

Jesus Calms the Storm

Sunday School Leader Guide



THE BIG IDEA

When frightening moments come, Jesus is near. We can pray, take the next brave step, and trust His loving care.

AGES

5-9

PASSAGE

Mark 4:35-41

LENGTH

30-45 min

PREP

Low

A complete 45-minute lesson

Use the full plan or shorten the Create section for a 30-minute session.

5 min

Welcome

Ask: What helps you feel safe when something is loud or surprising? Children may answer or pass.

4 min

Watch

Play the film with captions. Ask the class to notice what changes before and after Jesus speaks.

7 min

Talk

Use the four discussion questions. Reveal teacher hints only when helpful.

8 min

Play

Complete the story-order activity and practise the memory verse.

12 min

Create

Use the digital canvas or activity book, then make a Calm-in-the-Storm Boat.

5 min

Respond

Choose one prayer prompt and quietly tell Jesus about one worry.

4 min

Close

Repeat the big idea and send home the five-day Brave Steps challenge.

Questions, craft, and game

TALK ABOUT IT

- What changed while Jesus was sleeping in the boat?
- What did the disciples do when they felt afraid?
- What happened when Jesus said, 'Quiet! Be still!'?
- What is one brave next step you can take when you feel worried?

MEMORY VERSE

- Mark 4:41 - 'Even the wind and the sea obey Him!'
- Say it normally, whisper the first phrase, make wave motions, then let both hands become still.

SUPPLIES

Paper plates or cardstock, crayons, child-safe scissors, glue, blue paper strips, and craft sticks.

SAFE CRAFT

Make a paper boat on layered waves. Slide a craft-stick Jesus from stormy water to calm water.

GAME + SAFETY

Clear the floor first. Children sway gently as waves. On Be still, everyone freezes, breathes slowly, and says the verse.

Jesus Calms the Storm

Jesus is near. I can pray and take the next brave step.



This book belongs to: _____

Jesus teaches by the sea

Color Jesus, the disciples, the boat, and the listening crowd.



AFTER YOU COLOUR

Draw one thing Jesus teaches us about loving and trusting Him.

Jesus rests in the boat

Color the open sea, the boat, and Jesus resting safely.

