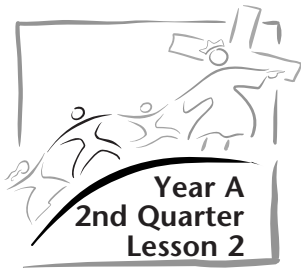


LESSON



A Big Storm

SERVICE Service is helping others.

References

Luke 8:22–25; Mark 4:35–41; *The Desire of Ages*, pp. 333–336.

Memory Verse

“The Lord is with me; I will not be afraid” (Psalm 118:6, NIV).

Objectives

The children will:

Know that Jesus wants all His children to be safe.

Feel that Jesus loves them as much as He loved the disciples.

Respond by thinking of ways to help others be safe.

The Message



We can help others be safe.

Getting Ready to Teach

The Bible Lesson at a Glance

Jesus and His disciples set off on a boat trip. Jesus falls asleep. A terrible storm blows up, and the disciples are afraid they will drown. They call Jesus to help them. He speaks and stops the storm.

This is a lesson about service.

Jesus set an example for us when He acted to save His disciples from the storm. We too can serve others by helping them through the “storms” of life—through difficult times. Children can learn to help others even at an early age. They just need an opportunity and some guidance.

Teacher Enrichment

“As Jesus rested by faith in the Father’s care, so we are to rest in the care of our Savior. If the disciples had trusted in Him, they would have been kept in peace. Their fear in the time of danger revealed their unbelief. In their efforts to save themselves, they forgot Jesus; and it was only when, in despair of self-dependence, they turned to Him that He could give them help.

“How often the disciples’ experience is ours! When the tempests of temptation gather, and the fierce lightnings flash, and the waves sweep over us, we

TWO

Program Outline			
LESSON SECTION	MINUTES	ACTIVITIES	MATERIALS NEEDED
Welcome	ongoing	Greet students at door; hear pleased/troubled	none
1 Readiness Options	up to 10	A. <i>Safety Drill</i> B. <i>Travel Safety</i>	box or bag; pictures, drawings, or household items that are dangerous for kids to play with, and some that are safe (stove, matches, stuffed animals, toys, etc.) pictured or real personal safety devices (see activity)
* Prayer and Praise*	up to 10	See page 23. *Prayer and Praise may be used at any time during the program.	
2 Bible Lesson	up to 20	Experiencing the Story	masking tape or fabric, pieces of paper cut to look like waves, dark sheet or blanket, boat outline on floor, cushion, adult Bible-times costume for "Jesus," scissors, adult helpers, spray bottle with water
		Bible Study	Bible
		Memory Verse	Bible
3 Applying the Lesson	up to 15	<i>In Whose Shoes?</i>	sandals; men's, women's, and children's shoes of different sizes and styles, including infant's shoes
4 Sharing the Lesson	up to 15	A. <i>After the Storm</i> B. <i>Lesson in a Bottle</i>	paper, craft supplies plastic bottle with secure lid, water, small object that floats, blue food coloring or purple juice, duct tape

battle with the storm alone, forgetting that there is One who can help us. We trust to our own strength till our hope is lost, and we are ready to perish. Then we remember Jesus, and if we call upon Him to save us, we shall not cry in vain. . . . Living faith in the Redeemer will smooth the sea of life, and will deliver us from danger in the way that He

knows to be best" (*The Desire of Ages*, p. 336).

Room Decorations

See Lesson 1. Turn chairs so the seaside scene is at the front of the room. Include blue fabric to make the rest of the floor look like water, or pieces of paper cut to look like waves.

Teaching the Lesson

Welcome

Welcome each child by name as they come in the door. Ask them to share the best thing and the worst thing about their week. Follow up on last week's sharing activity and review last week's memory verse.



Readiness Activities

Select the activity most appropriate for your situation.

