



**URBAN
SAINTS**

Pick 'n' Mix Supersize

Children's Takeaway

Faith not Fear Session 1

Trust in the midst of chaos

Story



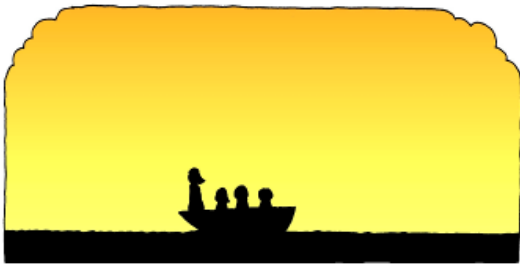
Jesus Calms the Storm

As evening came, Jesus said to his disciples, "Let's cross to the other side of the lake." So they took Jesus in the boat and started out, leaving the crowds behind (although other boats followed). But soon a fierce storm came up. High waves were breaking into the boat, and it began to fill with water.

Jesus was sleeping at the back of the boat with his head on a cushion. The disciples woke him up, shouting, "Teacher, don't you care that we're going to drown?"

When Jesus woke up, he rebuked the wind and said to the waves, "Silence! Be still!" Suddenly the wind stopped, and there was a great calm. Then he asked them, "Why are you afraid? Do you still have no faith?"

The disciples were absolutely terrified. "Who is this man?" they asked each other. "Even the wind and waves obey him!"



Mark 4:35-41

Taken from the Holy Bible, New Living Translation © 1996,2004.
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You can watch a cartoon of this story at <https://www.youtube.com/watch?v=uYLHqdSO9OY&t=8s>

Questions to discuss



1. Everyone is afraid of something. What are you afraid of?
2. Can you think of a time when you were really afraid? What happened?
3. The disciples were afraid of the storm at the beginning of the story, but they were also afraid at the end of the story. What made them afraid then?

**STOP! Be quiet! Chill out! Shhhh! (x3)
Peace.....**

**Deep, deep, deep, deep, deep inside my heart,
When everything's cool or starts to fall apart
That is where I need God's peace to be.**

**"My peace," Jesus said,
"I give you my peace."**

© 2007 Greg Leavers

Watch this song and sing along at <https://youtu.be/eXygLbeXrwk>

Sing



Colouring



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“Why are you afraid?
Do you still have no faith?”
Mark 4 verse 40

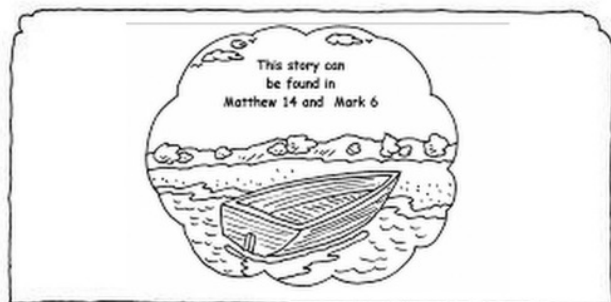
Story to colour

JESUS calms the storm

Print Free: www.lambsongs.co.nz

By Jill Kemp

Illustrated by Richard Gunther



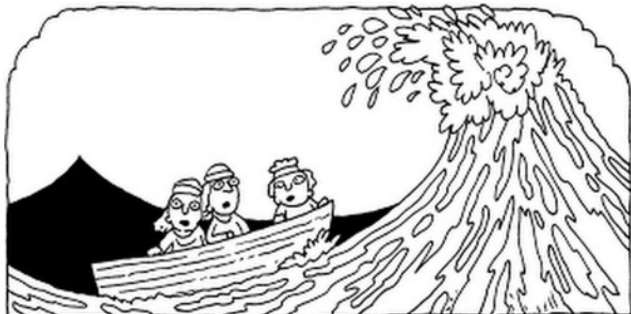
When things get stormy in our life
Jesus can make it calm and peaceful.
He is there with us keeping us safe.
Jesus can calm a storm.



One lovely evening
Jesus and some of his friends
got into a boat
to row across the lake.



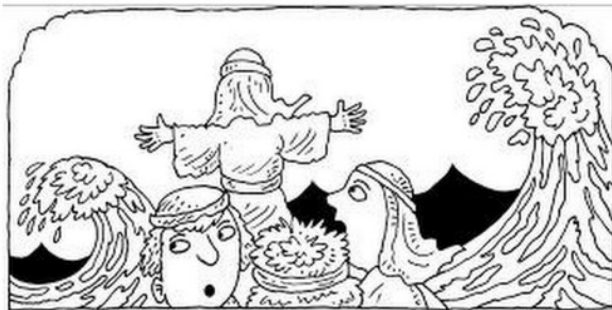
Jesus had been busy all day,
teaching people about God
and he was very tired.
He lay down and went to sleep.



The wind began to blow
and the waves got bigger and bigger.
The little boat bobbed up and down.
Jesus friends got scared.



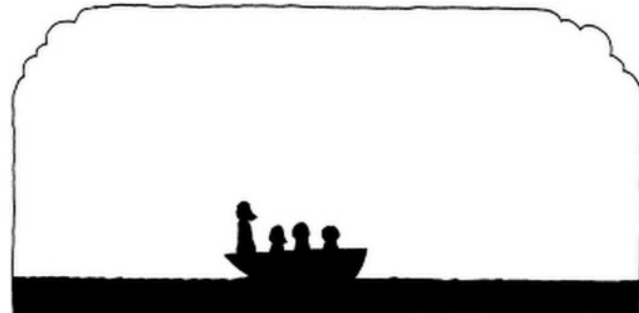
"Jesus wake up.
Help us!
The waves are too big,
and we are not safe," they said.