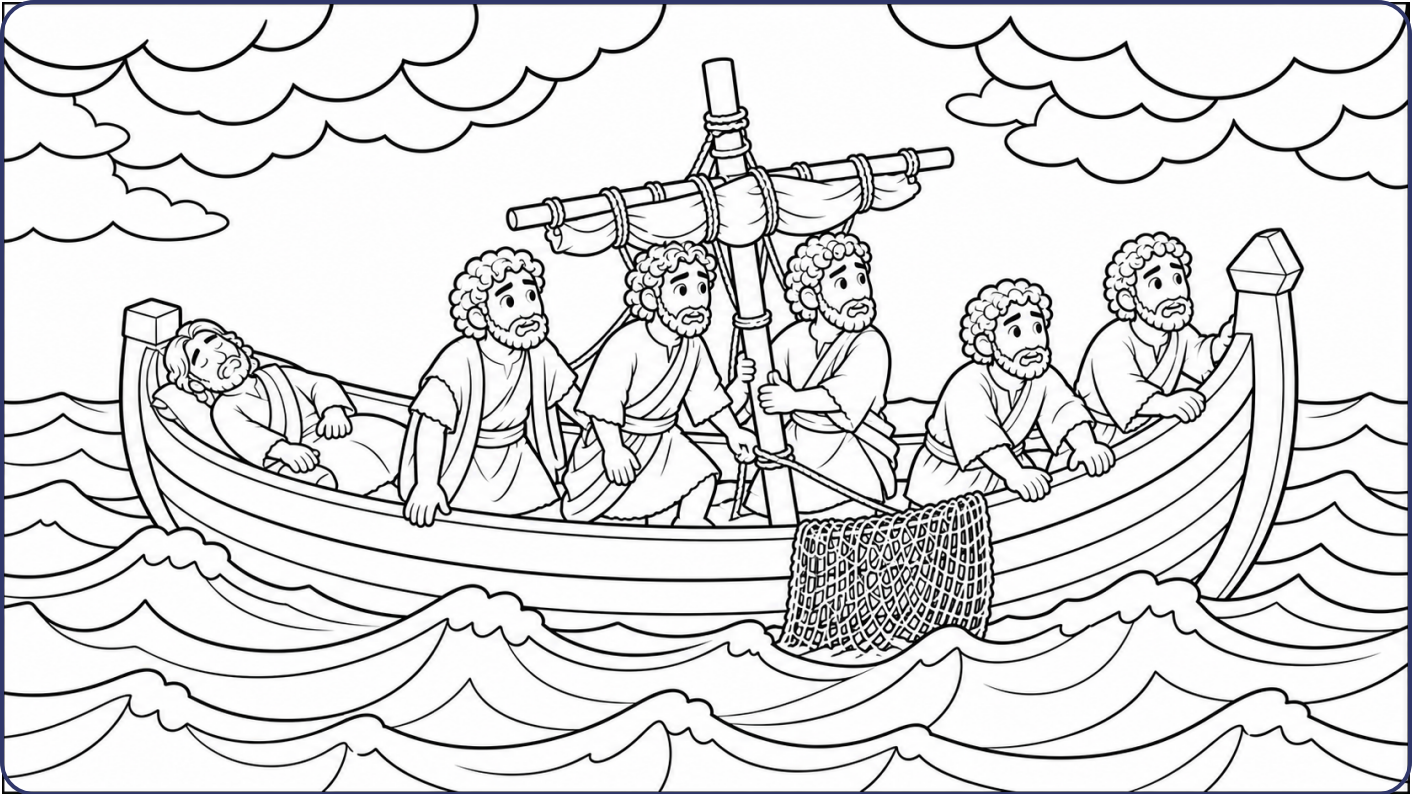


AFTER YOU COLOUR

Draw or write one worry you can tell Jesus about.

The storm grows strong

Color the wind, waves, boat, and disciples working together.

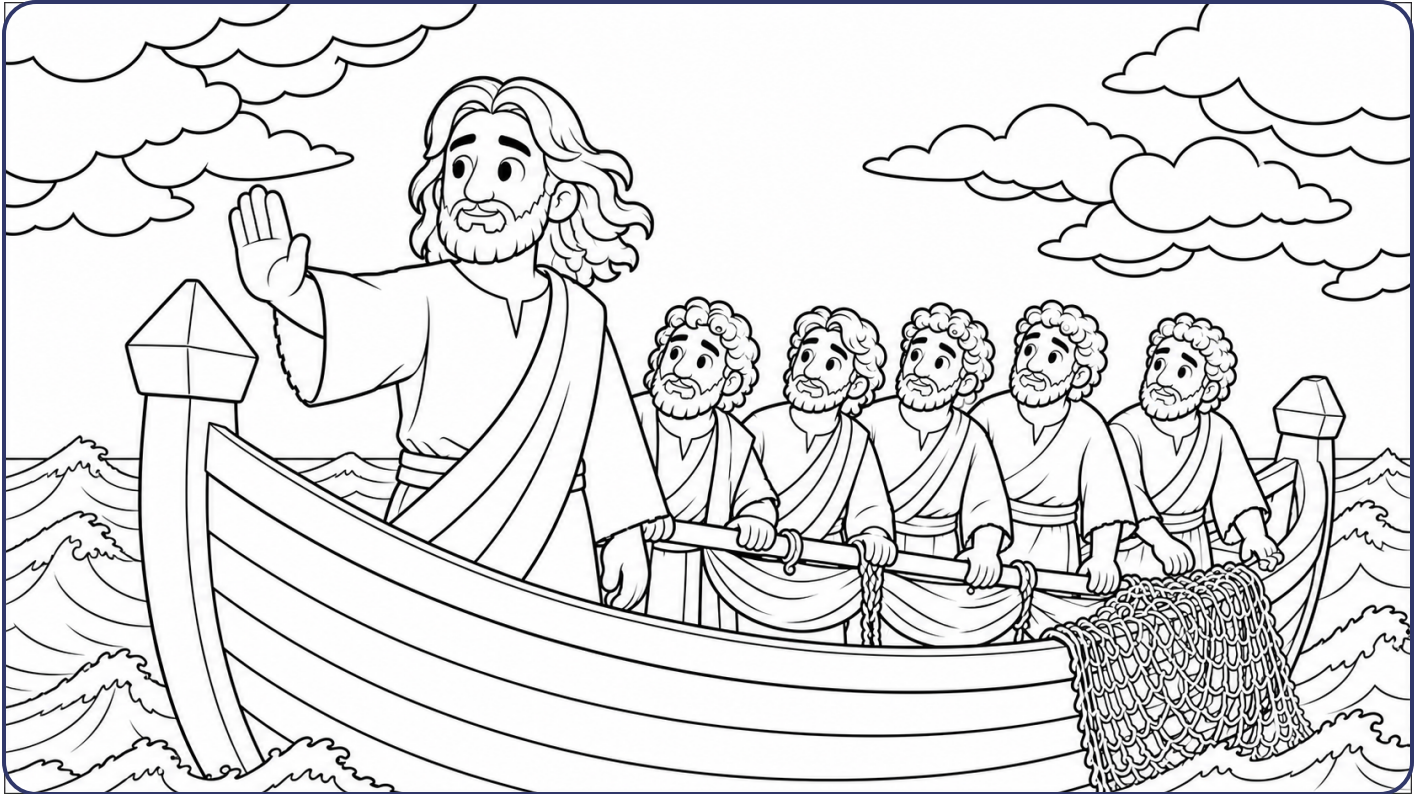


AFTER YOU COLOUR

Circle one wise thing the disciples did when they were afraid.

