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)
Looking Back at Lesson 4

The Farmer and the Seed
Matthew 13:3-9,18-23; Mark 4:3-9,14-20; Luke 8:5-8,11-15
Aim: What happens when people hear God’s Word?
Truth: Some people do not believe; some believe for a short time; some believe and lead lives of love for God.
Application: The Holy Spirit uses God’s Word to give and strengthen faith.
Response: We ask God to keep us faithful and help us live for him.
Lesson Summary: Jesus told this parable to show how people receive God’s Word. Some people reject God’s Word. Others gladly hear and believe until troubles or persecutions cause their faith to be short lived. Still other people hear and believe the Word but eventually let worry about earthly things choke the planted faith. Some people hear and believe in Jesus and continue to lead lives of love for God.
Memory Treasure: The Second Petition: Your kingdom come.

Jesus Calms the Storm
Matthew 8:23-27; Mark 4:35-41; Luke 8:22-25

Aim: What did Jesus do to help his disciples during a terrible storm?
Truth: Jesus used his almighty power to stop the storm.
Application: Jesus uses his almighty power to help us during times of trouble.
Response: We pray to Jesus during times of trouble.
Lesson Summary: After a day of preaching and healing, Jesus and his disciples sailed across the Sea of Galilee. A sudden and fierce storm struck while Jesus was sleeping. The terrified disciples woke Jesus for help. Jesus rebuked them for their lack of faith and used his almighty power as the Son of God to still the storm. The amazed disciples realized that Jesus truly has great power.

Psalm 50:15


Dear Jesus, thank you for saving me from my sins and for using your almighty power to help me during times of trouble. Help my students trust in you as their Savior and call upon you during times of trouble. In your dear name I pray. Amen.
Begin by singing the following words to the tune of “The Farmer in the Dell.”

Oh, Jesus loves me so.
Oh, Jesus loves me so.
He can help when things go wrong.
Oh, Jesus loves me so.
Oh, Jesus loves me so.
Oh, Jesus loves me so.
He took all my sins away.
Oh, Jesus loves me so.

Optional: In the background play recordings of calm wave sounds and then storm sounds.

Have the children close their eyes and pretend they are riding in a boat on a quiet summer day. Use vivid imagery (a clear blue sky, gentle up-and-down rocking of the boat, water gently tapping the sides of the boat) to help them picture what it would feel like. Pause and have the children open their eyes and describe their feelings. Then have them close their eyes and pretend to be in the same boat when a storm hits. Give a vivid description (waves coming over the sides of the boat, howling wind, rain hitting like small stones, boat rocking as if it will tip over). Have the children open their eyes and once again describe their feelings.

A boat ride on a sunny, calm day is certainly not the same as a ride during a storm! Today we will hear about a time when a storm suddenly came up as Jesus and his disciples were riding in a boat. We will learn what Jesus did to help his disciples during that terrible storm.

Alternate Lesson Plan

Begin with the following rhyme.

Here is my Bible.
(make open book with hands)
It tells this good news:
(show a thumbs-up)
Jesus died on a cross
(make cross with index fingers)
To save me and you!
(point to self, then others)

A child will draw on the board.

Have the children raise their hands if they have ever been afraid during a terrible storm.

Have one child draw something scary that people see during storms. [Lightning; wind blowing trees.] Then have a child imitate what is heard. [The child might make a thunder sound.]

Have the children name things parents or others might do to calm them during a storm. [Pray with them; hug them.]

Big storms can be very scary, but help from other people can make us feel better. Our Bible lesson tells about a time when Jesus’ disciples were scared during a storm. We will learn what Jesus did to help his disciples during that terrible storm.
On the floor make a masking tape outline of a boat (overhead view) large enough for several children to sit inside. Tape blue crepe paper streamers around the edge of the boat as water. While telling the story, have several children sit in the boat as Jesus and his disciples. Have “Jesus” rest on a small pillow in the back of the boat. Have two children wave large cardboard pieces to make the streamers move, imitating the wind. Have another child bang aluminum pans (or lids) together to make thunder. Have another child bang aluminum pans (or lids) together to make thunder. Have the “disciples” look scared and then wake Jesus. Have Jesus stand and say, “Quiet! Be still!” Then have the wind and thunder stop.

Use the following props to act out the story as you tell it: a water table or container of water, a toy boat (even a cereal bowl would work), toy people that fit inside the boat, and a cotton ball (cushion). Have two or three children blow at the boat as the strong wind. Have other children make waves in the water.

Jesus had spent a busy day near the Sea of Galilee, healing the sick and teaching God’s Word to the people. When evening came, Jesus said to his disciples, “Let’s go over to the other side of the lake.” So Jesus and his disciples left the crowd of people, got into a boat, and began to sail across the lake. Jesus was tired, so he rested his head on a cushion and fell asleep.