A. Safety Drill

You Need:

- box or bag
- pictures of, drawings of, or actual household items that are dangerous for children to play with, and some that are safe (stove, matches, stuffed animals, toys, etc.)

Before class, hide the items in the box or bag.

Say: **Today we are going to talk about safe (good) things and dangerous (bad) things for children. I have brought some things from home, and I want you to tell me if they are safe—good for children—or dangerous—bad for children.**

Show the items one at a time and let the children tell you if they are safe or dangerous. Emphasize that they should stay away from dangerous items. Put the items into two piles—safe and dangerous (good/bad).

Debriefing

Allow response time as you ask: **How does it feel when something hurts us? Why do mothers and fathers teach boys and girls to stay away from these dangerous things?** Point to pile. (They love us and they want us to be safe.) **What would you do if you saw someone playing with this?** Hold up items one at a time. **How can you help others be safe? Jesus loves us and He wants us to be safe. He wants others to be safe too. Think about this:**



We can help others be safe.

Say that with me.

B. Travel Safety

You Need:

- pictures of or real personal safety devices (see activity)

Say: **Let's pretend that we are going on a long trip today. There are many different ways to travel.** Talk about different ways people travel in your country (car, train, motorcycle, bicycle, airplane, horse, elephant, camel, boat, bus, etc.). Have the children pretend to be traveling in different modes by doing actions and sounds. Talk about the different safety devices used in various transportation methods (seat belt, car seat, helmet, life jacket, knee pads, etc.). Show objects or pictures of such safety devices.

Debriefing

Allow response time as you ask: **How does it feel when Mommy and Daddy make you sit in a car seat or wear a seat belt? Why do grown-ups say we can only play or walk close to the house? Why do we always wear a seat belt (or sit in a car seat, or wear a helmet or life jacket, etc., depending on mode of transportation)?** (Because our moms and dads love us and want us to be safe.) **Jesus loves us and He wants us to be safe too. And He wants us to help others be safe. Think about this:**



We can help others be safe.

Say that with me.

PRAYER AND PRAISE

**Fellowship**

Welcome all of the children, particularly visitors. Celebrate birthdays and make announcements. Review last week's memory verse.

Suggested Songs

"God Takes Care of Me" (*Little Voices Praise Him*, no. 90)

"God Cares for Me" (*Little Voices Praise Him*, no. 86)

"Blessings" (*Little Voices Praise Him*, no. 302)

"I Can Help" (*Little Voices Praise Him*, no. 289)

"With Christ in the Vessel" (*Praise Time*, no. 13)

"The Wise Man and the Foolish Man" (*Little Voices Praise Him*, no. 62, last two lines only; change last phrase to: "and the boat in the water rocked")

Mission

Say: **Let's see how people serve Jesus in our mission story today.**

Ask after story: **How did people serve Jesus in our story today?**

Offering

Say: **We serve Jesus when we bring our offering to Sabbath School. Our offerings help others learn about Jesus.**

Prayer

Ask the children to think of ways that they can serve Jesus. Together say: **Jesus, we want to be Your helpers. Please help us. Amen.**

*Prayer and Praise may be used at any time during the program.

2

Bible Lesson

Experiencing the Story

You Need:

- masking tape or fabric
- pieces of paper cut in the shape of waves for "water"
- dark sheet or blanket
- boat outline on floor
- scissors
- cushion
- adult to play Jesus
- adult Bible-times costume
- adult helpers
- spray bottle with water

Character: Jesus

Setting the Scene

Use masking tape or a large piece of fabric to form the shape of a big boat on the floor.

Say: **Who has been in a boat before?** (Allow response time.) **Did you like it? What did it feel like? Today we are going on a pretend boat ride, and I want all of you to come sit in our "boat."** Have "Jesus" sit in the back of the boat.

Read or tell the story.

