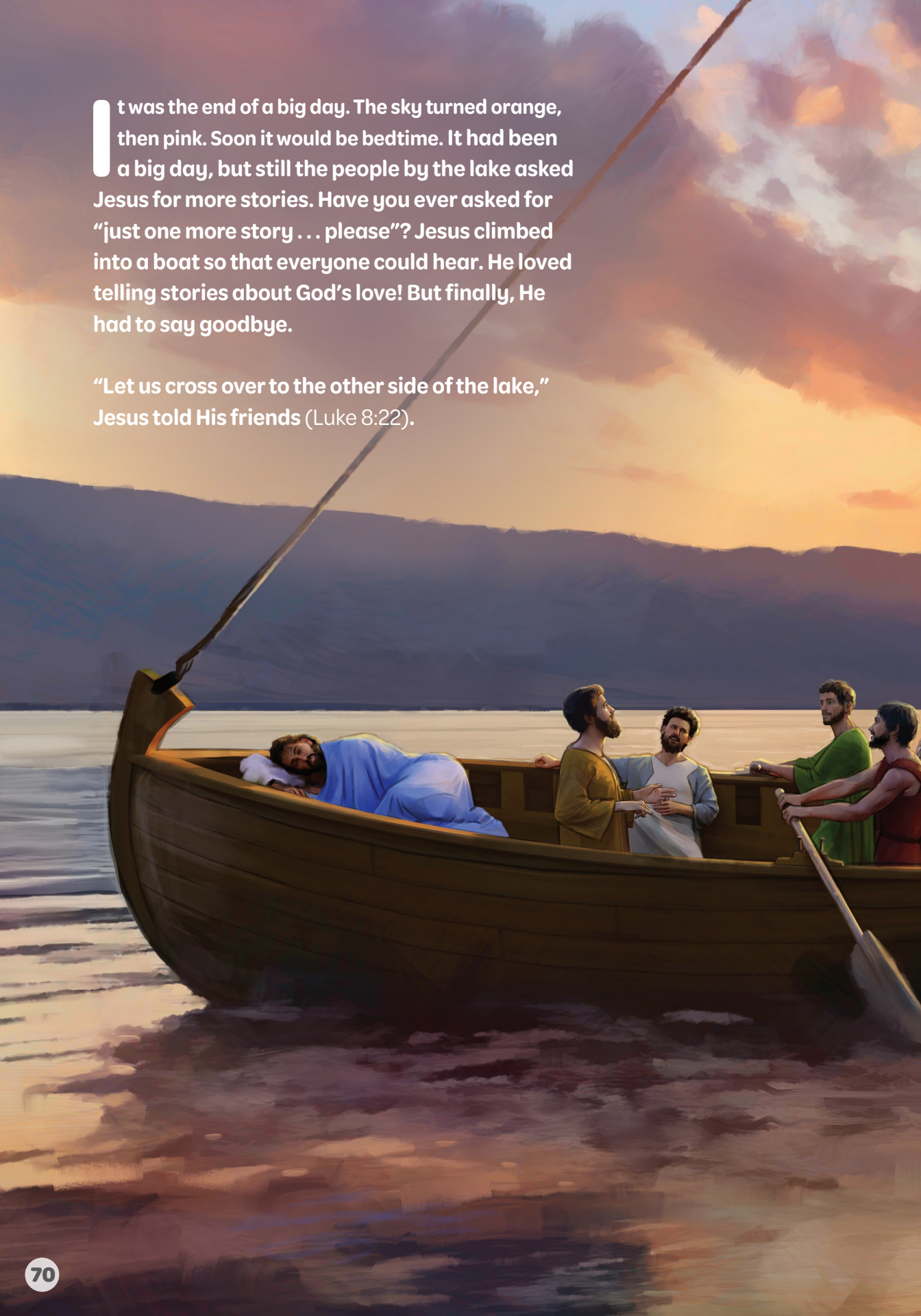
BIG IDEA: Jesus is always with me.

Week 9

"Peace, Be Still"



This lesson is based on Mark 4:35-41; Luke 8:22-25; Matthew 8:23-27; and *The Desire of Ages*, pp. 333-341.



It was the end of a big day. The sky turned orange, then pink. Soon it would be bedtime. It had been a big day, but still the people by the lake asked Jesus for more stories. Have you ever asked for "just one more story . . . please"? Jesus climbed into a boat so that everyone could hear. He loved telling stories about God's love! But finally, He had to say goodbye.