Suddenly there was a terrible storm! The wind blew hard and strong and made very big waves. Those big waves crashed and splashed so hard that water got into the boat.

The disciples saw the big waves and strong wind. They saw the waves filling their boat with water. They were terrified! They woke Jesus and cried out, “Lord, help us! Save us so we do not drown!”

Jesus said to his disciples, “Why are you so afraid? Don’t you believe that I can help you?”

Then Jesus got up and called out to the storm, “Quiet! Be still!” Right away the strong wind stopped blowing, and the big waves were gone. Everything was quiet because Jesus had stopped the storm.

The disciples were very surprised to see what had happened. They looked at one another and said, “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.
You need pictures made from Copy Master 1, the first picture made from Copy Master 2, and a paper cross. You will draw on the board. Save the drawings for Close.

**Do** Point to Jesus on the first picture.

**Ask** What was Jesus doing as he and his disciples sailed across the sea? [Sleeping.]

**Do** “Rock” the second picture.

**Say** Suddenly a terrible storm came. Pretend you are a frightened disciple. [Act frightened.]

**Ask** What did the disciples say to Jesus when they woke him? [Help us! Save us so we don't drown.]

**Do** Show the third picture.

**Ask** What happened when Jesus called out to the storm, “Quiet! Be still!”? [The storm immediately stopped.]

**Ask** Why could Jesus stop the storm? [Jesus is the Son of God, who has almighty power.]

**Do** Draw many storm clouds (clouds with zigzag lightning coming from each one).

**Say** Storms can be scary. Sometimes other things also scare us.

**Do** Have children give one or two examples of fears. Draw a simple picture of each on one of the storm clouds. For example, for fear of vaccinations, draw a syringe.

**Say** Sometimes we have troubles.

**Do** Have children give one or two examples of troubles. Draw a simple picture of each on one of the storm clouds. For example, for a friend who is angry with you, draw an angry face.

**Ask** What is the worst trouble we all have? [Sin.]

**Do** Add the word “SIN” and a sad face to one storm cloud.

**Ask** Who helped us with the terrible trouble of our sins? [Jesus.]

**Do** Briefly recall that Jesus lived a perfect life, died on a cross, and came back to life to take away our sins and give us life in heaven. Attach the paper cross to the SIN storm cloud so SIN and the sad face are covered.

**Say** Jesus has power over sin, death, and the devil.

You need four pictures made from Copy Master 3 and a Jesus picture. Cut apart the copy master pictures. You will draw on the board.

**Say** One night Jesus and his disciples were in a boat crossing the sea when a terrible storm came up suddenly.

**Do** Lead the children in imitating the storm by blowing air, making thunder sounds, and/or hitting one hand against the other while saying, “Splash! Crash!”

**Say** The disciples were very scared, but Jesus was not. He was [sleeping].

**Ask** What did the disciples do? [Woke Jesus; asked him to save them from drowning.] What did Jesus do to help the disciples? [Stopped the storm.] Why could Jesus stop a powerful storm? [He has almighty power as the Son of God.]

**Do** Show the first copy master picture. Have the children identify the trouble. [Children fighting.] Attach the picture to the board. Repeat for the remaining pictures that show a child afraid of a storm, a child frustrated with schoolwork, and a child afraid in bed. Then show the Jesus picture.

**Ask** What did Jesus do to help us with our worst trouble—our sins? [He lived and never sinned, died on a cross, and rose from the dead to take away our sins.]
Jesus has power over sin and death. He also has power to help us with our other troubles.

Attach the Jesus picture to the board, above or to one side of the other pictures.

Jesus tells us to call on him when we have troubles. He wants us to pray to him for help with our troubles.

Point to the first picture and ask what we can do when people are fighting. [Pray to Jesus for help.] Draw or have a child draw a line from that picture to the Jesus picture. Repeat for each of the remaining pictures.

Whenever we have troubles or fears, let’s pray to Jesus. [pray to Jesus]

Show a student lesson picture.

What did Jesus do to help his disciples during a terrible storm? [Used his almighty power to stop the storm.]

Jesus uses his almighty power to help us during times of trouble.

Point to the drawings.

Jesus is God’s Son. He uses his almighty power to help us. So let’s pray to him during times of trouble.

You need the storm cloud drawings from Discuss.

Lead the children in saying the memory treasure.

Who called upon Jesus for help during a terrible storm? [The disciples.]

What did Jesus do to help them? [Used his almighty power to stop the storm.]

Point to the drawings.

You and I have troubles too.

Who uses his almighty power to help us during times of trouble? [Jesus.]

Let’s pray to Jesus for help whenever we have troubles.

