

Quiet! Be Still!

Lesson Objectives

- The children will list things in nature that show Jesus' power.
- The children will list things in nature that make them afraid.
- The children will identify that they can pray for Jesus to protect them when they are afraid.

Lesson Text

Mark 4:35-41

Scripture Memory Verse

"Even the wind and the waves obey him!"

Mark 4:41

Lesson Plan

Greeting and Registration

Preclass Activities: Rain and Thunder Shaker

Welcome and Singing

Centers:

Bible Story: Wind and Waves

Life Application: Be Quiet!

Craft: The Weather Station

NOTE: Be sure to allow sufficient time for a snack.



Quiet! Be Still!

Rain and Thunder Shaker

The children will make a shaker to remind them that Jesus has power over nature as they have power over their shaker.

Materials

For each child:

- 2 cupcake liners, tin foil or waxed paper
- 2 rubber bands
- empty paper towel roll
- one piece of bright-colored construction paper

For the teacher:

- white glue
- a bag of macaroni, uncooked
- scraps of construction paper
- scissors

Preparation

1. Cut the construction paper to 11" x 6", one for each child.
2. Rip the scraps of construction paper into small pieces, no larger than 1".
3. Make a model of the shaker following the instructions.

Instructions

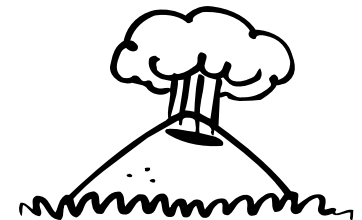
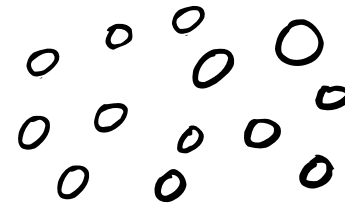
1. Show the children the model shaker.
2. Give each child a piece of construction paper to decorate by gluing on the 1" construction paper pieces.
3. Help each child to glue the paper onto their roll.
4. Have the children place a cupcake liner around one end of the roll and hold it in place with a rubber band.
6. Give each child a handful of macaroni to place inside the roll.
7. Give each child a second cupcake liner to place over the opposite end of the roll and hold it in place with a rubber band.

Conclusion

Have the children gently shake their shakers and listen to the sound. *It sounds like rain doesn't it? Have them stop. Remember the Bible story when Jesus stopped the storm? He said "Quiet! Be Still!", and the storm stopped. Just as you can control the shaker, Jesus has control over the world.* Instruct them to shake their rainmakers again, then stop again.

Teacher Tips

- Small pebbles or beans may be used in place of macaroni.
- Use tinfoil or waxed paper in place of cup cake liners.
- Have one or two shakers made without decoration for any late comers.



Quiet! Be Still!

Wind and Waves

In this story the children will learn of Jesus' ability to control things in nature such as the wind and the waves.

Lesson Text

Mark 4:35-41

Materials

For the teacher:

- felt board
- blue and brown felt
- tape
- Bible

Reproducible Pages:

- Page A, 1 copy for the teacher

Preparation

1. If you do not have a felt board, one can easily be made with a piece of foam board, purchased at a craft, office or art supply store. Cut the board to approximately 11" x 17". Cover the board with a piece of black felt, overlapping the material and stapling or taping it on the back.
2. Cut out a large boat shape from brown felt.
3. Cut two large waves from blue felt. The waves should be large enough to cover the boat.
4. Cut out and color the figures from the copy of Reproducible Page A.
5. Place a rolled piece of tape on the back of each figure.

Calming the Storm

With an open Bible say to the children: *Have you ever been in a bad storm? What was it like?* Discuss the thunder, wind and sounds of a storm. *Think of what it would be like if you were out on the water in a boat, when a storm started.* Use gestures and sounds to illustrate the storm. Let the children help you make noises. Talk about and act out how the boat rocks up and down, the water sprays in your face and takes your breath away.

In the book of Mark in the Bible we can read about a time when Jesus and his disciples were out in a boat and a terrible storm started. Put the boat on the felt board and place the disciples inside.

