I am the light of the world.
Whoever follows me will never walk in darkness,
but will have the light of life.

John 8:12
(NIV 1984)
What did the disciples do in a time of trouble?

The disciples went to Jesus for help in a time of trouble.

Application: Jesus will use his power to help us in every trouble.

Response: We pray to Jesus for help in times of trouble.

Lesson Summary: Jesus and his disciples were crossing the Sea of Galilee when an intense storm threatened to swamp their boat. The frightened disciples came to Jesus for help. Jesus then demonstrated his almighty power by immediately calming the storm.

* Genesis 1:1
* 1 Peter 5:7
* The Second Article of the Apostles’ Creed (with explanation)
  Hymn 588:1


O Lord, help all who are in trouble or in danger. Heal those who are sick, cheer those who are sad, and give strength to those who are weak. When my students or I experience danger, sickness, or disaster, lead us to turn to you for help and to trust that you will always do what is best for us. Amen.
Sing: Sing “Yours Forever, God of Love” (hymn 426). This hymn reminds us that because we belong to God, he takes care of us.

Pray: Dear God, thank you for making us your children and forgiving our sins for Jesus’ sake. Help us always trust in your loving care. Amen.

Optional: Have available pictures of natural disasters, such as severe storms, tornadoes, hurricanes, earthquakes, or floods.

Tell the children that you are going to read two sentences that describe Jesus. The children should use thumbs-up or thumbs-down to show whether each sentence is true or false. They should also be ready to tell how they know that their answers are correct. Use these following sentences:

• Jesus is God. [Thumbs-up. (Announcements of the angels, God being his Father, John’s testimony, Jesus’ miracles, etc.)]

• Jesus has very little power. [Thumbs-down. (Changing water into wine, healing the official’s son, Peter’s catch of fish, other miracles.)]

Tell the children that today they are going to talk more about Jesus’ power. Point out that some of the most powerful things we see on TV or in the newspaper are terrible storms, and these storms can be very frightening. (Optional: Show the pictures of natural disasters.) Ask the children how they would feel if they were caught in a tornado, hurricane, or earthquake.

Aim: Jesus’ disciples faced some frightening storms. One time the disciples were in such a frightening storm that they were afraid they would die! Listen carefully to today’s lesson so that you can answer the question, What did the disciples do in a time of trouble?
When you describe the storm, have the children tap the flat part of two fingers of one hand into the palm of the other hand to simulate the sound of rain. When you describe the disciples’ plea for help, have the children tap more quickly and loudly and allow them to make wind sounds to show the storm growing in intensity. Then, when you loudly and forcefully quote Jesus’ words: “Quiet! Be still!” the children should suddenly stop their sounds. This helps them understand how quickly the storm died down.

Jesus often went to the towns along the Sea of Galilee, preaching to the people and healing those who were sick. One time, at the end of a very busy day, Jesus was tired and worn out. He said to his disciples, “Let’s go over to the other side of the sea.” They got into a boat and started to sail across. Jesus was so tired that he soon fell sound asleep, resting his head on a cushion in the back of the boat.

Suddenly a violent windstorm came up! The sky grew dark. The wind began to howl. Huge waves began to break over the boat, filling it with water. Some of the disciples were fishermen, so they were experienced sailors. They knew how to handle a boat in rough water, and they were not easily frightened. But this was no ordinary storm. They were afraid that their boat would sink at any moment!

All during the time this terrible storm was raging, Jesus continued to sleep soundly. The disciples became desperate. They woke Jesus up, shouting, “Master, save us! We’re going to drown!”

Jesus stood up and spoke to the fierce wind and the raging waters. He said, “Quiet! Be still!” Immediately the wind died down, and the water became completely calm.

Then Jesus asked his disciples, “Why were you so afraid? Do you still have so little faith in me?”

Because of the miracle they had just seen, the disciples were filled with fear and wonder. They asked each other, “Who is this? Even the winds and waves obey him!”
You will need two poster boards and two markers. You will also need four 5" x 7" poster board cards, each with one of the following letters printed on it: P, R, A, Y.

**Say** By calming the storm in today's lesson, Jesus showed his power over nature, including wind and waves.

**Do** Divide the class into two very uneven groups—one or two children in one group, and the rest of the children in the other. Give each group a sheet of poster board and a marker. Help the children choose a “secretary” for the larger group: someone who can write quickly and spell well. Tell the larger group that as quickly as possible they should name things that Jesus has power over, and the “secretary” should write them on the poster board. Tell the smaller group to think of things that Jesus has no power over, and write those things on the other poster board. When the children are done, the large group’s poster board should be full; the other poster board should be blank. (Note: If the large group’s list doesn’t include such things as sin, death, hell, and the devil, ask what Jesus showed his power over by dying for our sins and then rising again. Add these things to the list.)