A long time ago Jesus and His friends went for a boat ride. They had had a long, long day. Jesus had been telling stories and helping sick people all day long, and He needed some rest. Isn't it nice to sleep when we're really tired? Jesus asked His friends, the disciples, to take Him to the other side of the lake in their boat. It was nighttime. *[Have several adult helpers hold the dark sheet/blanket high above the children's heads to simulate nighttime.]*

What does it feel like to be in a boat? It goes up and down and sometimes side to side! *[Sway back and forth, have the children do the same.]*

Jesus was very tired, so He lay down in the back of the boat. *[Adult helper "Jesus" lies down in the back of the boat and pretends to sleep.]* The gentle waves helped Him go to sleep.

At first, there was a nice cool breeze. *[Have the adults gently ripple the dark blanket/sheet.]* But soon the wind started blowing faster, and the clouds got very dark. *[Have adults lower the sheet a lit-*

tle and shake it more.] The waves got bigger. *[Sway back and forth faster and make swishing sounds.]* It began to rain hard! *[Lightly spray water from a spray bottle over the "boat."]* And water started coming into the boat. The disciples were getting scared. But where was Jesus? *["Jesus" pretends to be sound asleep in the back of the boat.]*

Jesus wasn't scared at all! He was sleeping! The disciples decided to wake Him up. Who would like to wake up "Jesus"? *[Let a child pretend to wake "Jesus."]* What do you think the disciples said to Jesus? *[Let children respond.]*

Jesus woke up and looked around. Right away He knew His friends were scared. He didn't want them to be afraid, so what do you think He did? *[Take responses.]* Jesus stood up in the boat. He then commanded the storm to stop. And it did. *[Stop all actions and sound effects. Raise the sheet and hold it high above their heads.]* The strong wind stopped blowing! It stopped raining! And the big waves went away! Everything was quiet, and the water was calm.

The disciples weren't afraid anymore. Jesus helped the disciples to be safe. Jesus helps us to be safe too. And He wants us to help others be safe. Remember:



We can help others be safe.

Say that with me.

Debriefing

Allow response time as you ask: **How do you think the disciples felt when the waves were big and they were trying to get the water out of their boat? How do you think they felt after Jesus made the**

storm stop? Why did Jesus stop the storm? Jesus loved His disciples and wanted them to be safe. Jesus loves us, too, and He wants us to be safe. And He wants us to help others be safe. Think about this:



We can help others be safe.

Say that with me.

Bible Study

You Need:

Bible

Open your Bible to Luke 8. Point to verses 22–25 and say: **This is where today’s story is found in God’s Word, the Bible.**

Read the verses aloud.

Debriefing

Ask: **What did Jesus ask the disciples?** (Where is your faith?) **What did He mean?** (Why were you afraid? I am with you. I will keep you safe.) **What did Jesus’ friends say to one another?** (Who is this man who commands the wind and the water?) **Do you have faith in Jesus? Do**

you believe He will keep you safe? Can you help others be safe too? Remember:



We can help others be safe.

Memory Verse

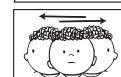
Turn to Psalm 118:6 and say: **And this is where we find our memory verse.** Point to each word as you read the verse aloud.

Use the following motions as you teach the memory verse:

You Need:

Bible

- “The Lord** Point upward.
- is with me;** Point to self.
- I will not** Shake head no.
- be afraid.”** Hug self.
- Psalm 118:6** Put palms together; then open.



Repeat until all know the verse.

3

Applying the Lesson

In Whose Shoes?

Say: **There are lots of people in our family. We have mommies and daddies, grandmas and grandpas, brothers and sisters.**

You Need:

- pair of sandals
- shoes of different sizes and styles (include infant's shoes or booties)

When you fall and hurt yourself, who makes it better? Mommy? Select a child and say: **Come stand in the shoes like Mommy wears. Let's thank Jesus for mommies.** Pray a short prayer.

We have a special pair of shoes here. Hold up the sandals.