Put the waves on the felt board so they are over the boat. *But Jesus was in the boat so no one was afraid, right? No! Guess what Jesus was doing? Jesus was sleeping! Can you imagine? Sleeping while the rain came down and the boat was going up and down, up and down! He must have been very tired to sleep in a storm.*

The disciples were so afraid! They went to Jesus and woke him. Shake the child next to you gently to illustrate. "Don't you care if we drown!" (Mark 4:38) Place Jesus in the boat. The Bible says that Jesus got up and rebuked the wind. Do you know what that means? It means he scolded the wind. Shake your finger as if scolding someone. He said to the waves "Quiet! Be Still!" Do you think the waves did what he said? Listen to what the Bible says. Then the wind died down and it was completely calm. (Mark 4:39)

Isn't that wonderful! Jesus can even make the wind and waves obey him. He can do anything! If Jesus can make a storm be still, he can help us do anything, can't he?

Conclusion

Ask the children to think of something they are afraid of (like being in the dark). Remind them that the disciples were afraid during the storm. What did they do? They asked Jesus for help. Remind them that if they are afraid they can ask Jesus for help too.

Can you think of any of your friends who do not know that Jesus has power over the wind and the waves? You can tell them this story of how the wind and the waves obeyed Jesus.

Teacher Tips

Allow the children to re-tell the story with the felt board pieces.



Quiet! Be Still!



Quiet! Be Still!

Be Quiet!

Children can have great ideas when inspired to express themselves. They should all leave this exercise more impressed with God's greatness.

Scripture Memory Verse

"Even the wind and the waves obey him!"

Mark 4:41

Materials

For each child:

- crayons

For the teacher:

- red marker

Reproducible Pages:

- Page B, 1 copy for each child

Preparation

1. Read about God's power in Psalm 104, so you will have a fresh thought to share.
2. Cut out the "stop" signs from the copies of Reproducible Page B.
3. Use a red marker to trace the outside lines of each stop sign.

Instructions

1. *Our Bible story today is about a big storm that Jesus controlled. Jesus is so strong that he can even tell a storm what to do. Have the children color the picture of the boat inside the stop sign.*
2. *Jesus is so strong he can pick up a tree and move it. Jesus is so strong he can make the snow stop. Jesus is so strong he can hold an airplane in the sky.*
3. Discuss with the children different ways that Jesus is strong.
4. Have the children draw their ideas of how Jesus is strong on the other side of their stop signs.

Scripture Memory Activity

Have the children sit together as if sitting in a boat. Pretend to rock back and forth with the waves. Have a child pretend to be Jesus and stand up and rebuke the wind and waves. Instruct him to say "Quiet! Be Still!"

Have the whole group say the memory verse, "*Even the wind and the waves obey him!*"

Conclusion

Isn't it wonderful that Jesus is so powerful. Think of how much he loves us and wants to take care of us. When you see beautiful clouds in the sky or feel a strong wind you can tell your friends that it was Jesus who made it happen.

Choose a child to pray and thank Jesus for being so powerful.

Teacher Tips

If you know of particular fears of some of the children this would be a good time to help them to understand that Jesus can help them overcome anything.



Quiet! Be still!

Life

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“Even the wind and
the waves obey him!”

Mark 4:41



Quiet! Be Still!

The Weather Station

The children will make weather stations depicting three different climates.

Materials

For each child:

- 2 pieces of poster board, 8½" x 11"
- 1 brass fastener
- crayons or markers

For the teacher:

- scissors
- pen

Reproducible Pages:

- Page C, 1 copy for the teacher
- Page D, 1 copy for the teacher

Preparation

1. Prepare the weather station top for each child as follows:
 - A. Cut out the weather station top stencil from the copy of Reproducible Page C.
 - B. Trace and cut out one weather station top for each child from poster board.
 - C. Using a pen, punch a hole in the center of the weather station top.
 - D. On the weather station top print, "Even the wind and the waves obey him! Mark 4:41." See Figure A.
2. Prepare the weather station bottom for each child as follows:
 - A. Cut out the weather station bottom stencil from the copy of Reproducible Page D.
 - B. Trace and cut out one bottom for each child from poster board.
 - C. Using the black marker, draw three lines in the poster board dividing the weather station bottom into three equal parts. See Figure B.
 - D. Using a pen, punch a hole in the center of the weather station bottom.
3. Make a model of the craft following the instructions.

