



July's B.i.G. Idea

We believe that we can live and act with love and courage because God is always with us.

July's Bible Verse

The LORD will keep your going out and your coming in from this time on and forevermore. Psalm 121:8

July's B.i.G. Theme

Come, Live the Adventure

Lesson 7 ★ Jesus Calms the Storm

Today's Bible Story

Matthew 8:23-27; Mark 4:35-41

Objectives

- ★ Children will connect with the biblical story of Jesus calming the storm.
- ★ Children will recognize that we can depend on God during times when we are afraid.

Storms are a common fear among children. Storms are noisy and unpredictable. We have no choice but to seek shelter and wait for the calm to come. It is not surprising that the disciples were afraid when the storm arose upon the Sea of Galilee. The story of Jesus calming the storm is found in three of the four Gospels: Matthew 8:23-27; Mark 4:35-41; and Luke 8:22-25. There are slight variations in the story, but the basic storyline remains very similar.

After a day of teaching along the Sea of Galilee, Jesus and his disciples decide to cross the sea and continue on the other side. The Sea of Galilee was small, much more like a large lake, but deeper and surrounded by mountains. Storms can rise suddenly and produce large waves. Jesus wasn't being irresponsible, knowingly sailing into a storm when they got into the boats and set across the water. The storm probably just suddenly developed once they were out on the water. Their boat would have likely been a large fishing boat with both oars and sails. It had to be large enough to seat all twelve disciples and Jesus, who had room to sleep in the back.

Jesus had been teaching in parables all day to the crowd and told the disciples to follow him and go toward the other side of the lake, the Gentile side. As the boat left the shore, gently rocking in the water, Jesus curled up on a pillow at the back of the boat and lapsed into a well-earned nap. While he was sleeping, the storm developed and the disciples became afraid. They awoke Jesus to save them.

Today's story is about identity and faith. If the disciples were afraid their boat would sink with the Son of God on board, they were certainly unclear as to Jesus' identity. As you prepare today's lesson for your class, take some time to reflect on times when you have been afraid. Help the children identify with the disciples in the story. Help the children know that even in our deepest fear, God is present. Just as Jesus calmed the storm on the Sea of Galilee, he can calm the storms in our lives as well, whether these storms contain thunder and lightning or are simply the tempests of daily life.

Invite them in . . . (15 minutes)

Acrostic Poem	✓	
Smooth Sailing	✓	
Happy/Sad Puppets		✓
Fears I Might Have	✓	

. . . Into the Bible (30 minutes)

Be Still		✓
Draw Yourself in the Boat	✓	
Bailout		✓
Unsinkable Boat		✓

. . . Into Life (15 minutes)

Windsock		
The B.I.G. Sound	✓	
Fears in a Box		✓



TimeSaver
Activities that require little or no planning and only basic supplies.



EcoFriendly
Activities that encourage responsible earth stewardship by providing options to use recycled or repurposed materials.

DVD Summary: The B.i.G. Picture

Children and leaders alike will love The B.I.G. Picture. Your children will see and hear the story of Jesus calming the storm. The biblical images then fade to contemporary images, and the segment addresses the issue of holding onto your faith when life is challenging. This B.I.G. Picture will help your children realize that they can turn to Jesus when they need help, just as the frightened disciples turned to Jesus when the storm was raging.



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Choose one or more activities to introduce your children to the Bible story.

Acrostic Poem



Supplies: Leader—page 94, pencils, thesaurus, markerboard and erasable marker or large sheet of paper and marker

Prepare

- ★ Photocopy “Acrostic Poem” (Leader—page 94) for each child.

Do ★ **Say:** An acrostic is a poem in which the first letters of each line or word spell another word.

- ★ Pass out a copy of “Acrostic Poem” (Leader—page 94) to each child.
- ★ Invite the children to look at the letters listed on their paper.
- ★ **Say:** Let’s list some words that begin with these letters. Some of the words should remind us of storms and our story about Jesus calming the storm.
- ★ The children may then use the words to create an acrostic poem.
- ★ Each word or line should begin with the letter provided.
- ★ The poems do not need to rhyme.
- ★ Once the poems are complete, provide some time for the children to share their poems with one another.

Live B.i.G. We can worship God with words.

Smooth Sailing



Supplies: Leader—page 95, crayons (red, yellow, blue)

Prepare

- ★ Photocopy “Smooth Sailing” (Leader—page 95) for each child.