Jesus says, Be still

Color Jesus, the boat, and the storm as He speaks with calm authority.

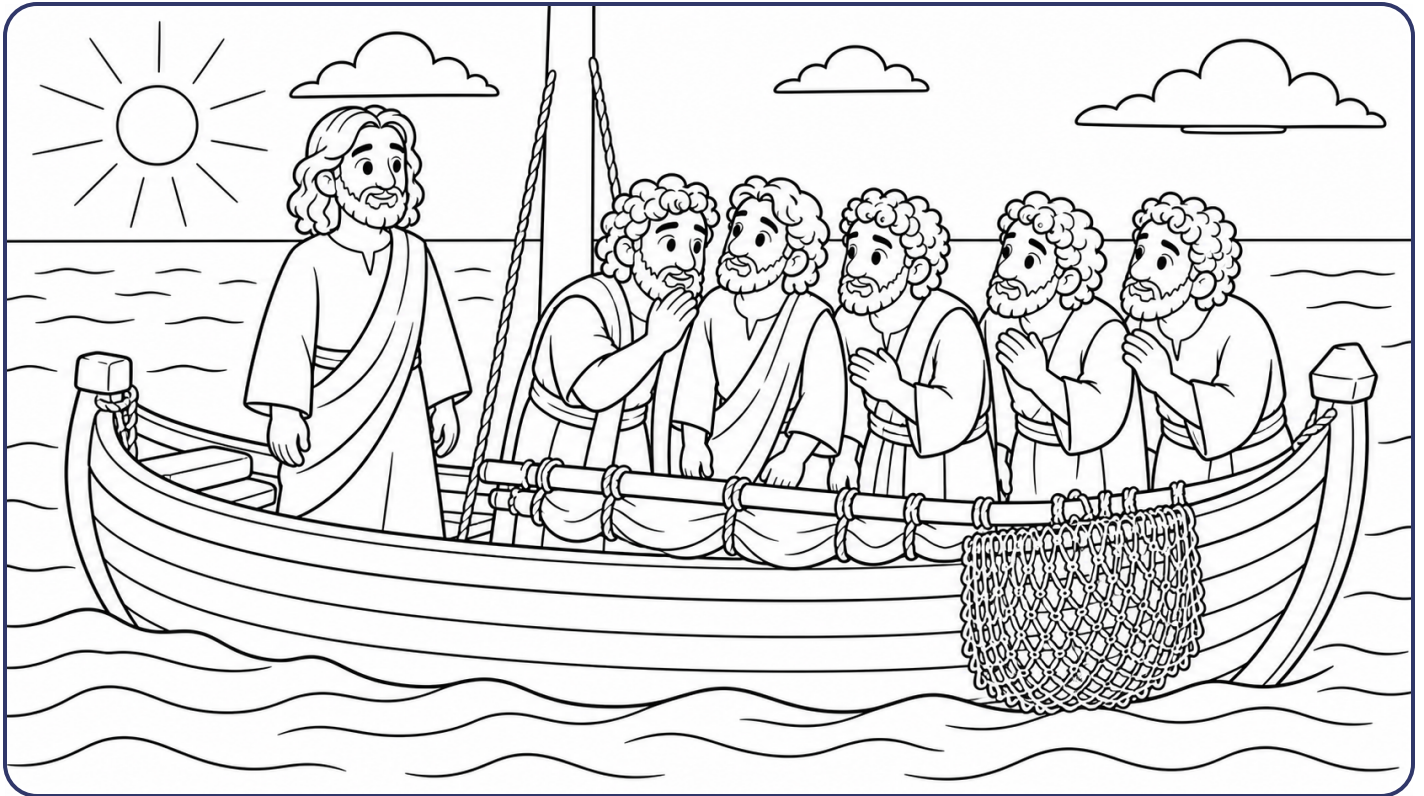


AFTER YOU COLOUR

Draw one brave next step you can take when you feel worried.

The sea becomes calm

Color Jesus, His amazed friends, and the peaceful water.

