

# Jesus Calms Fearful Sinners

## MAIN IDEAS

- **Jesus understands our weaknesses and has compassion on us.**
- **Every situation is under Jesus' control, because He is God.**
- **Jesus wants sinners to trust Him.**

## MEMORY VERSE

[Jesus said,] *“Let not your hearts be troubled. Believe in God; believe also in me.”—John 14:1*

## SCRIPTURE

- 1) Luke 8:22-25
- 2) Matthew 14:22-33
- 3) (Romans 6:23)
- 4) (John 14:1)



## TEACHER INTRODUCTION

Children have many fears. This is usually due, in part, to children rightly perceiving their inability to ultimately control the events around them. Jesus came to demonstrate His almighty, sovereign rule of the universe. He has every situation completely under His control. He is completely trustworthy, and His children can have full confidence in Him, even throughout the turbulent storms of life.

*As you prepare for this lesson, pray for that you would see Jesus in the fullness of His sovereign power and place your complete confidence in Him. Pray that you would cast any anxieties you may have on Him because He cares for you. Pray that those in your classroom would have hearts that fully trust Jesus and His rule over all circumstances.*

## CURRICULUM RESOURCES

- **Wind (23A)**
- **Waves (23B, save for future lessons)**
- **Afraid (23C)**
- **Jesus Calms Storm (23D)**
- Jesus, All-Powerful God (23E-23F, glued to front and back of construction paper)
- **Jesus Walks on Water (23G)**
- **Disciples Afraid (23H)**
- Growing in Faith Together for Lesson 23 (one per child)

## OTHER SUPPLIES

- Bible
- Large, fully-inflated balloon
- Small pin
- Props for the story—e.g. blanket, pillow, etc.
- For Application (for each child):
  - › Markers or crayons

## MATERIALS FOR OPTIONAL ACTIVITIES

### 1. Calm the Storm Game

- › Afraid visual (23C, Curriculum Resources)
- › All-Powerful God visual (23F, Curriculum Resources)

### 2. Memory Verse

- You will need the following supplies for each child:
- › John 14:1 Handout (OA-23, Curriculum Resources)
  - › Markers or crayons
  - › Gold or silver glitter glue, or glow-in-the-dark glue
  - › Regular glue
  - › Construction paper

Large Group Lesson

Illustration.....

INFLATED BALLOON

(Display the **inflated balloon**. As you are commenting on how pretty it is, carefully, without the children seeing what you are about to do, use the pin to pop the balloon.)

*Did that surprise you? Did the loud noise make you jump in your seat? Did the sudden noise scare you for a second? Do you think that loud, sudden noises only scare children? No, even grown-ups can be scared of loud, sudden noises, especially if they don't know what is causing the noise. I wasn't scared because I was the one who made it pop and I knew there would be a loud noise.*

**?** *Both children and adults experience things that make them feel afraid. What kinds of things seem scary to you? [After a few responses] Many things that we are afraid of are beyond our control. For example, if we are afraid of the dark, we are not able to make the sun shine during the night.*



(Demonstrate using the **Wind** and **Waves** visuals.)

**?** *Have you ever been afraid during a big storm? Were there big, loud noises? Were there bright flashes of light in the sky? Did the wind blow so hard that the trees looked like they would break? Could you make the storm stop? Could your mom or dad make the storm stop? Of course not! Your parents might feel afraid, too.*

**?** *Do you think it's a good thing to be afraid of things like storms or loud noises? Do you think it's a good thing to be afraid of the dark? Do you think that Jesus wants you to be afraid of those kinds of things? Where will we find the answer to that question? Yes, in the Bible!*

Story.....

Jesus Calms the Storm (Luke 8:22-25)



PROPS, SUCH AS BLANKET AND PILLOW

(Use the **Wind**, **Waves**, **Afraid**, and **Jesus Calms Storm** visuals and the **Jesus/All-Powerful God** sign as you tell the story. Using **various props such as a blanket and pillow** will make the story more realistic and interesting. Because there are two separate stories in this lesson, keep each one brief and concise, emphasizing the following points.)

- Jesus was on the boat with His friends.
- Jesus was fully human. His body was tired and needed sleep.
- When the strong **Winds** and big **Waves** came, the disciples were **Afraid**.

*They knew that their boat could sink, and they could even die! No wonder they felt afraid. Jesus' disciples woke up Jesus.*

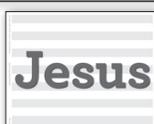
- Jesus is fully God. He knows everything.
- He was not surprised by what was happening. Jesus was not afraid!
- Nothing is too hard for Jesus to do. Jesus stopped the strong winds and big waves.



(Display **Jesus Calms Storm**.)

- Jesus asked His friends, “Where is your faith?” What did Jesus mean?

(Display the **Jesus** side of the **Jesus/All-Powerful God** sign.)



*Jesus was asking His friends, “Who am I? I am God. Did God create everything? Did I make the big waves and strong winds? Yes. They might seem very strong, but I am stronger!”*



(Turn over the **Jesus** sign to reveal the **All-Powerful God** sign.)