Instructions

1. Show the children the model of the craft. *Jesus has power over the whole earth. In the Bible story today you are learning how the wind and the waves obey him. Jesus can control the weather. Ask the children what different types of weather are on the model. Today you will make a weather station to show the different types of weather. You can keep it at your house, and then change it every day to show what the weather is outside.*
2. Give each child a weather station bottom. Have them draw a different type of weather in each of the three sections. See Figure C. Help them to think of the different types of weather that they may have experienced.
3. Give each child a weather station top. Have them place the top on the weather station bottom.
4. Push the brass fastener through the holes in the weather station, and then fold back the side wings to secure it in place.
5. If time permits, have the children color their pictures with crayons or markers.

Conclusion

Have the children turn the top of their weather stations and discuss the different kinds of weather that they have drawn.

Teacher Tips

- Punch a small hole in the center of your stencils and then mark each poster board piece with a small dot to make it easier to find the centers.
- A child may express fears about weather during this activity. Reassure the child that Jesus helps us whenever we are afraid.



CRAFT

Quiet! Be Still!

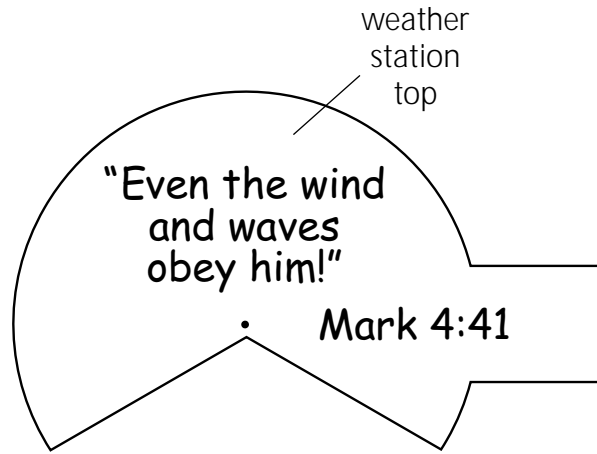


Figure A

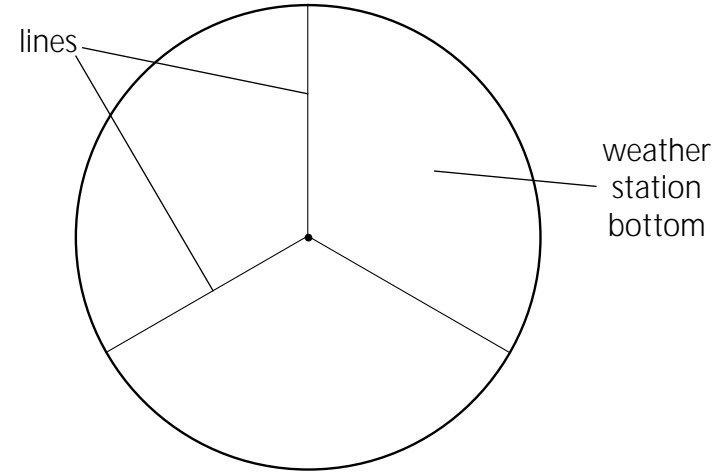


Figure B

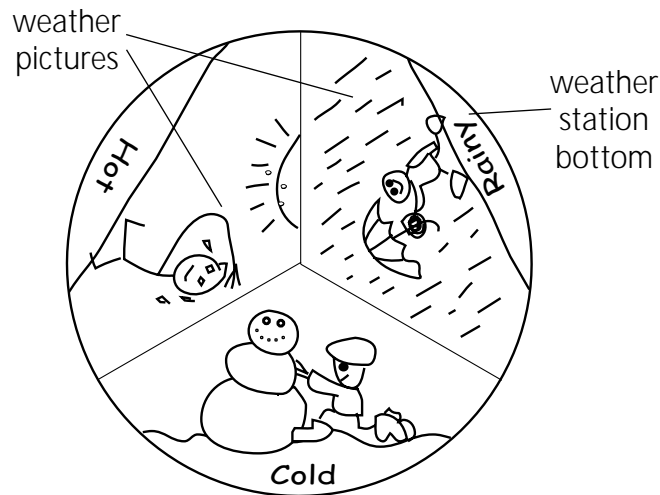


Figure C



Finished Craft





Pre class



Quiet! Be Still!

