



Hey Kids Life Family!

I know we are all doing our best to navigate these uncertain times with faith and trust in God and we are here to be a resource for you and a partner with you. Some children really have no idea what is going around them and then others have been uprooted from structure, school, & routine; separated from friends (sometimes family) and, are experiencing worry and fear like never before. This is the time to make sure our children know who is on throne and that God is for us! We already have the victory over every doubt, worry, fear, hardship, & circumstance!

I have put together a short lesson about fear for you to do with your children this afternoon or evening. I have included worship song suggestions & links as well as extra activities you can do today or throughout the week. As you look over the lesson and links you can pull out and use the parts that are appropriate for your child/children. I hope this is helpful and that you can have some fun while leading and teaching your kids about Jesus!

Check out our Facebook page and be sure to tag us in your photos using #kidslifefmy and be on the lookout for the resources that will be posted all week long.

<https://www.facebook.com/kidslifefmy>

I am praying for you and please don't hesitate to reach out if you need anything.

~Carrie Nameth

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Have No Fear!

When you are scared, you can trust Jesus!

Intro: Sometimes things around us can be uncertain and scary or people around us are scared or worried. Some people are afraid of- the dark, trying something new, taking a hard test, spiders & bugs, bullies at school, bad weather & storms, people getting sick. There are a lot things people can be afraid of. What is something you have been afraid of? Did you know that God doesn't want us to live with worry and fear? *1 Peter 5:7 says "Turn all your worries over to him. He cares about you."* Today we're going to learn about a time when some of God's people were in a very scary storm and how Jesus rescued them. Anytime we are scared we can take our worries and fear to God!

Worship Songs: One way we can take our worries and fear to God is in worship. Here are a few song options for you to pick which ones work best for your family.

Nursery-

Jesus Loves Me (Listener Kids) <https://www.youtube.com/watch?v=owx3ao42kwl>

Preschool-

I will Pray (Yancy) <https://www.youtube.com/watch?v=7ZmpWgzlZtY>

You Are My God (KidSpring) <https://www.youtube.com/watch?v=nbfafXcO4dA>

Way Maker (Leeland & Abundant Kingdom Kids)

https://www.youtube.com/watch?v=iDY3a_k_50Q

Elementary-

Nothing is Impossible (The Life Church Kids) <https://www.youtube.com/watch?v=5ZZgpgyFpII>

No Longer Slaves-with movements (Bethel & Chapel Hill Kids)

<https://www.youtube.com/watch?v=EGh0mnH2FYE>

Tremble (Mosaic) <https://www.youtube.com/watch?v=SzZZb6RbLJs>

Read the Bible Story: Jesus Calms the Storm- Mark 4:35-41 (Also found in Matthew 8:23-27)

Wind and Waves Obey Jesus

³⁵ On that day, when evening had come, he told them, "Let's cross over to the other side of the sea." ³⁶ So they left the crowd and took him along since he was in the boat. And other boats were with him. ³⁷ A great windstorm arose, and the waves were breaking over the boat, so that the boat was already being swamped. ³⁸ He was in the stern, sleeping on the cushion. So they woke him up and said to him, "Teacher! Don't you care that we're going to die?"

³⁹ He got up, rebuked the wind, and said to the sea, "Silence! Be still!" The wind ceased, and there was a great calm. ⁴⁰ Then he said to them, "Why are you afraid? Do you still have no faith?"

⁴¹ And they were terrified^[e] and asked one another, "Who then is this? Even the wind and the sea obey him!"

Discussion:

Wow, what an experience the disciples had in that boat! What do you think they were feeling when the rain and waves were hitting them and the boat was swaying and rocking back and forth? (let your children express all the feelings they can imagine the disciples felt) Fear, worry, wet, uncomfortable, terrified, etc.

What did they do when they were most afraid? Called out to Jesus! We can call out to Jesus too when we are afraid or worried about anything! Our Memory Verse says: "Turn all your worries over to him. He cares about you." 1 Peter 5:7

What was Jesus doing in the boat? Sleeping! What?! How could Jesus sleep through such a big and scary storm? He knew nothing bad was going to happen.

