

Name _____



Jesus Calms a Storm

Mark 4:35-41



Put carbon paper here.

Instructions: Cut a piece of carbon paper about 4 inches square, and tape it on the picture to cover Jesus' hands. Have your child draw a picture of things that scare him or her. When the picture is finished, lift the carbon paper. Explain that these worries have been given to Jesus. Say that Jesus helps us when we're afraid and we can give him our worries. (For additional classroom instructions, see Teacher Guide.)

WHAT I LEARNED TODAY...

Bible Story

This week's Bible story (Mark 4:35-41) tells us that Jesus calmed the storm, as well as the disciples' fears. Your child learned that Jesus can—and wants to—take our fears and worries so we can be free to play and enjoy life.

Key Verse: Come to me and rest (adapted from Matthew 11:28).



Take your child for a walk around your neighborhood or in a park, and

bring a black permanent marker and a small backpack or plastic grocery bag with you. Encourage your preschooler to look for things that he or she might worry about or be afraid of, such as a big dog, the sound of an airplane, or cars going by. Find a rock for each fear, write the fear on it, and put it in your child's backpack.

When you return home, open your Bible to Mark 4:35-41, and tell your child that the Bible says trust Jesus and give him your worries. Have your child take the rocks out of the backpack and lay them next to the Bible. Read the rocks, one by one. Each time you name a fear, have your child say, "I give Jesus the [name of fear] worry." For example, your child might say, "I give Jesus the big dog worry." Then say a short prayer together, thanking Jesus for helping your son or daughter with the worries.

ASK

- How did you feel carrying all those "worries" in your backpack?
- How did it feel to take them out and give them to Jesus?




Have your child stand at a sink with you and tell you about fright-

ening things. Stop the drain, and let your preschooler run a little water into the sink for each fear. Ask how he or she can give that fear to Jesus. Then say the following prayer together, mentioning a fear in the first line. For example, the first line might be "When in the dark I have a fear," or "When we have a thunderstorm and I have a fear."

Dear God,

When [name a source of fear]

I have a fear,

Help me feel you standing here. Amen.

Unplug the drain so your child can watch the "fears" go down the drain. During the week, help him or her brainstorm about solutions for those fears.



This week, your child learned that Jesus helps us when we're afraid. Your child committed to one of the following challenges to trust Jesus to help when he or she is afraid. Help your child weave faith into life this week and follow through on the challenge!

- Put a Bible near your bed. If you are scared at night, look at the Bible and remember that Jesus is with you and helping you.
- Put a toy boat in your pocket, and carry it with you this week. When you feel afraid, pull out the toy boat and remember that Jesus helps you when you're afraid, just as he helped the disciples in the boat during the storm.
- If you have to do something that is scary or hard, ask Jesus to be with you and to help you.