Lesson Objectives

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Lesson Text

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Scripture Memory Verse

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Mark 4:41

Lesson Plan

Greeting and Registration

Preclass Activities: Wall of Love

Welcome and Singing

Centers:

Game: Dress for the Weather

Craft: Sunshine Surprise

Life Application: Be Quiet!

NOTE: Be sure to allow sufficient time for a snack.

Wall of Love

The children will decorate the room murals to illustrate how great Jesus' love is.

Materials

For each child:

- crayons

For the teacher:

- newsprint or poster board
- tape



Preparation

Prepare a list of things in nature (i.e. sunshine, blue sky, trees, etc.) to which the children might compare God's love.

Instructions

1. Have the children help you tape the paper onto a wall or the floor in the classroom.
2. Have the children draw pictures of things that show them that Jesus loves them. Help them with your list of ideas if they have a hard time thinking of any.

Conclusion

Talk with the children about how easy it is to see that Jesus loves us. All they need to do is look at the things that he created around us.





Dress for the Weather

The children will be reminded of Jesus' power over the weather as they play this game.

Materials

For the teacher:

- 2 of each piece of clothing for rain - slicker, boots, hat
- 2 of each piece of clothing for sunshine - sunglasses, sandals, shorts
- 2 of each piece of clothing for snow - coat, mittens, hat
- 2 paper plates
- scissors
- glue stick
- brass fastener
- markers or crayons

Reproducible Pages:

- Page E, 1 copy for the teacher

Preparation

1. Cut out the spinner and arrow from the copy of Reproducible Page E.
2. Color the spinner circle and glue it onto the back of a paper plate.
3. Trace and cut out an arrow from a paper plate.
4. Attach the arrow by pushing a brass fastener through the center of the arrow, the dot in the spinner circle and through the plate. If you are using heavy paper plates, use a pen to start the hole and then insert the fastener.

Instructions

1. Place the clothes in two piles. One set of each weather's clothes in each pile. Explain to the children the weather type for each piece of clothing.
2. Divide the children into two teams and have them line up in a row.

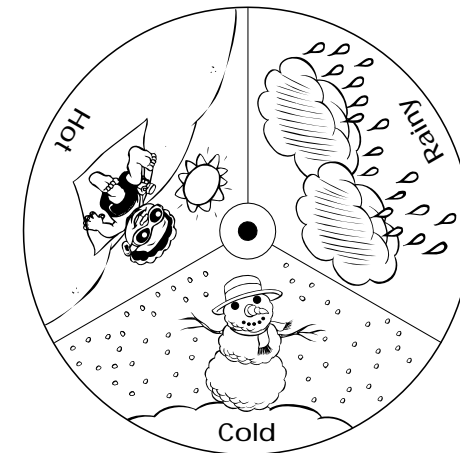
3. Explain to the children that you will spin the spinner and determine the type of weather it lands on. The first person in each row will go to a pile of clothes and put on the three articles of clothing for that weather. *If it is hot should you put on mittens? No. When it is hot you can wear shorts and sunglasses.* Explain to the children that everyone will have a turn.
4. The first person to be dressed gets a point for her team.

Conclusion

God gives us all different kinds of weather for us to have fun in. He controls the weather, so if we're ever afraid, we can pray and ask him to protect us.

Teacher Tips

- You may want to choose a child to help you spin the spinner.
- Be careful not to make the game too competitive. If children start calling others "losers", etc. then eliminate the point system the next time the game is played. Help the children to see that a game is something fun to do. It's fun to have other people win because we can be happy with them.





Sunshine Surprise

The children will make “flip pictures” of Jesus changing the weather.

Materials

For each child:

- 1 piece of light blue construction paper
- crayons or markers
- cotton balls (optional)
- glue stick

For the teacher:

- glue stick
- brown construction paper
- scissors

Reproducible Pages:

- Page F, 1 copy for each child

Preparation

1. Cut out the boat stencil from the copy of Reproducible Page F.
2. Trace and cut out one boat for each child from brown construction paper.
3. Make a 3” flap on each sheet of construction paper by folding down the top edge. See Figure A.
4. Cut out the scripture text boxes, the Jesus and the men in the boat pictures from the copies of Reproducible Page F.
5. Make a model of the craft following the instructions.