Do ★ Provide each child a copy of “Smooth Sailing” (Leader—page 95).

- ★ **Say:** In today’s Bible story, we’re going to hear about an adventure that the disciples and Jesus had while on a boat. Use the code to color this picture to find something in today’s Bible story.
- ★ Give each child a red, a yellow, and a blue crayon.
- ★ Encourage the children to complete the picture.

Live B.i.G. Today’s story is about the disciples and an adventure they had with Jesus on a boat.

Invite them in . . .

Happy/Sad Puppets



Supplies: paper lunch bags, paper towel tubes, crayons, newspaper, masking tape, table

- Do**
- ★ Provide each child a paper lunch bag, a paper towel tube, and crayons.
 - ★ **Say:** Today's story is about an adventure that the disciples had with Jesus. Adventures can be very exciting things, but they can sometimes also be scary. Let's make a happy/sad puppet and think about our emotions in some different circumstances.
 - ★ Have the children lay the lunch bag flat on the table and color a happy face on the flat side of the bag.
 - ★ Have the children turn the bag over and lift the bottom flap to draw a sad face on this side of the bag.
 - ★ Help the children open the bag and stuff it with newspaper.
 - ★ Have them insert the paper tube into the bag and gather the bottom closed around the tube. Tape the bottom tightly.
 - ★ **Say:** Hold your puppet up with the face toward me that best describes how you might feel in these situations:
 - You are playing outside on a warm sunny day.
 - Your mother cooks fried chicken for supper.
 - It is raining and you have to play inside.
 - You cannot go to your grandmother's house because she is sick.
 - You told a lie to your father and he finds out and punishes you.
 - It is your birthday and your favorite aunt is coming.
 - It is storming late at night and the wind is very loud.

Live B.i.G. People experience different feelings. God made us all unique, and God loves each of us the way God made us.

Fears I Might Have



Supplies: small pieces of paper, pencils, basket

- Do**
- ★ **Say:** Everyone gets afraid of something sometime. But all of our fears are often different. Usually, circumstances in which we find ourselves are what make us afraid. Fears are very serious things that cause us to be uncomfortable. But we believe that God is with us, even when we're afraid, and we can trust God to comfort us when we are afraid. In our Bible story today, the disciples are afraid because of their circumstances, but Jesus is there to calm their fears. Let's play a game to help us think about what calms us when we are afraid.
 - ★ On a small piece of paper, have each child write something calming that he or she could do when he or she is afraid.
 - ★ Put all the pieces of paper in a basket.
 - ★ Let the children take turns drawing a piece of paper and acting out the action that can be taken when you are scared. Have the other children guess the action.
 - ★ **Say:** You all did a great job thinking of and acting out ways to be calm when we are afraid. Believing in God won't make all our fears go away, but turning to God when we are afraid gives us another place of comfort to seek when we are afraid.

Live B.i.G. God comforts us when we are afraid.

LIVE BIG

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Choose one or more activities to immerse your children in the Bible story.

Be Still



Supplies: Leader—page 92, cookie sheets, pots and pans, two flashlights, two spray bottles filled with water

- Do**
- ★ Give each child, but four, a pot/pan or a cookie sheet. Have those with cookie sheets shake them to make a thunder noise. Have those with pots/pans beat on them with their hands to make other thunder noise.
 - ★ Have two children use spray bottles to spray water on the class.
 - ★ Have two children quickly switch flashlights on and off to emulate lightning.
 - ★ Read the story, “Be Still” (**Leader—page 92**). Have the children add the sound and light effects at appropriate moments. Remind them to be silent when Jesus calms the storm.

Live B.i.G. We can hear God in the still, quiet times. We remember God is always with us, even in the noisy times.

Draw Yourself in the Boat



Supplies: Leader—page 93, DVD, DVD player, television, pencils, crayons

Prepare

- ★ Photocopy “In the Boat With Jesus” (**Leader—page 93**) for each child.
- ★ Preview The B.i.G. Picture (**DVD**).

