One day Jesus was preaching near the Sea of Galilee. Many people had come to hear him. They had also brought their sick friends and relatives to Jesus so that he would heal them. Jesus preached God’s Word and healed people all day long. When night came, he was very tired. Jesus wanted to be alone with his disciples and to get some rest. So he told his disciples, “Let’s go to the other side of the sea.”

They got into a boat and started to sail across the sea. Jesus went to the back of the boat, rested his head on a cushion, and fell asleep. Suddenly a terrible storm came up! The wind blew hard! Big waves came over the side of the boat, and it began to fill with water! Yet Jesus did not wake up!

The disciples were afraid the boat would sink at any moment. They became very frightened and cried out, “Jesus, save us! We’re going to drown!”

When Jesus woke up and saw how scared his disciples were, he said, “Why are you so afraid? Where is your faith?” Then he stood up in the boat and spoke to the wind and the waves. “Quiet! Be still!” he said. At once the wind died down and the sea became calm. Everything was quiet again.

Jesus’ miracle filled the disciples with wonder. They asked one another, “Who is this man? Even the wind and the waves obey him!” Jesus had used his almighty power to show his disciples that he is the Son of God.
In today’s lesson Jesus taught his disciples, and us, to trust him in times of trouble. We are confident that Jesus can and will help us no matter how fiercely the storms of life may howl.

1. After you read the Bible story, have your child do the following:

- Point to the one in the lesson picture who has all power.
- Find magazine or newspaper pictures of people (rulers, sports heroes) or things (machines, storms) that have some power. Glue them to a sheet of paper.
- Write “JESUS HAS ALL POWER!” on top of the magazine pictures.
- Post the paper on your refrigerator as a reminder that Jesus has the power to help you with any trouble.

2. “PST!” Has anyone ever tried to get your attention with that sound? We never have to get God’s attention; he’s aware of all that goes on in our lives. When your family has troubles, he is there to help you through them. “PST” can stand for a way to deal with problems. “P” stands for Prayer, “S” for Study, and “T” for Thank. We immediately pray to God for help, study his Word for strength and encouragement, and thank him for his help.

Have your family look at the two troubles that follow. Two psalms are given as readings to help with the troubles. Read one psalm today, create a prayer about the trouble, and then create a thank you to God for help with that trouble. Do the other psalm on another day.

Dear Jesus, thank you for using your almighty power to help us! Strengthen our faith so that we always trust you in times of trouble. Amen.

Pray Together

When bothered by sin:

Pray _________________________
____________________________
____________________________

Study Psalm 130

Thank _______________________
____________________________
____________________________

When needing help:

Pray _________________________
____________________________
____________________________

Study Psalm 121

Thank _______________________
____________________________
____________________________

* Genesis 1:1

* Matthew 11:28

* The Lord’s Prayer
Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as in heaven.