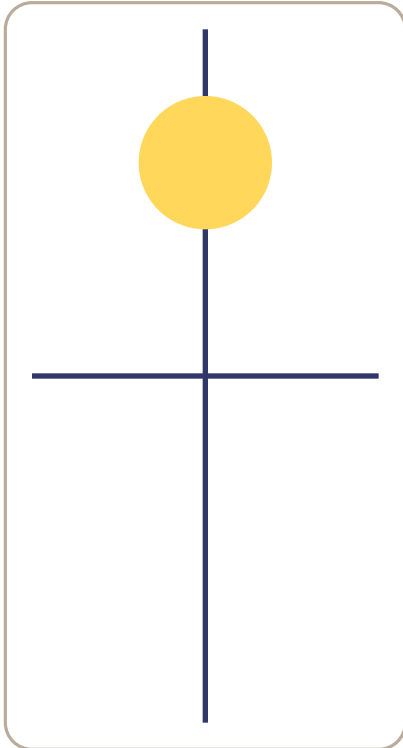


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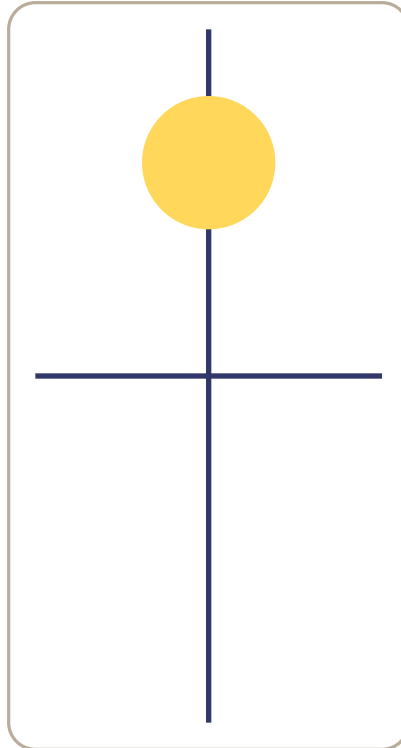
Write one word that describes how the disciples may have felt.

One boat, two oars, three waves

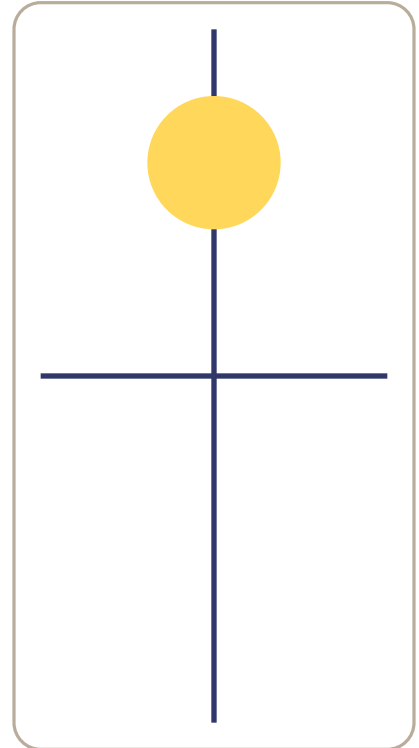
Write 1, 2, and 3 in the portholes. Draw one calm or brave choice in each space.



1



2



3

The disciples worked together and called to Jesus. Who can help you when something feels frightening?

STORY ORDER

What happened first?

Write the numbers 1 to 5 in the boxes to put the story in order.

☐

Jesus told the wind and waves to be still.

☐

Jesus taught beside the Sea of Galilee.

☐

The disciples marveled at the peaceful sea.

☐

A fierce storm frightened the disciples.

☐

Jesus and the disciples sailed across the lake.

THINK ABOUT IT

What did the disciples do when the storm became frightening?

MEMORY VERSE

Even the wind and the sea obey Him

Mark 4:41

TRACE THE WORDS

THE WIND AND THE SEA OBEY HIM

.....

THE WIND AND THE SEA OBEY HIM

.....

THE WIND AND THE SEA OBEY HIM

.....

