

## Pre-K/K Lesson

March 22<sup>nd</sup>, 2020

**Lesson:** The Storm at Sea (Story is at the end of this document)

**Objective:** Even when we are afraid, God is with us.

**Story:** The Storm at Sea attached to this lesson.

- **Read** the story to your child/ren.
- **Ask them**, why were Jesus' friends afraid?
- When are you afraid?
- What helps you to not be afraid? (Mom and dad, favorite toy, teacher, etc.)
- God is always there even when we are afraid. We can pray to ask God to help us calm down when we are afraid.

We know that Jesus can still calm storms today. Sometimes, there are sudden storms in our life. Perhaps it is an illness, a family problem, or the death of a friend or loved one. During these times, Jesus can calm the storms of doubt and fear in our life. He doesn't always take away all the problems, but if we will trust in him, he will give us peace in our hearts even in the middle of a storm.

Prayer: Dear God, we thank you for those times when you calm the storms that come up in our lives. We also thank you for those times when you give us peace even though we are in the middle of a storm. We ask you to watch over us and keep us safe. Amen.

### **Possible Activities to do with this lesson:**

#### "QUIET BE STILL" RUN:

Let the children run around, shout, and sing until the teacher blows a whistle and says, "QUIET! BE STILL!" Everyone must "freeze" until the whistle blows again and then the children can resume their singing or shouting until another whistle blows when children will once again "freeze" and the teacher will call out "QUIET! BE STILL!". Continue to play the game several times as time permits.

#### BUILD A BOAT:

Let the children build and decorate a boat made out of any recyclables you have around. Use toothpicks, aluminum foil, cloth, sponges, plastic or Styrofoam, whatever

you can find. If you are up for it, your child can try to float their boat in the sink or bathtub. **If you do the craft, take a photo and text or email it to me at [formation@washingtonparish.org](mailto:formation@washingtonparish.org) or 202 368 8346.**

### STORM CLOUDS:

Give the children supplies to draw storm clouds on a piece of construction paper. Give the children markers to write various "storms" that can happen in our lives today. Write a "storm" on each cloud. Children could then draw a sun and write JESUS GIVES PEACE IN THE MIDDLE OF A STORM.

**Note:** Please let me know how the lesson went, and if you have ideas for other ways to make the lessons at home doable and educational for your child! Also, PLEASE take pictures of the projects/art the kids make and send to me. I'll send pictures each week in Children and Families email to help us all stay connected. Thanks!

# The Storm at Sea



Jesus and his friends were out in a boat on the lake. Everything was very quiet and still.

Soon Jesus fell asleep. It had been a long day, and he was very tired.

Then—suddenly—there was a big storm!  
The wind blew. Whooooooooooooooooooooo!  
The waves crashed. Splash! Wisshh! Whoosh!  
Some of the waves splashed into the boat. The wind tossed,  
the boat up and down, up and down.

But Jesus stayed fast asleep.

Jesus' friends were very afraid.

"Wake up!" they said to Jesus. "Wake up! WAKE UP!"

Jesus woke up. He stood up. He spoke to the wind.

"Hush . . . be quiet," said Jesus. And the wind was quiet.

Then Jesus spoke to the waves.

"Hush . . . calm down," said Jesus. And the waves were calm.

The wind and the waves both did as Jesus  
said. Everything became calm . . . and quiet  
. . . and still.

Jesus' friends weren't afraid  
now. Their wonderful friend Jesus  
had calmed the storm! LUKE 8:22-25