- Do**
- ★ Pass out copies of “In the Boat With Jesus” (**Leader—page 93**) and crayons and pencils.
 - ★ **Say:** Today we’re going to hear about an adventure the disciples had with Jesus.
 - ★ Show The B.i.G. Picture (**DVD**).
 - ★ **Say:** Let’s imagine what it was like in the boat with the disciples. How do you think you would feel in that storm? (*scared, seasick, mad*) Draw yourself into the artist’s picture (at the front of the boat). How would your face look? Where would your arms be? Would you be holding on to something? Would you be hiding?
 - ★ Encourage the children to draw themselves in the boat with the disciples.
 - ★ Encourage the children who wish to share their pictures.

Live B.i.G. We can connect personally to the Bible story by placing ourselves in the story.

Bailout



Supplies: box large enough to hold three to four children, old newspaper

- Do**
- ★ Have the children separate newspaper pages and wad into loose balls.
 - ★ Select three or four children to be disciples. The remaining children will be the storm.
 - ★ **Say:** During the storm, the boat carrying Jesus and the disciples rocked back and forth in the waves. The wind blew hard, and the rain and waves could have been coming into the boat. Let's play a game to help us understand how they may have felt.
 - ★ Place a dozen wadded paper balls in the boat (box). The remaining paper balls are placed on the floor outside the boat. The "storm" (remaining children) have the rest of the paper balls and stand around the boat.
 - ★ **Say:** When I say "Go," the storm will make wind and rain sounds. Those outside the boat representing the storm will throw paper balls into the boat as fast as they can, being careful not to hit anyone in the boat. The disciples inside the boat will bail the paper balls out of the boat as fast as they can. Let's see what happens!
 - ★ Play the game for two minutes. Then rotate and let some who were the storm before be the disciples. Continue to play rounds until everyone has had a chance to be both the storm and the disciples.

Live B.i.G. Playing a game helps us enter the Bible story in a fun, exciting way.

Unsinkable Boat



Supplies: dishpan(s), water, paper towels, cork bottle stoppers, card stock, scissors, single-sided razor blade or craft knife (for adult use only)

Prepare

- ★ Cut a slit in each cork from the top to the center, about halfway into the cork.
- ★ Cut the card stock into one-inch squares, then cut each square in half diagonally to make triangles.

- Do**
- ★ Give each child a cut cork and a paper triangle.
 - ★ Have the children insert the triangle into the slot in the cork, creating a sail (paper triangle) on the boat (cork).
 - ★ Have two to three children work at a dishpan with water.
 - ★ Invite the children to sail their boats in the water and see if they can sink the boats.
 - ★ **Say:** The disciples did not know it but they, too, were in an unsinkable boat. Their boat was not made out of cork, but their boat carried Jesus, who had power over the wind and the waves.

Live B.i.G. The disciples were unsinkable because Jesus was with them. They only needed to have faith.



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Choose one or more activities to immerse your children in the Bible story.

Windsock



Supplies: markers, paint and brushes, crayons, construction paper (at least 12-by-18 in size), glue or tape, crepe paper streamers, yarn, paper punch, yardstick, table, stapler & staples, scissors

Prepare

- ★ Cut construction paper into 6-by-18 strips.

Do

- ★ Provide each child with a strip of construction paper. Have them lay it on the table in front of them so it appears short and wide.
- ★ **Say:** Windsocks help people measure the direction and strength of the wind. Wind changes can suggest an approaching storm. The storm on the Sea of Galilee came up suddenly and caught everyone by surprise. Let's make a windsock today so we will know when the wind changes.
- ★ Have the children measure and cut nine streamers that are 26 inches long.
- ★ Have the children tape or glue the streamers to the construction paper along the 18-inch side. Have them turn the project over so the streamers are glued to the back.
- ★ Have the children use markers, paint, and/or crayons to decorate the construction paper. Let dry.
- ★ Wrap the construction paper in a cylinder, meeting the two 6-inch sides.
- ★ Help each child measure a 30-inch piece of yarn. Have the child tie a knot in each end.
- ★ Help each child staple one end of the yarn, just above the knot to the top of the windsock. Help him or her staple the other end of the yarn directly across from where he or she stapled the first.
- ★ **Say:** Our windsocks may help us know when the winds change so that we can be prepared. Jesus will help us and protect us when we need help.

Live B.i.G. If we are aware of what is happening around us, we can ask for God's help when needed.

The B.i.G. Sound



Supplies: DVD, DVD player, television

Prepare

- ★ Preview The B.I.G. Sound (**DVD**).