A long time ago, where Jesus lived, people didn't wear shoes like we do today. They wore sandals. Jesus wore sandals. When we are scared or hurt, thinking of Jesus helps us feel better too. Let's say thanks to Jesus. Say a short prayer.

Let each child take turns standing in a pair of shoes during this activity.* Continue with different situations, such as the following:

When you are scared at night, who helps you feel better? What do they do?

When others are not playing fair, who helps you? How?

When you fall down and hurt yourself, who helps you feel better?

Whenever we are scared, we can pray to Jesus. He will never leave us.

We can help other people feel better (safe) too!

Does anyone have a little brother or sister? (Hold up the baby shoes.)

How can we help our brothers and sisters feel better when they are afraid? Remember:



We can help others be safe.

Say that with me.

Debriefing

Allow response time as you ask: **How does it feel when we fall down or get hurt? What makes us feel better when we are scared or hurt?**

(a big hug, holding hands, a bandage, prayer, remembering how strong Jesus is, a happy picture, a smile)

When other people feel hurt or scared, we can help them feel better too. Have two teachers model this.

One pretends to be scared, and the other helps them feel safe. Let the children practice in pairs or groups, one pretending to be scared (make scared faces) while the other holds their hand or gives a hug. Give each child an opportunity to be "scared" and to help others feel safe/better. Remind the children that:



We can help others be safe.

* Encourage the wearing of socks.

4

Sharing the Lesson

A. After the Storm

You Need:

- paper
- craft supplies

Using your craft supplies, have the children draw a picture of Jesus and the disciples in the boat after Jesus calmed the storm. Remind them

to show twinkling stars; calm, flat water; and happy, safe disciples in the boat.

Debriefing

Allow response time as you ask: **How can you help others be safe? Who helps you to be safe? What can you do when you are afraid? When others are afraid?**

One of the ways we can help people feel safe is by sharing happy pictures. When you go home, give your picture to your mom or dad, and tell them how Jesus kept His friends safe in the storm. Remember:



We can help others be safe.

Say that with me.

B. Lesson in a Bottle

Help each child fill a bottle half full of water; then add a few drops of food color and the floating object. Screw on the lid or cap tightly and seal it with duct tape. Turn the bottle on its side.

Debriefing

Allow response time as you say: **What do you think this represents? How does it tell about today's story? One way we can help people feel safe is by telling them the story of Jesus and the storm. When you go home, use your toy "sea" to tell people how Jesus keeps us safe. Remember:**



We can help others be safe.

You Need:

for each child:

- a plastic drinking bottle with a secure lid
- water
- small object that floats
- blue food coloring (or a few drops of purple juice)
- duct tape

Closing

Encourage a child to pray. Wish everyone a good week. Remind them that Jesus is always with us, especially when we are afraid. Sing a goodbye song.

STUDENT LESSON

A Big Storm

References

Luke 8:22–25;
Mark 4:35–41;
The Desire of Ages,
pp. 333–336

Memory Verse

“The Lord is with me; I will not be afraid” (Psalm 118:6, NIV).

The Message

We can help others be safe.

Have you ever been really, really scared? Maybe a big dog came near you, or you couldn't find your mother in a store. Everyone feels afraid once in a while. Who helps you feel safe?

Jesus had been telling stories and helping people all day. Sad people felt happy again. Sick people were well again.

The people really wanted to stay with Jesus, but it was getting late. Slowly, slowly they began to leave.

It had been a busy day, and everyone was tired. Jesus and His disciples climbed into a boat. “Let’s go across to the other side of the lake,” He said. “We can rest there.”

A soft wind gently pushed the boat. The waves made the boat go up and down, up and down. Jesus yawned and leaned back against a pile of fishing nets. And He went right to sleep!

The sun went down, and soon it was dark. The disciples liked to be out in a boat at night. They liked the cool wind. They liked to talk together as the boat sailed across the water.