Use the drawings as the basis for a litany such as the one that follows. Point to a picture while saying your line. Then have the children say their response. Two examples follow.

Teacher: When we are afraid of getting a shot,
Children: Help us, dear Jesus.
T: When we have trouble learning to tie our shoes,
C: Help us, dear Jesus.
Parent Idea: Try this idea when singing the song from the first activity on the student lesson: you sing the first half of each line and do the suggested actions; then have your child sing the echo and do the actions. We will be singing that song during our next class.

Psalm 50:15

us trust that you will use your almighty power to help us during times of trouble. We love you, dear Savior! Amen.

Parent Idea: Do the second student lesson activity about help for troubles. During our next class, we will list personal times of trouble and pray about them.

Note: See Activity 2 (Troubles Litany) under Lesson Activities.

When a student seems troubled or worried about something, talk to the child privately. Reassure the child that Jesus loves him or her and has power to help with any trouble. Then offer to pray about the trouble or fear. You will be providing love and reassurance while teaching the child to call upon Jesus for help.
• Use **Activity 5 (Action Rhyme)** under **Lesson Activities** to begin.
• Use **Activity 1 (Story Board)** under **Lesson Activities** to review the story.

Before class, write “Chatter’s Journal” on the cover of a small **notebook**. Draw praying hands or place a praying hands **sticker** on the cover. On the first page, draw a sad face.

During class, first review the memory treasure and its meaning. Then say that Chatter has come to talk about something new in his classroom. Bring Chatter out, have him greet the children, and use the puppet skit from **Copy Master 4** to interact with him. Have Chatter’s prayer journal handy.

• Briefly review some things Chatter did when he went to the prayer area. [Prayed either by himself or with his teacher; wrote in his prayer journal and then prayed.] Bring out the fact that Chatter prayed to Jesus for help during times of trouble and we can do the same when we have troubles. Then close by singing the song from **Activity 3 (Praying to Jesus)** under **Lesson Activities**.

• Choose and use the **Lesson Activities** that best meet the needs of your students.

---

**Lesson Activities**

**1. Review**

**Story Board**

*Purpose:* To take turns using pictures to review the story.

*Procedure:* Glue pictures made from **Copy Masters 1** and **2** to a sheet of poster board to make a large story board. (*Suggestion:* Laminate for better durability.) Lay the story board on the floor. Have a child throw a beanbag onto the story board and then tell the part of the story pictured on the rectangle where the beanbag landed. If desired, cover the pictures that have been described. When all the pictures are covered, clear the story board and begin again. *Variation:* Make several story boards. Then divide the class into groups of four and have the groups do the activity simultaneously.

**Action Rhyme**

*Purpose:* To use words and actions to review the story.

*Procedure:* Say the following rhyme and do the actions:

Out in a boat while Jesus sleeps,  
(place head against hands)

The storm winds blow. The waves are deep.  
(blow like wind; make wave motions with arms and hands)

Jesus’ friends are afraid. He hears them cry,  
(show fear)

“Save us, Lord! We’re going to die.”  
(fold hands pleadingly)

Jesus gets up. They hear him say, (mime getting up)  
“Quiet! Be still!” The wind and waves obey.  
(make waves, then hold hands and arms still)

Option 1: Use a parachute or sheet to make the waves. Stop the waves at “Quiet! Be still!”
Option 2: Have the children make a book based on the action rhyme. Print the words of each line on paper, one page per line. Give each child a copy of the first page. Read its words and have the children illustrate them. Repeat for each page. (Suggestion: Do one or two pages each day for a few days.) Then staple the pages together in order. Encourage the children to use these books to practice doing the action rhyme at home with their families.

2. Application

Troubles Litany

Purpose: To use a litany to call upon Jesus for help during troubles.

Procedure: Write a class litany that asks Jesus for help during times of trouble. Have each child mention a trouble or fear. Make a list of the suggestions on the board or on paper. Use the suggestions as the basis for a litany like the one that follows.

Teacher: When I am worried about my sick baby cousin,
Children: Please help me, dear Jesus.

Troubles to Jesus

Purpose: To reinforce the idea of praying to Jesus during times of trouble.

Procedure: Review the memory treasure. Then briefly tell (review) the story of Abraham praying for Lot (Genesis 18:16–19:29). Bring out the idea that, like Abraham, we pray to Jesus about our troubles and trust that he will answer in ways that are best. Emphasize the fact that even if his answer is no or wait, it is still what he, God’s Son, knows is best. Then close by singing the following words to the tune of “Now the Light Has Gone Away” (hymn 593).

Jesus is God’s mighty Son.
He hears prayers, yes, ev’ry one.
He will do what’s best for me.
I will serve him happily.