Say it four ways

1

normally

2

whisper

3

wave motions

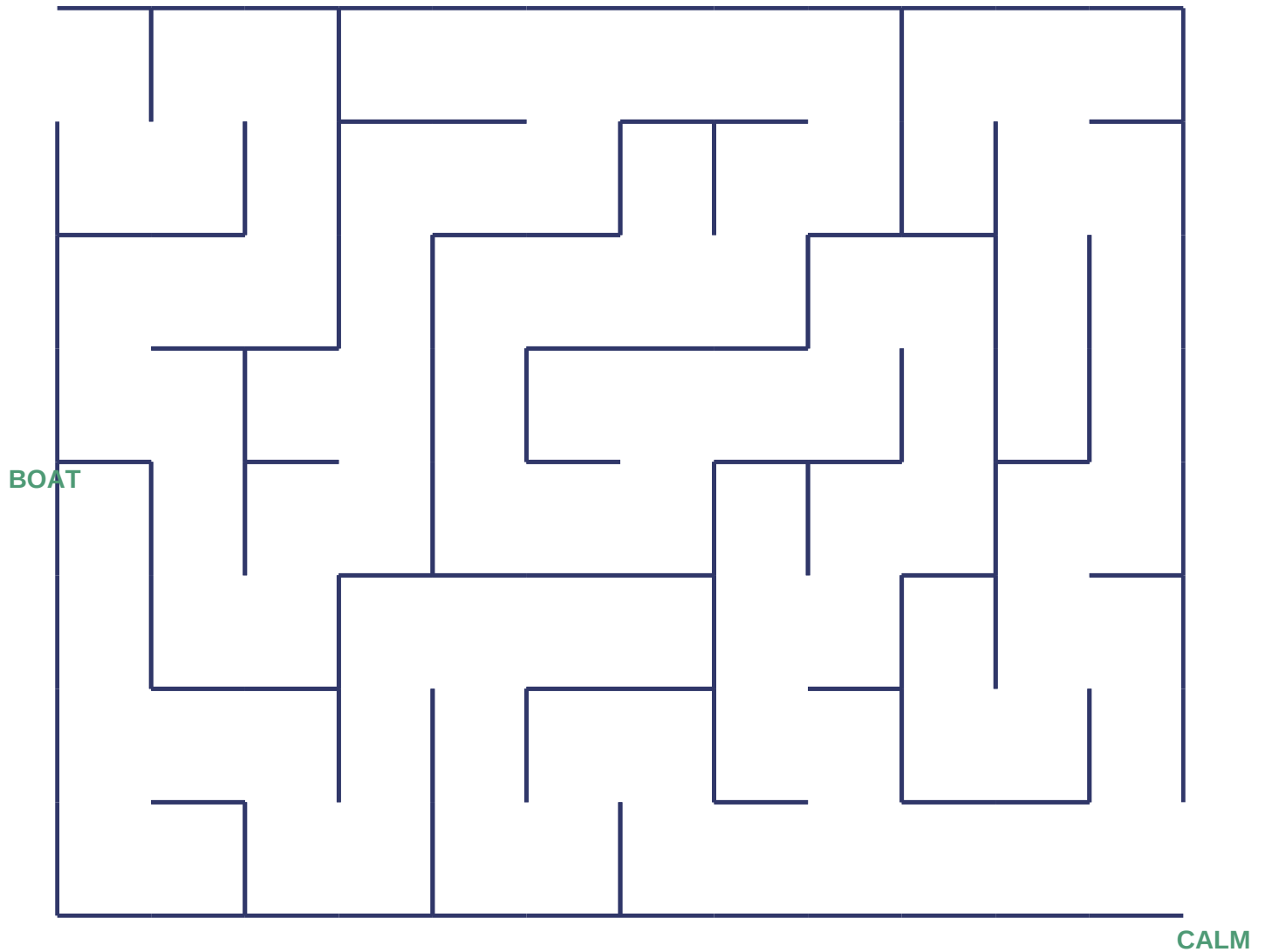
4

hands still

MAZE

Guide the boat to calm water

Find a safe path through the waves from the left side to the peaceful sea.



The disciples were not alone in the storm. Who is one trusted person you can ask for help?

Make a Calm-in-the-Storm Boat

Ask an adult to help with scissors. Move the boat from stormy waves to calm water as you retell the story.

SUPPLIES

Cardstock or a paper plate, blue paper strips, crayons, glue, one craft stick, and child-safe scissors.

1

Color a small boat and glue it to the top of a craft stick.

2

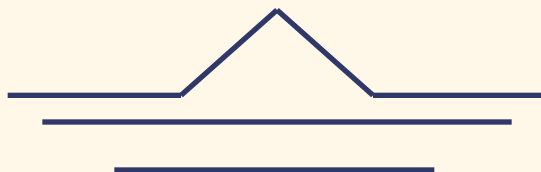
Cut two blue paper strips with gentle wave shapes. Keep the waves wide and easy to hold.

3

Glue only the side edges of the wave strips so the boat can slide behind them.

4

Retell the storm, slide the boat to calm water, and say: Jesus is near. I can take the next brave step.