**Discuss**

**Say** When Jesus got into the boat, he was tired and fell asleep in the back of the boat.

**Ask** What does this show us about Jesus? [He is a true man—he became tired, just as all humans do.]

**Say** Suddenly a terrible windstorm began.

**Ask** How do we know that this was no ordinary storm? [Even though the disciples were experienced sailors, this storm frightened them. The boat was filling with water, and the disciples thought the boat would sink and they would drown.]

**Do** Have each child think of one trouble that would be scary for a child their age and draw a picture of it. [Examples: A thunderstorm, a tornado, a car accident, a house on fire.] On your own paper, draw a picture that depicts hell, such as a stick person among flames. Ask volunteers to show their pictures to the class, and tape or pin the pictures to a wall or bulletin board. Then show your own drawing.

**Ask** Why would going to hell be a worse trouble than any of the other troubles you drew? [Hell is a place of terrible pain that lasts forever, and people there can’t pray to God and get his help; they are separated from God forever.]

Why don’t we need to worry about being sent to hell as punishment for our sins? [Jesus took our punishment for us when he died on the cross.]

Why was Jesus willing to do this? [He loves us and wants all people to be saved.]

**Say** Since Jesus loves us so much that he was willing to die such a terrible death to save us, we can be sure that God wants to help us with all our other troubles as well.

**Ask** What did the disciples do when they were terrified by the storm? [They went to Jesus for help.]

How were the disciples a good example for us? [Just as they went to Jesus for help, Jesus wants us to pray to him for help when we have troubles.]

**Do** Point to the pictures you have displayed. Ask which pictures show times when it would be important to pray to Jesus for help. [All of them.]
Say When the disciples asked Jesus for help, he stood up and told the wind and waters to be still. Immediately, everything was calm.

Ask By calming the storm, what did Jesus show about himself? [He has power over the wind and waves. He is the almighty (all-powerful) God.]

Do Point again to the pictures you have displayed.

Ask Which of these troubles can Jesus help us with? [Jesus can help with all troubles, no matter how bad they seem to us.]

How do you know this? [The Bible says that Jesus is the almighty God. He can do anything—as he showed by calming the storm.]

Say Pray to Jesus whenever you have troubles, and trust that he will help you!
Ask: What trouble did the disciples have in today’s lesson? [They were afraid of drowning in a terrible storm.] What did the disciples do in a time of trouble? [The disciples went to Jesus for help in a time of trouble.] What are some troubles we could have? [Being in storms, being sick, having someone try to hurt us, etc.] What will Jesus do for us in times of trouble? [Jesus will use his power to help us in every trouble.]

Say: Let’s always pray to Jesus for help in times of trouble.

Do: Write these words on the board: “thunderstorm, tornado, earthquake, hurricane, blizzard.” Have the children vote on which disaster seems the scariest. Point out that such happenings can bring troubles now, just as they did when Jesus and his disciples were together on earth.

Ask: What did the disciples do in a time of trouble? [The disciples went to Jesus for help in a time of trouble.]

What will Jesus do for us in times of trouble? [Jesus will use his power to help us in every trouble.]

Say: Let’s always pray to Jesus for help in times of trouble.

Do: Pray: Dear Jesus, thank you for watching over us. You protect us from all danger, even terrible storms. Help us put our trust in you whenever we are afraid or in danger. Amen.
* Genesis 1:1

Note to Teacher: This first verse of the Bible tells us why Jesus has power over storms and everything else in the world: as God, he created all things.

* 1 Peter 5:7

He has redeemed me, a lost and condemned creature, purchased and won me from all sins, from death, and from the power of the devil, not with gold or silver but with his holy, precious blood and with his innocent suffering and death.

All this he did that I should be his own, and live under him in his kingdom, and serve him in everlasting righteousness, innocence, and blessedness, just as he has risen from death and lives and rules eternally.

This is most certainly true.

As you review this portion of the Apostles’ Creed, ask the children to find parts that show Jesus still rules over us and helps us. [Is seated at the right hand of God the Father almighty; live under him in his kingdom; rules eternally.]