Instruction

1. Ask the children to tell you about the time that Jesus calmed the wind and the waves. Show them the model of the craft as they tell you the story.
2. Have the children start their pictures, see Figure B, as detailed below:
 - A. Give each child one piece of blue construction paper and one boat.
 - B. Have them glue their boats onto the bottom of their papers.
 - C. Give each child a scripture text box. Have them glue these to the bottom of their boats.
 - D. Give each child a Jesus picture and the men in the boat picture. Have them glue these pictures on top of their boats.

Quiet! Be Still!

Miracles of Jesus

Lesson 2

3. Have the children draw items to add to their pictures as follows:
 - A. Have the children draw waves around their boats:
 - B. On the top side of the flap have them draw clouds, lightning and rain.
 - C. On the underside of the flap have them draw sunshine and birds.
4. Have them color the pictures.

Conclusion

Talk about how Jesus’ power can change a bad situation quickly into a good situation. Talk about his power over the wind and the waves.

Teacher Tips

Have the children pull apart cotton to use as clouds.



Quiet! Be Still!

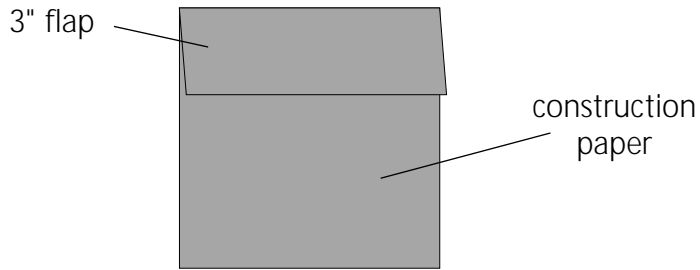


Figure A

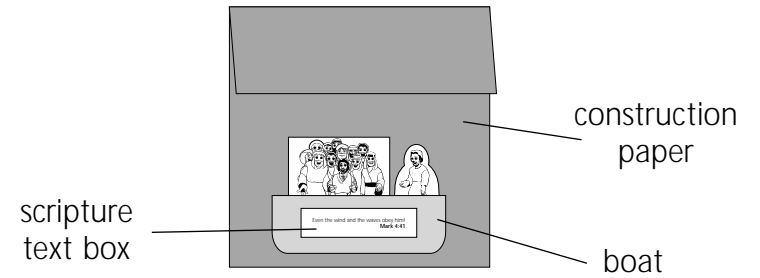
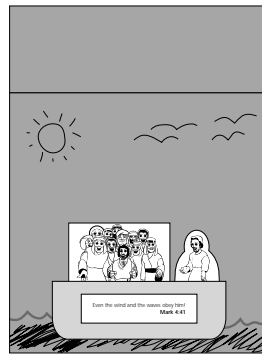


Figure B



flap open



flap closed

Finished Craft



Be Quiet!

Children can have great ideas when inspired to express themselves. They should all leave this exercise more impressed with God's greatness.

Scripture Memory Verse

"Even the wind and the waves obey him!"

Mark 4:41

Materials

For each child:

- crayons

For the teacher:

- red marker

Reproducible Pages:

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Quiet! Be Still!

Miracles of Jesus

Lesson 2

Scripture Memory Activity

Have the children sit together as if sitting in a boat. Pretend to rock back and forth with the waves. Have a child pretend to be Jesus and stand up and rebuke the wind and waves. Instruct him to say "Quiet! Be Still!"

Have the whole group say the memory verse, "*Even the wind and the waves obey him!*"

Conclusion

Isn't it wonderful that Jesus is so powerful. Think of how much he loves us and wants to take care of us. When you see beautiful clouds in the sky or feel a strong wind you can tell your friends that it was Jesus who made it happen.

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Quiet! Be Still!

“Even the wind and
the waves obey him!”