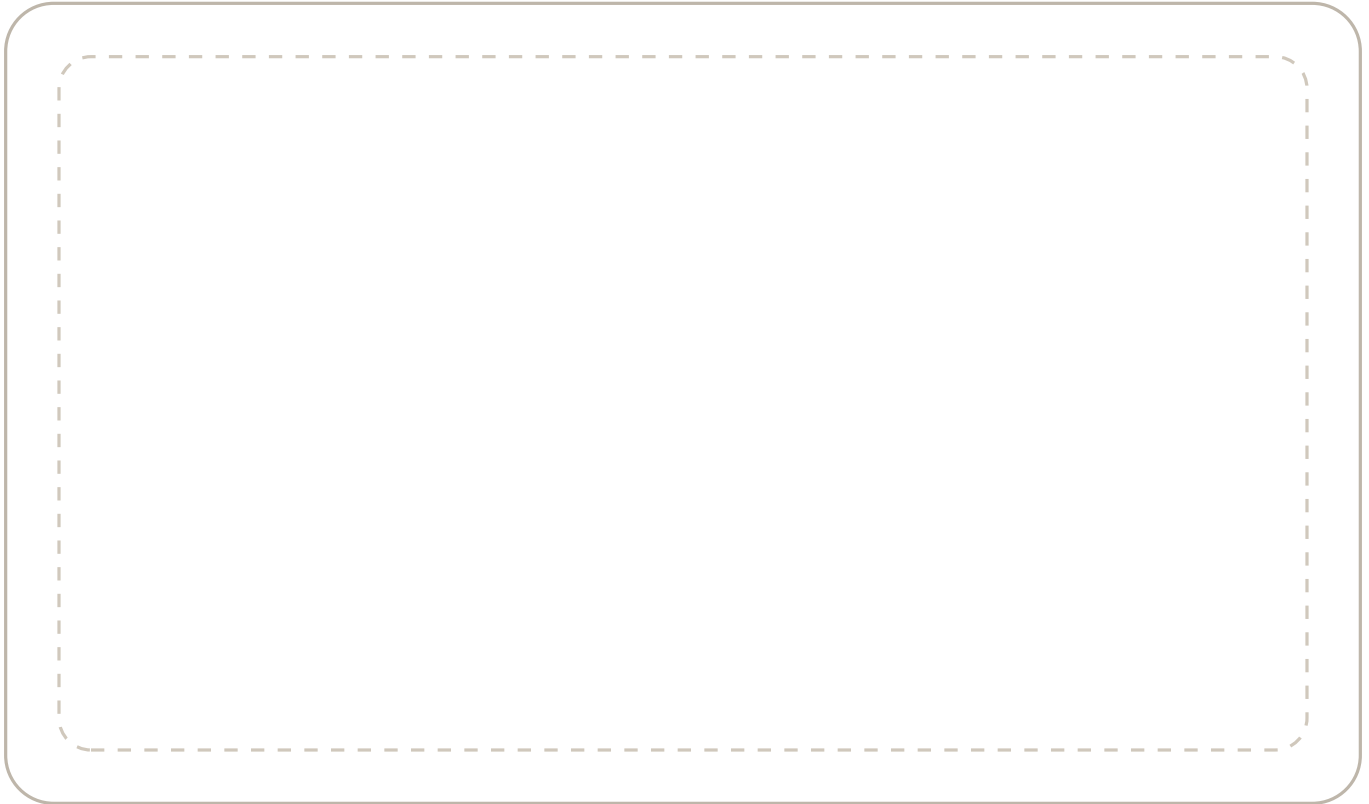


DRAW AND COLOR YOUR BOAT HERE

DRAW AND PRAY

A worry I can bring to God

Draw or write about something that feels frightening. You may keep it private.

A large rectangular box with a dashed inner border, intended for drawing or writing. The box is empty and occupies the central portion of the page.

THINK AND TALK

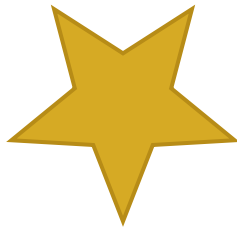
- What did the disciples do when they were afraid?
- What changed after Jesus spoke?
- What is one wise next step you can take?

BERNSTONE STORIES

Brave Steps Certificate

This certificate celebrates

for learning to pray, ask for help, and trust Jesus.



EVEN THE WIND AND THE SEA OBEY HIM

Mark 4:41

TEACHER OR PARENT

DATE

Jesus teaches by the sea

Color Jesus, the disciples, the boat, and the listening crowd.



AFTER YOU COLOUR

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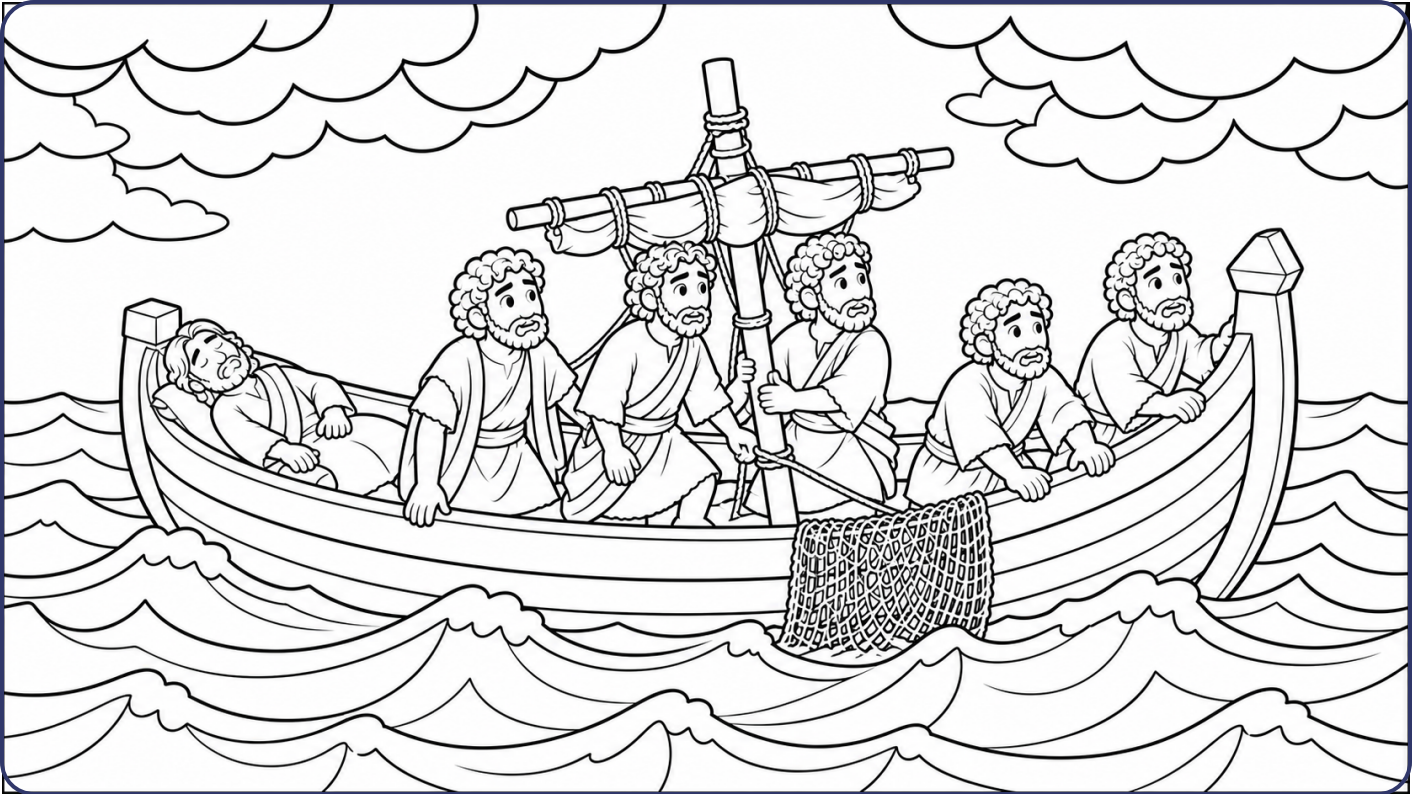