Jesus stood up in the boat.
"Wind and waves be still," he said.
And straight away
the wind and waves stopped!



Jesus' friends were surprised.
"Jesus can even tell
the storm to stop.
Only God can do that!" they said.



They knew that they were
safe with Jesus.
The Bible says, "When I am afraid
I will trust in you."

D G P H R N W A B O C E A H R N P W G T D S L F O
R N W A E C D F L S P B T

Wordsearch

v	y	d	t	w	c	r	o	w	d	s	l
l	y	r	w	a	b	a	c	k	i	y	q
p	l	o	e	v	y	p	r	f	l	n	y
d	a	w	t	e	a	c	h	e	r	f	d
s	a	n	b	s	g	s	t	o	r	m	e
a	a	o	i	t	e	a	c	h	i	n	g
f	d	i	s	c	i	p	l	e	s	e	s
r	q	g	l	d	k	p	g	i	s	q	s
a	t	u	e	o	c	e	o	f	l	u	k
i	h	m	i	s	r	a	d	w	s	e	t
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i	p	b	o	a	t	y	j	m	h	r	o

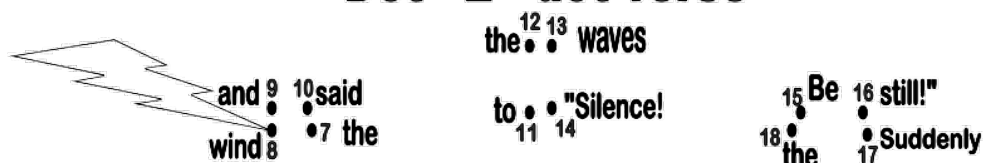
sea
Jesus
asleep
crowds
calm
wind
drown
teaching
boat
immediately
Galilee
storm
care
disciples
obey
Teacher

panicked
power
back
God
waves
afraid
sailors
quiet

C R N W A B O C E A H R N P W G T D S L F W A B O H

Puzzle

Dot - 2 - dot verse



rebuked⁶ he⁵ stopped²⁰ wind¹⁹
 up⁴ and²¹ there²²
 2 • Jesus When¹ calm.²⁶ 23 was _____
 woke³ 25 great 24 a

Challenges



Build a boat that floats!

Use clean recycled rubbish to build a boat that floats, and take a picture.



Build a boat!

Make a boat big enough for you to sit in it out of things you can find about the house, and take a picture.



Sink it!

Think about Jesus calming the storm
Now find some household items that float
Place them in a bowl of water one at a time.
Create waves and see if you can sink them.
Which makes the best boat?

How about making a model of the story using Lego?



Creative Prayer

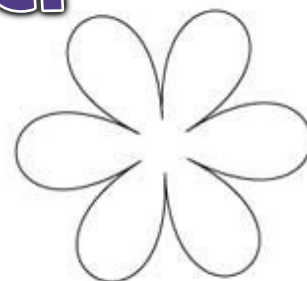
Prayer flowers

You will need:

- Paper cut into a flower shape
- A large bowl of water (or use a sink)
- Pens or pencil

Instructions:

- Write the name of a friend or member of your family on each of the petals of the flower.
- Fold each petal into the centre of the flower.
- Put the folded flower carefully onto the surface of the water so that it floats.
- Watch what happens.
- As you watch, thank God for your friends and family.



Boat prayer

Make a paper boat and a person with paper or a pipe cleaner

Is Jesus in your boat (your life)?

Would you call on him when things are hard?

Hold the boat in your hand,

The disciples woke up Jesus in the middle of the storm, and He spoke to it saying, 'Peace, be still.'

Can you think of something in your life which is like a storm where you need His peace? Ask Jesus to make it still.



Glitter Jar

You will need:

- A Jam jar or similar with a lid
- Glitter

How to make it:

- Put water in the jar
- Put the glitter in
- Close the lid tightly, you can glue it shut with strong glue or a glue gun if you have one



Think and pray

Take the jar and shake it up.

Now sit still and watch the glitter fall to the bottom until it is completely still.

In the story, when Jesus speaks to the wind and the waves, the wind dies down, and the waves become still.

Perhaps there's something that's troubling you, like the storm troubled the disciples.

Give the jar another shake, and watch the glitter until everything's still again.

As you do this ask God to help you feel quieter inside.



Home Games



Waterwalk race - best played outside!

You will need:

- A plastic cup or jug
- 2 buckets or bowls
- A ruler
- Timer - watch or phone

How to play:

This is great fun and needs at least 2 players

- Place a bucket with water in it at one end of the garden and an empty bucket at the other end of the garden - about 10 large steps apart.
- Each player is given 2 minutes to carry water in the cup/jug from one bucket to another.
- Use the ruler to measure how much water the player manages to collect.

Why not have a competition between everyone in the house to see who can collect the most water?



Blindfold obstacle course

You will need:

A blindfold

Objects or furniture that will create obstacles e.g. chair, stool, cushions, table

How to play:

- Create an obstacle course around a room or your house or garden using items you can go under, over or around.
- Decide which way you will go, what you will go under, over or around.
- Make sure everyone understands.
- Blindfold one person, their partner then leads them around the course giving them instructions to follow e.g. under, over, step forward, sideways etc.
- Time each person doing the course
- See if you can beat your time on the next go.



Think about how we help one another.

Hot and cold

You will need: An object to hide

How to play:

- One person needs to leave the room; the other person hides an object somewhere in the room.
- When the object is hidden call the other person back in.
- They must find the hidden object with your help.
- As they search, help them to find the hidden item by saying 'getting hotter' when they get near the item and 'getting colder' when they move further away. Keep on until they find the item.
- Take turns to do this

Think about how Jesus helped the disciples in the middle of the storm.

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