

Talk About It:

- What are some things that make you afraid? Spiders? The dark? Being alone?
 - What do you do when you are afraid?
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Read About It:

Jesus did amazing and wonderful things. One amazing thing he did was to calm a storm while he and his friends were traveling in a boat across the lake. Read about it in Luke 8:22-25:

One day Jesus and his followers got into a boat. He said to them, “Come with me across the lake.” And so they started across. While they were sailing, Jesus slept. A big storm blew across the lake, and the boat began to fill with water. They were in danger. The followers went to Jesus and woke him. They said, “Master! Master! We will drown!”

Jesus got up. He gave a command to the wind and the waves. The wind stopped, and the lake became calm. He said to his followers, “Where is your faith?”

They were afraid and amazed. They said to each other, “What kind of man is this? He commands the wind and the water, and they obey him.”

- What was Jesus doing while he and his friends were sailing across the lake? Does that surprise you?
 - Jesus told the wind and waves to stop. How do you think Jesus could control the stormy sea?
 - How would you have felt if you were in the boat that day?
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Sing About It:

Jesus’ friends were very afraid when the big storm surrounded them. They called out for Jesus to save them. We can ask Jesus for help, too, when life feels scary or uncertain. Sing this special song to Jesus:

[Rescue Me](#) (Lifetree Kids, Shipwrecked VBS, Group Publishing)

Think About It:

- Jesus' friends knew they could ask Jesus for help in a very scary situation. What do you think this means for you when you are afraid or need help?
 - This story tells us that Jesus was taking a nap! What other normal things do you suppose Jesus did?
 - Jesus' friends were amazed that Jesus could tell the wind and waves to stop, and they stopped! What are some other amazing things you know about Jesus?
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Make It:

Make a windsock to remind you of Jesus' amazing power.

Supplies: cardstock, blue, green, purple ribbon or streamers cut into 12" pieces, markers or crayons, stapler, tape, scissors

1. On the cardstock, draw a picture from today's story, or draw waves and wind. Leave space to write: "The wind and waves obey him."
 2. Turn over your paper. Use tape to attach pieces of colored ribbon or streamers along the bottom of the back side of your paper.
 3. Roll up your decorated paper and staple the ends together to form a tube.
 4. Use a hole punch to punch two holes in the top of the tube to attach a ribbon for hanging.
 5. Hang your windsock as a reminder that even the waves and wind obey the voice of Jesus.
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Do It:

Play, "Be still!" Ask your family or friends to play this game with you.

- Have everyone move around the room. When you say, "Be still!" everyone must freeze in place. You can ask them to move in specific ways, such as like an animal, like a robot, using their best dance moves, or anything else you can think of. You can also move to music, stopping the music as you shout, "Be still!"
 - Take turns being the leader.
 - Now, tell your family about how Jesus calmed the storm.
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Pray About It:

Thank God for the seas and wind and for the amazing way God created our world.

Memorize It:

"He commands the wind and the water, and they obey him." Luke 8:25