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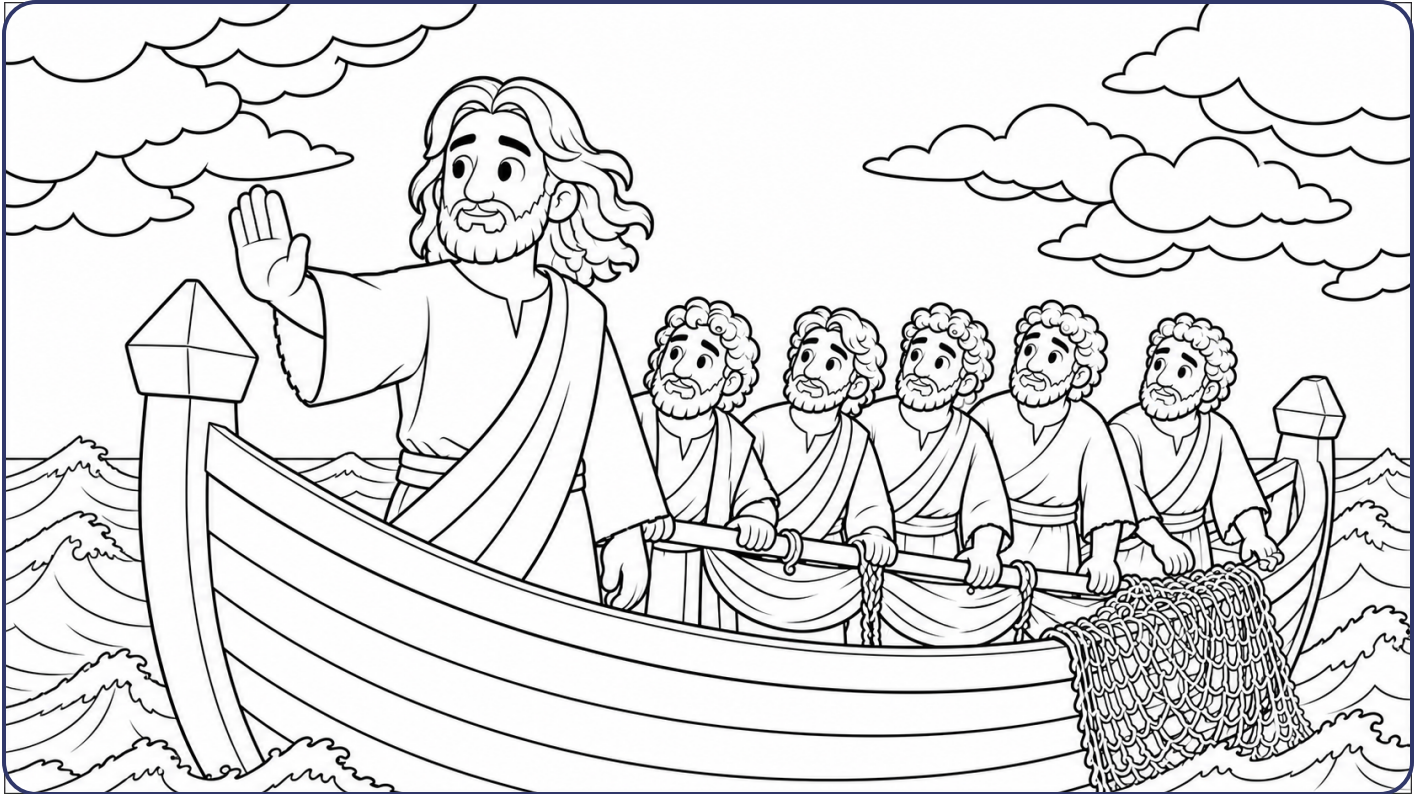