- Do** ★ Invite the children to say this month's Bible verse together: "*The LORD will keep your going out and your coming in from this time on and forevermore*" (Psalm 121:8).
- ★ Play The B.I.G. Sound (**DVD**). Encourage the children to sing and dance along with the cast.

Live B.i.G. Following Jesus can be a BIG adventure!

Fears in a Box



Supplies: shoebox or other box about similar size (with lid), paper, colored pencils, crayons, tape, candle, butane stick lighter, worship table

Prepare

- ★ Cover the box with plain paper and write "Jesus" on each side of the box. Place the box and candle on the worship table in the classroom.

- Do** ★ Provide each child with a piece of paper.
- ★ **Say:** Everyone is afraid of something, but we are not all afraid of the same things. Think about some things of which you are afraid. Write or draw one thing you are afraid of on this paper.
 - ★ Have the children write or draw about something of which they are afraid.
 - ★ **Say:** Fold your paper and bring it with you to the worship area. We will light a candle to tell us it is time to worship.
 - ★ Gather the children in the worship area. Light a candle as a symbol for beginning worship.
 - ★ Allow the children to choose a song to sing to begin worship. This may be The B.I.G. Sound or a hymn or song from choir.
 - ★ Sing the song together.
 - ★ Invite the children to come and place the paper with their fear on it into the box.
 - ★ Close the lid and tape it shut.
 - ★ Place the box on the worship table.
 - ★ **Pray:** Dear Jesus, we give our fears to you. Comfort us when we are afraid and help us know that you are near. Amen.

Live B.i.G. We can give our fears to Jesus.

Be Still

(Based on Matthew 8:23-27; Mark 4:35-41.)

One evening Jesus and the disciples decided to cross the sea in a boat. Jesus was very tired, so he lay down to take a nap while the boat sailed across to the other side.

Suddenly, a great storm blew up. (thunder, lightning)

The wind blew, and the waves grew and splashed over the side of the boat. (thunder, lightning, rain)

The disciples were afraid the boat would sink, so they woke Jesus and cried, "Don't you care that the boat is sinking?! Save us!" (thunder, lightning, rain)

Jesus answered, "Why are you so afraid? What happened to your faith?" (thunder, lightning)

Jesus raised his arms and commanded the storm to be still. The winds stopped and the waves grew calm. (all calm)

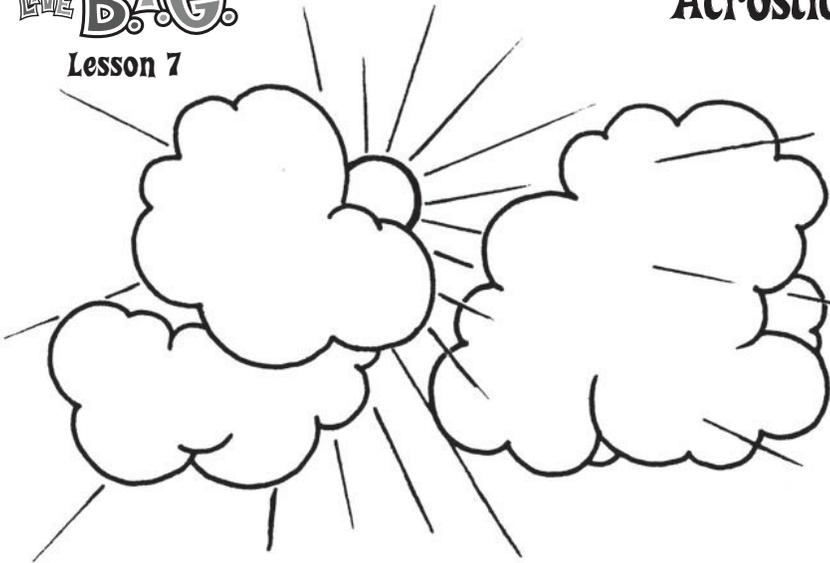
The disciples were amazed by this. They looked at one another and asked, "Who is this man who could command the wind and waves, and they would obey him?"



In the Boat With Jesus



Acrostic Poem



C
A
L
M

Four horizontal wavy lines for writing the first four lines of the acrostic poem.

T
H
E

Three horizontal wavy lines for writing the next three lines of the acrostic poem.

S
T
O
R
M

Five horizontal wavy lines for writing the final five lines of the acrostic poem.

Smooth Sailing

Color the B spaces blue. Color the R spaces red. Color the Y spaces yellow.