Mark 4:41



Core/Bible Story

1 copy for the teacher

Read-Aloud Bible

Page

A



disciples figure



Jesus figure



Core and Supplement/Life Application

1 copy for each child

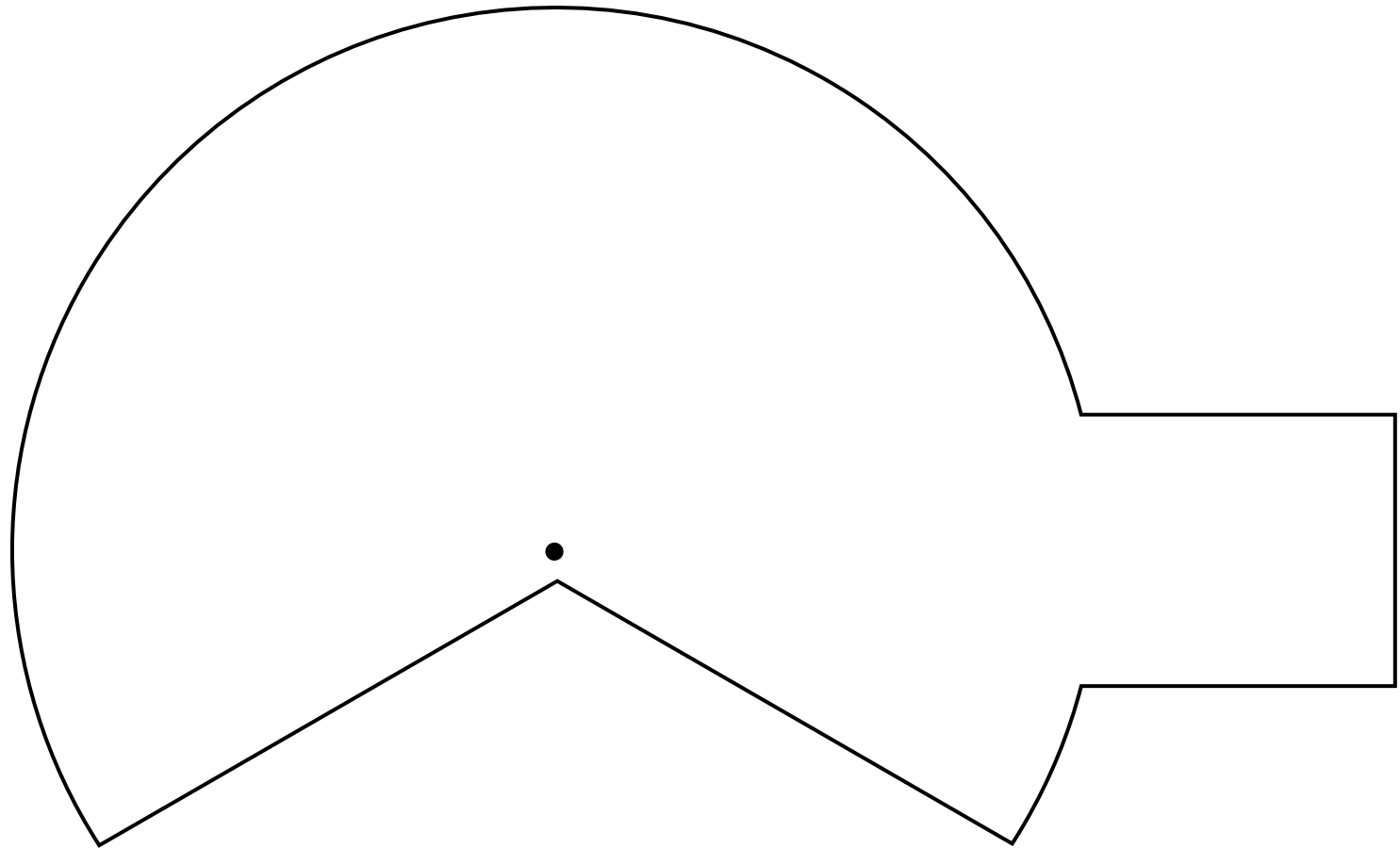
Read-Observe-Pray

Page

8



Core/Craft
1 copy for the teacher