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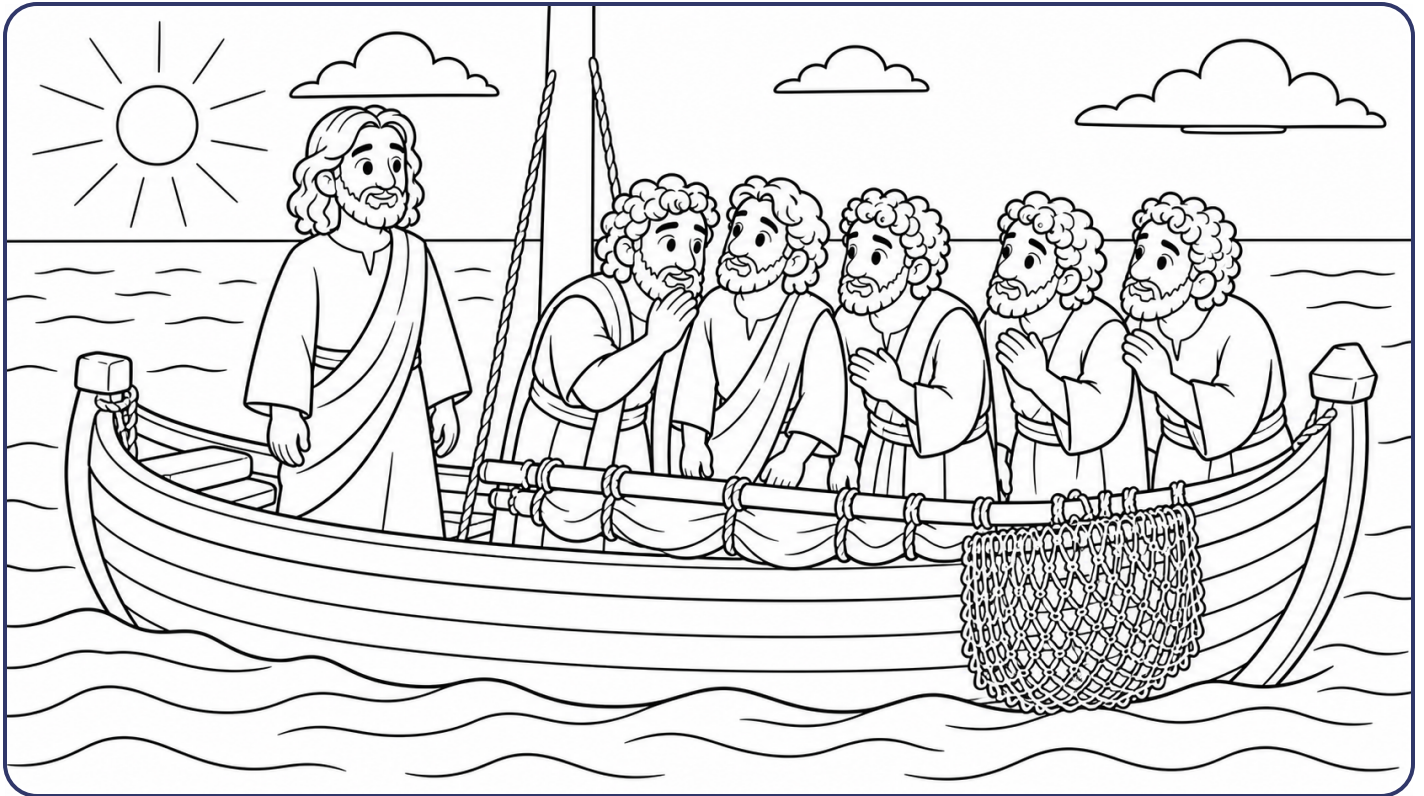


AFTER YOU COLOUR

Draw one brave next step you can take when you feel worried.

The sea becomes calm

Color Jesus, His amazed friends, and the peaceful water.



AFTER YOU COLOUR

Write one word that describes how the disciples may have felt.

Five days of brave steps

Open one prompt each day. Talk for a minute, pray together, and choose one wise next step.

☐

1 - NOTICE

Name one feeling you have today.

☐

2 - TELL

Tell Jesus about one worry.

☐

3 - BREATHE

Take three slow, peaceful breaths together.

☐

4 - STEP

Choose one brave and wise next step.

☐

5 - TRUST

Say together: Jesus is near, and we are not alone.

FAMILY PRAYER

Jesus, thank You for being near. Help us tell You our fears, ask trusted people for help, take the next brave step, and trust Your loving care. Amen.