**Hymn 588:1**

Abide with me; fast falls the eventide.
The darkness deepens; Lord, with me abide.
When other helpers fail and comforts flee,
Help of the helpless, oh, abide with me!

This hymn stanza is a prayer asking Jesus to always be with us and help us. Be sure to explain unfamiliar words and phrases: abide, eventide, comforts flee.

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**OPTIONAL mid-week Lesson**

- Allow each child to write one prayer request on a slip of paper. Encourage the children to request help for themselves or other people they know who are having troubles. Collect the slips and use them to guide you as you lead a prayer asking Jesus for help with the troubles noted.

- Use **Activity 1** under **Lesson Activities** to review the lesson.

- Use **Activity 2** to make doorknob hangers that will remind the children to trust in Jesus.

- Close by singing “I’m in the Same Boat With Jesus” (Copy Master 3). Optional: Use actions as described in **Activity 3**.
Lesson Activities

1. Review
Life Preserver Words
Purpose: To review the lesson by thinking of sentences about it.

Procedure: Duplicate and cut apart the life preservers on Copy Master 4. Have volunteers take turns picking one of the life preservers from a box (or a toy boat) and using the word in it in a sentence about the lesson. For example, the child who picks quiet could say, “Jesus told the wind and waves to be quiet.” (Optional: Reward each child who gives an accurate sentence with a piece of Life Savers candy.)

2. Application
Trust Him With All Your Heart
Purpose: To make doorknob hangers that will remind the children to trust in Jesus.

Procedure: Have the children use Copy Master 5 (both pages) to find a message about trusting in Jesus to care for them. In addition to the copy master you will need a hole punch, yarn, and red construction paper. The children will also need glue; scissors; and (optional) markers, crayons, or colored pencils. This message should be on the completed heart:

IN MY CARE YOU’LL ALWAYS BE.
PUT YOUR FAITH AND TRUST IN ME!

3. Music
“I’m in the Same Boat With Jesus”
Purpose: To sing a fun song that reminds us that Jesus will take care of us in times of trouble.

Procedure: Teach the children to sing “I’m in the Same Boat With Jesus” (Copy Master 3). Together think of actions to do during the refrain. Examples:

- “I’m in the same boat with Jesus,”
  (swing arms at sides as if riding in a rocking boat)
- “And that’s where I want to be.”
  (point to self and nod)
- “No matter how rough the sea.”
  (draw waves with hand in front of self)
- “’Cause Jesus won’t let me sink;”
  (hold nose and bend knees to “sink”)
- “He proved it on Calvary.”
  (make cross with arms)

“Ev’rybody Ought to Know”
Purpose: To sing a song that will remind the children of Jesus’ saving power.

Procedure: Teach the children to sing “Ev’rybody Ought to Know” (Copy Master 6). This song reminds us of the greatest way Jesus saved us—by dying and rising for us so that we wouldn’t drown in the “ocean” of our sins.

4. Art
Split Pictures
Purpose: To draw pictures that will remind the children of Jesus’ power to help.

Procedure: Have the children draw a line down the middle of a sheet of paper. Then have them use the two sections created by the line to draw a picture of what they think the sea must have looked like during the storm and another picture of the sea after Jesus stopped the storm. Have the children add a caption to their pictures, such as “Jesus has power to help.”
5. Review and Apply

Jesus Helps

Purpose: To demonstrate understanding of the lesson events by drawing pictures, and to recognize times to pray and things Jesus has power over.

Procedure: Have each child complete Copy Master 7. The answers are as follows:

Part One: 1. (Sea of Galilee) 2. boat, 3. windstorm, 4. sink, 5. wind, 6. stopped

Part Two: All items should be checked.

Part Three: All pictures should be circled.

Three Chapters, One Lesson (Challenge)

Purpose: To review the story by reading parallel accounts in the Bible and to have the students express the lesson application in their own words.

Procedure: Have each child complete Copy Master 8. The answers are as follows:


Part Two: Wording will vary but should be similar to the following: Jesus is God's Son (true God, our Savior). He has power over everything. When troubles come, Jesus wants us to pray to him for help and trust that he will help us.

6. Other Ideas

Memory Treasure Ball Toss

Purpose: To help the children learn the Second Article or hymn 588:1.

Procedure: You will need a small, soft ball that can be thrown indoors. Say the first few words of the memory treasure and throw the ball to a child. That child should say the next few words of that memory treasure and then throw the ball to another child. Continue in this manner until the children can keep the recitations going with very little hesitation.