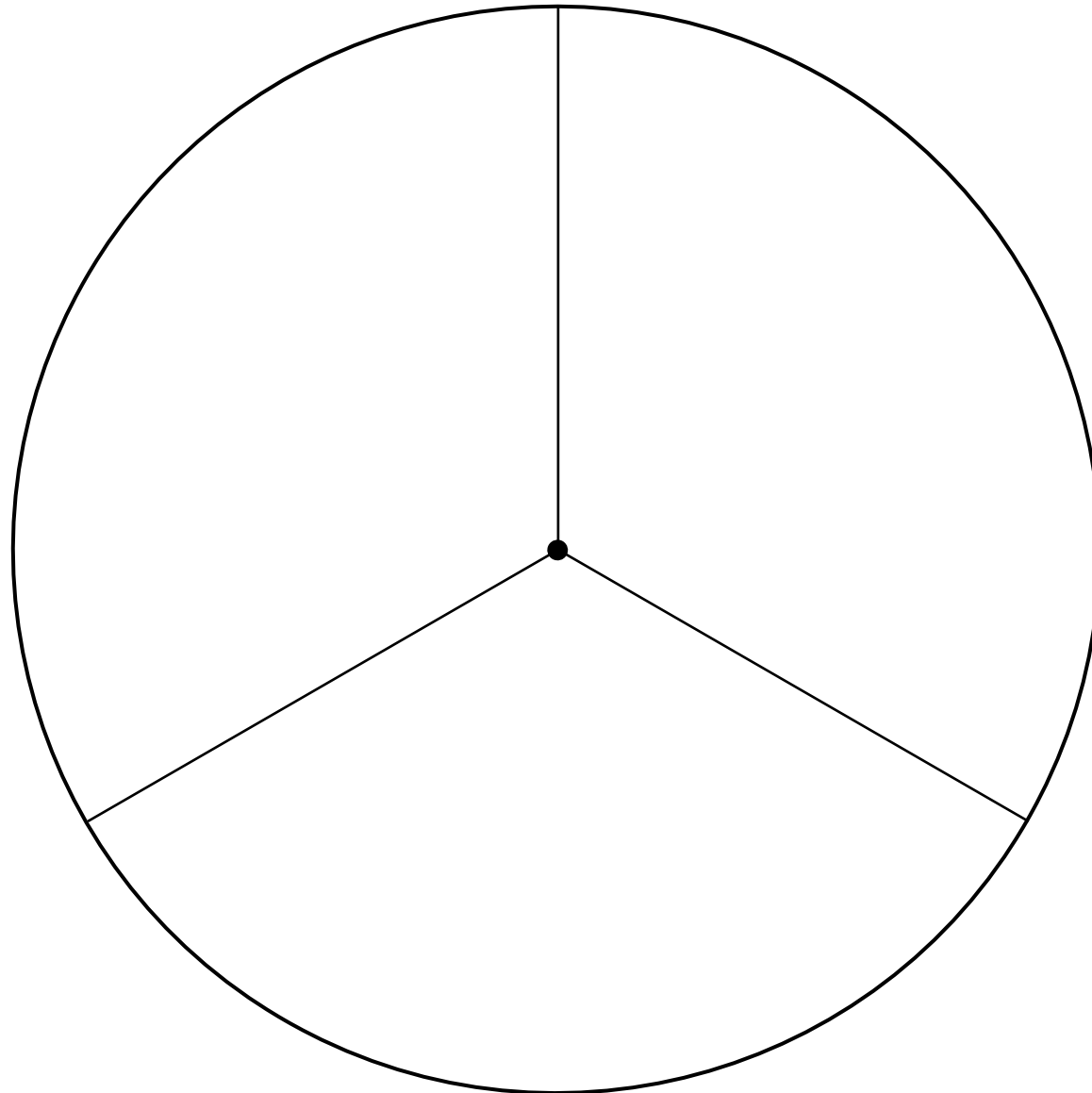


'weather station top' stencil

Discipleship Publications
Page
C



Core/Craft
1 copy for the teacher

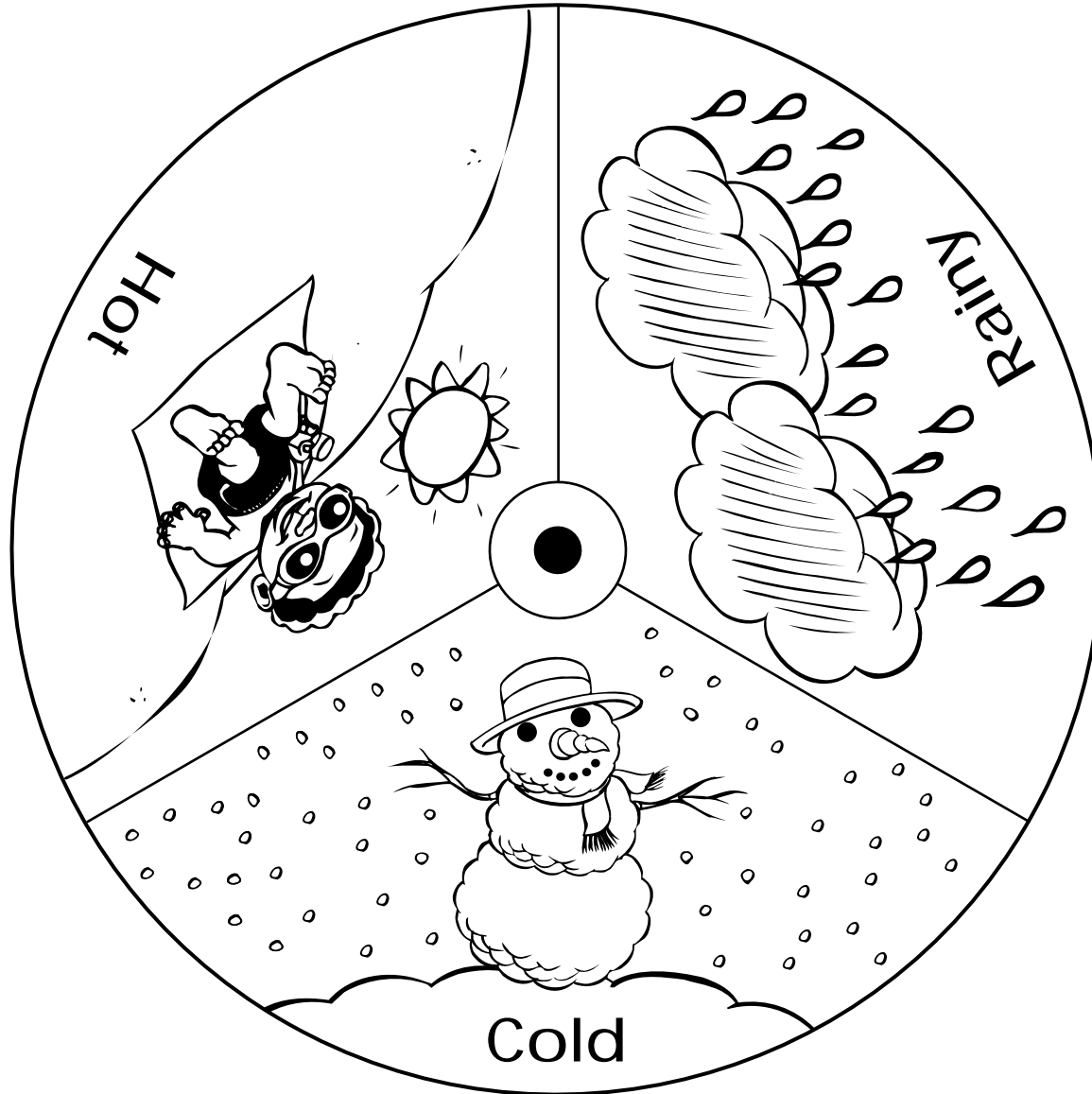


'weather station bottom' stencil

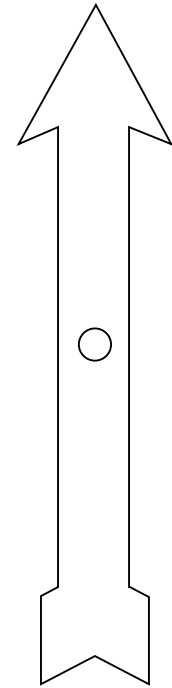
Discipleship Publications
Page
D



Supplement/Game
1 copy for the teacher



spinner



arrow stencil

Supplement/Craft

1 copy for each child

READY-TO-CUT-OUT

Page

F



boat stencil



men in boat



Jesus

“Even the wind and the waves obey him!”
Mark 4:41

scripture text box