Verses 40-41 of the story says: *⁴⁰ Then he said to them, "Why are you afraid? Do you still have no faith?" ⁴¹ And they were terrified^[e] and asked one another, "Who then is this? Even the wind and the sea obey him!"* Even the wind and waves obey Jesus! If Jesus can calm and stop the wind and waves can he calm and stop our fears and worries? YES! No matter how big or small our fear or worry is Jesus can calm them. He is ALL powerful "With God's power working in us, God can do much, much more than anything we can ask or think of." Eph 3:20 Give God all your worries and fears and he will give you peace!

Dive Deeper- (3rd-5th)

- What are some fears you have had or have now?
- What does the bible say about fear? (have them search for scriptures & write them out)
- What can God do for us when we give our fears to him?
- What is one fear (or all) that you want to give to God today?

Pray About It:

(Here's a short sample, please add more depending on what you are sharing with your children. You can pray for health & healing, our leaders, the church, etc.)

Dear God,

Thank you for this day and for sending your son Jesus. Please take away our worries and our fears and let us know you are with us. Thank you for giving me peace and joy and for providing everything we need and please take care of those that are in need or sick. Thank you for reminding me that you are powerful and nothing is impossible with you! I trust you. I love you. In Jesus name, Amen.

To reinforce the bible story & get your kids involved you can create a rainstorm and retell the story, see the instructions below

Create A Storm Activity: Make sure that the "wind" and "rain" stop immediately when Jesus tells them to.

Supplies:

- Willing participants-the people that play the more realistic the storm will be.
- Water-Spray bottle of water (optional)
- Waves-something blue (blanket, shirt, ribbon)
- Lightening-Flashlights, or light switches
- Thunder-stomp your feet, hit a drum or cooking pot

What to Do:

Creating the Rainstorm-Follow the steps below to practice, then read the bible story and add the rainstorm to it.

1. Slowly rub fingertips together (wind coming)
2. Slowly rub hands together (wind getting heavier)
3. Quickly rub hands together (wind getting stronger)
4. Slowly snap fingers (raindrops coming) - This is a very difficult task for a preschooler but the child will have fun trying!
5. Quickly snap fingers (heavy rain)
6. Clap hands (really heavy rain)
7. Add thunder (stomp feet or hit a drum or pan)
8. Add lightening
9. Quickly tap thighs (very hard rainfall)
10. Repeat in reverse order (storm gradually calming down)

As you are reading the bible story the storm will STOP when Jesus says "Be still!"

Bible Story Videos:

Nursery & PreK: Saddleback Kids <https://www.youtube.com/watch?v=uYLHqdSO9OY>

Elementary: Kids On The Move https://www.youtube.com/watch?v=FSPtH1_NqDU

Douglas Talks: Give Your Worries to God <https://www.youtube.com/watch?v=I9g9M9NOMdc>

Memory Verse:

"Turn all your worries over to him. He cares about you." 1 Peter 5:7

Here is an memory verse activity you can do to help your child learn the verse

<https://missionbibleclass.org/2012/05/20/post-it-in-your-heart-memory-tool/>

Extra Activities:

Go to our Pinterest board that I created just for this lesson for a handful of activities, crafts, & coloring sheets.

<https://www.pinterest.com/kidslife0626/jesus-calms-the-storm/>

If you don't have Pinterest check out these links:

Coloring Sheets & Word Search:

<https://whatsinthebible.com/activity-library/jesus-calms-the-storm-coloring-page/>

<https://coloringhome.com/coloring-page/1800473>

https://sermons4kids.com/jesus_calms_the_storm_wordsearch.htm?vm=r

<http://www.biblewise.com/kids/fun/jesus-calms.php>

Crafts:

<https://www.daniellesplace.com/html/bible-crafts-jesus-calms-the-storm.html>

<https://funlearningforkids.com/rain-cloud-jar-science-experiment/>

Sensory Bottles: <https://www.bloglovin.com/blogs/flame-creative-childrens-ministry-6383175/jesus-calms-storm-sensory-bottles-for-babies-4042295423>

<http://www.havingfunathome.com/2008/11/twice-fun-tuesday-shipwreck-in-bottle.html>

Games:

https://www.123homeschool4me.com/jesus-calms-storm_56/