3. Music

Jesus Used His Mighty Power

Purpose: To sing about Jesus using his almighty power to stop the storm.

Procedure: Sing the following words to the tune of “Are You Sleeping?” (Suggestion: Sing the first half of each line and have the children sing the echo.

Jesus talked to, Jesus talked to (point to mouth)
Wind and waves, wind and waves.
(move hand in wavelike motion)
He used mighty power; he used mighty power
(flex arm muscles)
To stop the storm, to stop the storm.
(hold hand out as if stopping someone)

Praying to Jesus

Purpose: To sing about praying to Jesus during times of trouble.

Procedure: Sing the following words to the tune of “Jesus Loves Me.” Add the refrain “Yes, Jesus loves me” after each stanza.

When I’m worried, scared, or sad,
When I’m hurt or feeling bad,
To my Jesus I will pray
For he’s with me ev’ry day.

Jesus is God’s one dear Son,
Sent to die for everyone.
He took all my sins away.
I will be in heav’n someday.

Other Songs

Purpose: To sing other lesson-related songs.

Procedure: Teach (review) one or more of the following songs:

• “Float, Little Boat” from Copy Master 5.
• The refrain of Psalm 31 (hymnal, page 77).
• The refrain of Psalm 25 (hymnal, page 74).
5

• “Come, My Soul, With Every Care” (hymn 409:1).

4. Art

Story Circle

Purpose: To illustrate the Bible story.

Procedure: Have each child color and cut out a circle scene and a boat made from Copy Master 6. Assist the children, as needed, in attaching the boat to the circle by putting a brass fastener through the X on each piece. The children can move the boat in a circle while telling the Bible account.

Comparisons and Contrasts

Purpose: To make illustrations that compare and contrast the storm and the calm with our sins and peace through Jesus.

Procedure: Help each child, as needed, to fold a piece of paper in half vertically and then horizontally to form four equal boxes. Have the children use watercolor paints to paint each box as follows:

• Upper left: Paint the terrible storm.
• Upper right: Paint the calm after Jesus stilled the storm.
• Lower left: Paint the box with dark marks to represent our sins.
• Lower right: Paint in a way that shows the peace and forgiveness we have in Jesus.

5. Other Ideas

Work Out the Wiggles

Purpose: To act out parts of the story.

Procedure: Have the children do the following actions from the story:

• Climb into a boat.
• Lie down on a pillow.
• Blow like the wind.
• Move your arms like the waves.
• Rock back and forth.
• Stand up and say, “Quiet! Be still!”
• Sit quietly.

Action Rhyme

Purpose: To act out a poem about taking troubles to Jesus.

Procedure: Read the following rhyme and do the actions. Repeat with the children.

God tells us (point to lips)
In his Word, (form open book with hands)
“Take your troubles (make gathering, scooping motion with both arms)
To the Lord.” (fold hands)

Prayer Center

Purpose: To provide an area for private prayer.

Procedure: Set up a prayer center in a private area in your room. Add large pillows and a picture of Jesus. Give the children prayer journals: notebooks or paper booklets with the children’s names and praying hands stickers on the front. Describe ways of using a prayer journal (examples: draw pictures of people you are praying for; write [or scribble-write] the words of your prayers). Add the journals and some writing instruments to the prayer center. Encourage the children to use that center as a place to talk to Jesus when they are experiencing troubles or wish to thank him.
Wave Bottle

Purpose: To make a reminder of Jesus’ power over the wind and waves.

Procedure: Wash and rinse a clear 20-ounce bottle. Fill it half full with rubbing alcohol. Then add a few drops of blue food coloring. Pour in enough cooking oil to fill the bottle to an inch or two below the cap. Wipe any spilled rubbing alcohol or oil from the outer edge of the bottle neck. Apply craft glue (or low-melt hot glue) to the outer edge of the bottle neck; then screw on the cover. Then wrap the cover and neck with duct tape. Around the lower edge of the bottle tape a strip of paper with the message “Jesus has power over the wind and waves!”

After the glue has dried, place the bottle on its side and tilt it back and forth to make waves. Remind the children that Jesus, God’s Son, has power over the waves. Set the bottle on a table and allow the children to use it during free time or when they arrive early for class.

Variation: Fill the bottle three-fourths full of water and add some blue food coloring. Cut a simple boat shape from craft foam. Drop the boat into the bottle. Seal the bottle and add the Bible verse as previously described. Move the bottle back and forth to simulate Jesus and the disciples being caught in the storm. Have a child say, “Quiet! Be still!” Immediately stop moving the bottle. Wait for the water to stop moving. Contrast this with what happened when Jesus told the storm to stop: the wind and the waves immediately quieted down. Jesus used his almighty power as the Son of God to do that miracle.