- Jesus is the Son of God, and He is fully God.
- Jesus is in control of everything. He decides and controls what will happen.
- He wants His friends to trust Him. He wants them to know they can depend on Him to take care of them.
- He doesn't want His friends to be afraid.

**Story** .....

Jesus Walks on the Water (Matthew 14:22-33)



(Tell this story as a continuation of the previous story. Although they are not connected sequentially, they are related in their common themes. Keep the story brief and to the main points, using the **Wind, Waves, Jesus Walks on Water, All-Powerful God, and Disciples Afraid**, visuals when appropriate.)



*Another time, Jesus told His disciples to go without Him in a boat out on the lake. While the disciples were in the boat, strong **Winds** and big **Waves** came again. During the night, Jesus came out to the boat...**walking on the water!** How can He do that?*

- Jesus is the **All-Powerful God**. Nothing is too hard for Him.

*Jesus' friends were **Afraid**. They thought they were seeing a ghost. Jesus told them, “It's me, Jesus. Don't be afraid.”*

- Jesus called for Peter to come to Him across the water.
- Peter believed that Jesus could do anything.

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- Jesus is the **All-Powerful God**. Jesus could make Peter be able to walk on the water.
- Peter wasn't afraid when he looked at and trusted in Jesus. But then Peter looked at the big **Waves** instead of at the **All-Powerful God**. Peter was **Afraid** again.
- We become **Afraid** when we start to think about our circumstances and our own abilities instead of trusting Jesus.
- Jesus wants His friends to trust Him.



(Review main ideas.)

*Jesus is God. He is in control of everything: strong winds, big waves, lightning storms, big thunder booms, and nighttime. Those things may seem scary to us. Jesus wants His friends to know that He is a lot stronger than all of those things. Jesus came to save sinners so that we would trust in Him and not be afraid.*

## Small Group Application

Choose one or more of these application ideas, as time allows.

### Workbook

Have the children turn to Lesson 23 in the workbook and begin to color the picture of the storm. Ask the children if they have ever experienced a bad storm.

*What did it feel like? Even though Jesus' friends were grown-ups and were used to being in a boat, they were very afraid of the storm.*

### Jesus Calms Our Greatest Fears

*Who did Jesus come to save? Sinners. All sinners have hearts that are afraid. What should sinners be the most afraid of?*

Read Romans 6:23a.

*How has God promised to punish sin? God has promised that He will punish sinners with death—death to their bodies, and punishment forever in hell. Is that scary? Yes—that is the scariest thing of all. What did Jesus come to do? Save sinners from their sin. Jesus came to save sinners so that we would trust in Him and not be afraid anymore.*

Read and discuss **Romans 6:23b—...the free gift of God is eternal life in Christ Jesus our Lord.**

### Memory Verse

Read the memory verse for today from **John 14:1—[Jesus said,] Let not your hearts be troubled. Believe in God; believe also in me.**

*Jesus wants us to know that He is God. He is in control of everything that happens. We can depend on Him. He knows the right thing to do in every situation. We do not need to be afraid that something will happen to us that Jesus didn't plan.*

Lead the children in a responsive chorus by doing the following: have them look at their storm picture. Say to them: "Big waves, strong winds, loud crashing thunder, bright lightning, sinking boat. Jesus says..." Response: "Let not your hearts be troubled. Believe in God; believe also in me!" Repeat several times by substituting other scary experiences in the first portion.

### **Praying About Our Fears**

*It is only by believing and trusting in Jesus that we can defeat fear. If we try to depend on other things or other people, we will be afraid because they are not strong like Jesus is. What are you afraid of? What scares you? Who is bigger than these things? Who is stronger than these things? Who is in charge of these things? Jesus is. Who can help you not be afraid anymore? How can Jesus help you not be afraid anymore?*

Have a time of prayer with the children, submitting these fears to Jesus.

### **Looking to Jesus**

*When you are afraid this week, what should you do? Who should you look to for help? What can you do this week to remind yourself to trust in Jesus when you are afraid? [Pray to Jesus, say the memory verse, remember that Jesus is in charge, etc.]*

Pray together that Jesus will help you trust Him and look to Him whenever you feel afraid. Review other verses that point us to trust in God when we are tempted to fear. For example: Psalm 56:3-4; Proverbs 18:10; Romans 8:38-39; John 10:27-28.

## **Optional Activities**

If time allows, choose one of the following optional activities:

### **1. Calm the Storm Game**

Separate the children into three groups and assign each group to make actions and sounds that designate the following: strong wind, thunder, crashing waves. Use the **Afraid** visual to signal the children to begin doing their sound effects and actions. Use the **All-Powerful God** visual to signal them to stop their actions and become completely silent. Alternate the signs at various time intervals. To help the children memorize today's verse, recite the verse together each time the All-Powerful God signal has been given.

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### *2. Memory Verse*

Let the children color the words on the **John 14:1 Handout**. Glue the handout to the piece of construction paper. Help the children use glitter or glow-in-the-dark glue to decorate the lightning bolts. Encourage them to hang the verse in their room to remind them to trust in the All-Powerful God—and in the All-Powerful Son of God, Jesus—when they are afraid.

## Send Home

- Growing in Faith Together for Lesson 23 (one per child)