"Let us cross over to the other side of the lake," Jesus told His friends (Luke 8:22).



The boat sailed away. The stars began to twinkle as the sky turned dark. Jesus was very tired. He stretched out and lay down in the back of the boat. The boat rocked softly back and forth on gentle waves *(slowly rock your child).* **A soft breeze tickled His face. It was so peaceful, and Jesus fell fast asleep** *(lay head on hands with palms together).*



Suddenly big clouds covered the moon. The gentle breeze began to blow stronger *(blow, making sound of the wind).* **The waves rose higher. Still, Jesus slept. The boat began rocking faster and faster** *(rock quickly)***. Then big waves crashed into the boat** *(clap)***. Jesus' friends got very wet and very worried! Was Jesus worried?** *(Shake head side to side.)* **No, Jesus wasn't worried. He slept peacefully.**



The waves crashed *(clap hands),* **and the wind howled. The disciples felt scared! Would the boat sink?**

"Teacher!" they cried. Jesus opened His eyes. He saw they were scared. He saw that they had forgotten to trust in God. He stood up and spoke to the wind and the waves, "Peace, be still!" (Mark 4:35).



The wind suddenly stopped. *(Whisper . . .)* **The water became quiet and still. All was calm.**

The disciples were amazed. They said, "Who can this be, that even the wind and the sea obey Him?" (Mark 4:41)**. This man was Jesus** *(point up)***, the Son of God. He had created the wind and the waves. They didn't need to worry.**

(Say together) **Thank You, Jesus, for being with me always.**

play throughout the Day

Create

Create a stormy sea in a bottle with your child. Fill a drink bottle half full of water. Add two or three drops of blue food coloring and one drop of green. Fill the bottle the rest of the way to the top with oil. You could add glitter or small plastic ocean animals. Close the lid very tightly. Tip the bottle side to side and watch the waves roll on the stormy sea.

Explore

Set up a water play table by filling a big plastic container with water. Place a small plastic boat or other floating object (rubber duck) at one end of the container. Have your child blow on the toy to make it move across the water to the other side. Try other methods to move the boat across the water, such as using a straw to blow through or by making gentle waves with their hands in the water.

Learn

Explore outside to find ways that God's creation obeys Him. For example: the sunrise or sunset, the stars and the moon that come out at night. Talk with your child about how God's creation shows us His loving care.

Sing

Sing "See the Boat" *(Little Voices Praise Him*, no. 172) with the actions. This is a gentle lullaby-like song that tells the story of Jesus on the lake.

Pray

Talk with your child about how Jesus was calm in the storm. When the wind was blowing, and the waves were crashing, He could sleep because He trusted in God to take care of Him and His friends. Even during a storm, we can be at peace because we know God is with us. Snuggle with a special stuffed animal or blanket and say a prayer, thanking God for watching over us *all the time.*



Extension weekly memory verse: "... The God of love and peace will be with you" (2 Corinthians 13:11).

THE HEART OF THE MATTER

For You, Parents

Stormy weather can strike us at any moment. One minute it's bright skies and smooth sailing; the next, you're in a chaotic storm! Sometimes all it takes is a child with a cold or a new tooth to tip the boat. It's in these moments that God longs to bring you peace—real peace.

Aside from the precious family cargo in your boat, there's an incredible passenger: ***Jesus***. When the waves of worry or fear crash over you, it can be easy to lose focus on Him. We look at the storm or how wet we're getting: depleted patience, drained energy, stressed nerves, raw relationships, or empty pockets. Look instead at who Jesus is, the source of love and all power over every situation. He's there with you, in your boat.

Just as you care for the needs of your child when they are afraid, God cares for you and wants to calm your anxiety. You can find rest in the midst of the storm because God is truly in control.

Think back on the ways God has blessed you in your past. Can you see a storm He has dissolved, a relationship He has calmed, a rough season He has brought you through? He wants you to trust Him with every storm. His word is your guarantee. Claim the beautiful promise of God's peace Isaiah 41:10 for yourself and your family and think about whom you might share this encouragement with today.

"Fear not, for I am with you;
Be not dismayed, for I am your God.
I will strengthen you,
Yes, I will help you,
I will uphold you with My righteous
right hand" (Isaiah 41:10).