All of a sudden the wind started to blow harder. It was a strong, cold, stormy wind! The stormy wind made BIG waves that splashed into the boat. The wind blew harder and harder! It

was hard to steer the boat.

The disciples were afraid! They knew that the storm could make their boat tip over! Lightning flashed and they saw Jesus sleeping. “Jesus! Jesus! Save us!” they cried.

Jesus sat up. He felt the waves splashing into the boat. He saw the frightened disciples. He stood up and said, “Peace, be still!” And right away the strong wind stopped blowing. The waves didn’t splash into the boat anymore. The night was quiet and still.

“Why were you afraid?” Jesus asked His disciples. “You do not need to be afraid. I am with you!”

The disciples knew they were safe because Jesus was with them.

When you feel afraid, you too can say, “Jesus, please help me!” just as the disciples did.

Sometime you might see someone else who is afraid. You can help them say, “Jesus, please help me!” Or maybe you could get a grown-up to help. You can tell others that Jesus will be with them. He will help them too.



Do and Say

Sabbath

Take a walk with your child near a place where you will see boats. Talk about how sharing the picture made in Sabbath School of Jesus and the disciples after the storm can help someone else feel safe. Encourage your child to share it with someone. Each day this week review the memory verse.

Sunday

Help your child make a seven-day calendar with the name of each weekday. Help your child name and count the days of the week. Each day add a weather symbol for that day (sun, cloud, raindrops, etc.).

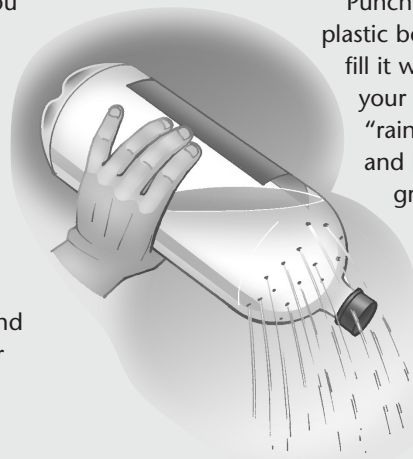
Monday

Teach your child a happy song (“Jesus Loves Me,” “God Is So Good,” etc.) that can be sung when he or she is afraid. Sing it together, then thank Jesus for caring about your family at all times.

Tuesday

Ask your child what makes them scared. Read aloud Mark 4:35–39 to remind them about Jesus and the big storm. Thank Jesus for keeping your family safe.

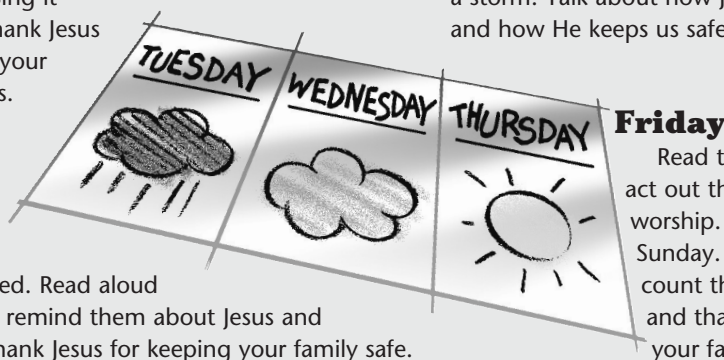
Wednesday



Punch holes in a large plastic bottle. Take it outside, fill it with water, and let your child hold it to let the “rain” fall. Talk about rain and how it helps things grow. Thank Jesus for the rain.

Thursday

Using a toy boat or other small object that floats, tell your child this week’s Bible story at the kitchen sink or by the bathtub. Make waves, blow on the water, and sprinkle water from a cup to simulate a storm. Talk about how Jesus kept the disciples safe and how He keeps us safe too.



Friday

Read together Luke 8:22–25 and act out the Bible story during family worship. Show the calendar made on Sunday. Help your child name and count the days. Sing weather songs and thank God for taking care of your family every day.