He is everywhere. So why do we become afraid sometimes? Why do we fear? Do we forget that HE is with us? Do we forget that He is all-powerful? Do we forget that we can pray and ask Him for help and He loves and cares for us? Do we forget?

The answer to this is yes. Yes, we often forget. The best way to remind ourselves of this truth is to pray to God and to read the Bible. Then we are reminded of God’s truth. Then we can remember that God is always with us and He promises never to leave us!

Jesus seemed like the funny one on the boat that day, sleeping through the storm. But the funny ones were actually the disciples freaking out. They had forgotten what God can do. The creator of everything. The one who shut the mouths of lions and saved Daniel. The one who helped David defeat the giant goliath. The one who parted the seas to let the Hebrews walk on dry land and escape the Egyptians. That same God who did all that was on their boat. And that same God is with you and me today! After Jesus calmed the seas the disciples said, “Who is this? Even the wind and the waves obey Him!” He is God! Let’s not forget who He is!

Next time you begin to worry about something, stop and pray. Remember who is with you. Talk to God about your troubles and let go of your fears! **WE CAN TRUST AND REST IN JESUS.** Just like Jesus was resting peacefully on the boat in the middle of the storm because He knew nothing was too powerful for God. **THERE IS NOTHING TO FEAR BECAUSE GOD IS IN CONTROL.** Storms might come. Difficult things may happen. We might get hurt, feel lonely, or afraid. Whenever we are going through a hard time, we can talk to God and ask for His help. God loves us and will help us through the trials of this life. **WE CAN TRUST AND REST IN JESUS!** Let’s pray!

CLOSE WITH A SIMPLE PRAYER:

Dear God,

Help us to remember that you are with us wherever we go. Help us to pray to you when we feel worried.

In Jesus’ name,
Amen

SMALL GROUP DISCUSSION K-2ND

ICEBREAKER:

Can you sleep through loud thunderstorms? Would you say you are a heavy sleeper or a light sleeper?

MEMORY VERSE ACTIVITY:

Colossians 2:2-3

Ask, "What about God gives you confidence? What has he done to help you feel less afraid? What truths in the Bible have you learned that help you feel more confident?"
Read the memory verse to the kids. Have them split into pairs and give each kid a Bible. Ask them to explore their Bible and see what they can learn about God from a passage they have read. Give kids a chance to share what they found in the Bible. Say, "You can be like a detective and find out more and more about God and how He can help you in your life! Never stop reading God's word and God will help you to solve your problems."

SMALL GROUP GAME/ACTIVITY:

Have kids sit in a circle and pretend to be asleep. Say some funny things to see if you can get them to "wake up" and laugh. Examples: "I smell cheese", "There is a goat on your head", "Oh no, I think I ate a rotten egg for breakfast", etc. You can also dance around and see if you can get kids to open their eyes and see what you're doing. This game is a lot like a staring contest to get someone to smile but instead it's a laughing contest to see if you can "wake them up from their nap".

DISCUSSION QUESTIONS:

Read Mark 4:35-41

What was Jesus doing on the boat when the storm came?

How did the disciples react to the storm?

How did Jesus prove to them that they could depend on Him?

SIMPLE PRAYER:

Dear God,

Thank you for always being with us. Help us to pray to you when we need help and not to fear!

In Jesus' name,
Amen

SMALL GROUP DISCUSSION 3RD-5TH

ICEBREAKER:

Can you sleep through loud thunderstorms? Would you say you are a heavy sleeper or a light sleeper?

MEMORY VERSE ACTIVITY:

Colossians 2:2-3

Ask, "What about God gives you confidence? What has he done to help you feel less afraid? What truths in the Bible have you learned that help you feel more confident?" Read the memory verse to the kids. Have them split into pairs and give each kid a Bible. Ask them to explore their Bible and see what they can learn about God from a passage they have read. Give kids a chance to share what they found in the Bible. Say, "You can be like a detective and find out more and more about God and how He can help you in your life! Never stop reading God's word and God will help you to solve your problems."

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DISCUSSION QUESTIONS:

Read Mark 4:35-41

What was Jesus doing on the boat when the storm came?

How can we feel as calm as Jesus did, enough to be peaceful during a storm?

How did the disciples react to the storm?

How did Jesus prove to them that they could depend on Him?

How can we remind ourselves that God is with us when difficult things happen?

SIMPLE PRAYER:

Dear God,

Thank you for always being with us. Help us to pray to you when we need help and not to fear!

In Jesus' name,
Amen

POWERPOINT REVIEW GAME

The disciples remained calm during the entire storm because Jesus was with them.
FALSE

Jesus calmed the wind and the seas and reminded the disciples who He was, the Son of God.
TRUE

When we are going through storms of life, we can pray instead of being worried because God is with us.
TRUE

Jesus was wide awake when the storm came.
FALSE

We can be at peace and rest in God even in the midst of difficult storms!
TRUE

MAKE IT STICK

OKAY, THAT'S FUNNY LESSON 8

5 SIMPLE WAYS
YOU CAN MAKE
THIS LESSON STICK
WITH YOUR KIDS

THIS WEEK'S LESSON

5 Simple Ways to Make This Week's Lesson Stick



IN THE CAR:

How did the disciples react when there was a dangerous storm and they were on a boat in the sea? They worried and woke up Jesus. Jesus calmed the storm and also reminded them who he was, God's son. God is with us just like Jesus was with them on the boat and we can pray to Him instead of worry. Mark 4:35-41, Rest in Jesus



HANGING OUT:

Make this week's lesson real:

Ask your kid what kinds of things worry them during their week.

Challenge your kid to stop and pray whenever they are worried because God is with them.



AT DINNER:

Here are some great discussion starters:

How can we gain a confident faith in God? What ways can we learn about His character?

Why do you think replacing worry with prayer will help us to be at peace?

What is the reason that we worry about things? Who is the one who created everything and is in control?



AT BEDTIME:

Quiz your child on this week's memory verse:

"My goal is that they may be encouraged in heart and united in love, so that they may have the full riches of complete understanding, in order that they may know the mystery of God, namely, Christ, in whom are hidden all the treasures of wisdom and knowledge." Colossians 2:2-3



PARENT TIME:

Jesus displayed his strength and that He was God when He calmed the storm. It was a wake up call to the disciples that God was with them and they didn't need to fear. We have the Holy Spirit with us wherever we go. Whenever we feel fear we can remind our kids that God is with us and pray together. This is an amazing habit to form so they begin to replace worry with prayer. It's nearly impossible to just "stop worrying" without replacing that behavior with something else. The Bible says, "Don't worry about anything, instead pray about everything." (Philippians 4:6) This is how we stop worrying. Not by just stopping, but by replacing it with prayer and relying on the God who created us and has the whole world in His hands.

TAKE HOME

Supplies: Plain white pillow cases, fabric markers, clothes pins, and rope

Give each kid a pillowcase. Ask them to write the words, “Rest in Jesus” or “God is with me” whichever one speaks to their heart the most. Then allow them to design their pillow with drawings.

Hang up the pillowcases on the clothesline to help them to dry and allow them to take them with them when they leave.

Say, “The reason we can rest easy and not worry is because God is with us. We can rest in Jesus! Just like Jesus was resting easy on the boat in the middle of the storm because He knew that His Father in heaven was with Him!”