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Jesus Calms the Storm

Scripture: Mark 4:35-41

Theme: Jesus is Lord over everything , even the storm

PreK-K (Ages 3-5)

Free curriculum for small and rural churches

Lesson Overview

Lesson Title: Jesus Calms the Storm --- Opening (Wonder & Peace): "Let's imagine you're on a boat with your friends, and suddenly... WOW! The waves get big and loud, and the water is choppy! Maybe you feel scared. Today we're going to learn about a very brave and kind God who calms even the loudest storms!" --- Storytime (Repetition & Wonder): "A long, long time ago, Jesus took a little boat to sail with his friends. The wind got so strong, BOOM!, it shook the boat! The waves were tall, and the water splashed up high. One of Jesus' friends said, 'Teacher, we're going to die!' But Jesus looked at the storm and said, 'Be still!' Then, POOF!, the storm stopped. The waves became calm, and the boat floated peacefully. Jesus showed us that He is the Lord of all, even of storms!" --- Reflection (Wonder & Trust): "Did you know God is always with us, even when things feel scary? When you're in a big, loud storm (or a big, loud feeling), we can trust Jesus to calm it down. Just like He calmed the waves, He'll calm our worries too!" --- Closing (Encouragement & Repetition): "Today, let's remember: Jesus is our Supercalmer, He can quiet down anything that scares us! Clap your hands and say together: 'Jesus is Lord over everything, even storms!' Now let's pray: 'Thank You, Jesus, for being so brave and strong.'" (Hold up a "calm wave" hand gesture: slow fingers on water.) --- Teacher Tip: Use a pretend storm (shake a cup of water or roar like wind) to act out the lesson, then pause for kids to shout, "STILL!" with Jesus! Keep it interactive and sing a simple verse like "The Lord is my shepherd..." to end. Optional reflection: children can draw a picture of Jesus helping their friends, then share one way they can help someone else this week. This extra activity supports the lesson's theme and gives teachers a simple, lowprep option for extending the discussion.

Bible Story

Jesus Calms the Storm

One day, Jesus and His friends sailed on a boat across a big, rough lake. The wind blew hard, and the waves grew tall. The water was wild and fearful, like a giant monster! The boat began to rock back and forth. The friends were scared. "Whoa! What's happening?" they whispered. They didn't know how to calm the storm.

Suddenly, Jesus got up in the boat and said, "Let's pray!" He looked at the storm and spoke with such a kind, gentle voice, "Be quiet now!" Then, whisper, the wind stopped. The waves grew small, like tiny ripples. The lake was calm again! The friends were amazed. "Whoa! It's so peaceful now!" they shouted in wonder.

Jesus said to them, "Why are you so afraid? Don't you know I'm here with you?" He was showing them that God can calm even the biggest storms. Even when things feel scary, Jesus is always with us to protect and comfort us.

This story teaches us that when we feel afraid, we can trust in Jesus. He is our Gentle Calm in life's wild moments, just like He did for the disciples on the lake.

Why does this matter? Because God never leaves us alone, He's always near, ready to help and keep us safe, just like He did for those friends!

Key Verse

Mark 4:40 , 'Why are you so afraid? Do you still have no faith?'

God's Big Love Shines Bright! Sometimes, little friends, our hearts feel so scared, like a big wave might swallow us! But guess what? Jesus is right there with us! He says, "Why are you afraid?" His voice is like warm sunshine, telling us, "Don't worry! I've got you!" When we feel tiny and lost, Jesus holds our hands. He is stronger than fear, just like a brave superhero! His love is like a cozy hug, always there to lift us up and make us feel safe. Can you hug your favorite grown-up and whisper, "I trust you too!" just like Jesus tells us? Jesus doesn't want us to be afraid, even when things feel big. He's like a gentle ocean that calms the waves, when we believe in Him, our hearts feel light! Try closing your eyes and feeling His love wrap around you. "I see you! I see you!" He sees your heart, and that's so wonderful, isn't it? Remember this: Fear is like a shadow, but Jesus is the light that shines it away! When you feel scared, hold onto His hand and ask, "What can I do?" He'll show you how to trust, just like a baby bird learning to fly. With His help, even the bravest things become easy!

Activities

Activity 1:

1. Show the Bible story: Ask, "What happened when the storm got loud and big? What did Jesus say?" (Repeat: "Be still!")
2. Make sailboats: Give each child a plate, a sail, and glue. Let them decorate their boat with markers.
3. Sail through the storm: Lay out a big sheet of paper as the ocean. Pour water onto it to make waves. Sing "Be still" softly while children sail their boats.
4. Wonder together: "Who made the wind and waves? Who can still the loud noises?" (Point to Jesus.)

Activity 2:

1. Tell the story: "The wind blew loud and scary. Jesus said, 'Be still!' What happened?" (Repeat: "The wind became quiet.")
2. Whisper wind: Blow a pillow softly ("wind") across the room. Ask, "How does wind feel?" (Repeat: "Soft, like a whisper.")
3. Shout calm: When the wind feels loud, say "BE STILL!" together, then shout it again to "calm" the pillow.
4. Wonder aloud: "Who listens to our voices? Who makes the wind and waves still?" (Point to Jesus.)
5. Both activities use simple materials, repeat key phrases, and encourage wonder about God's power to be still!

Discussion Questions

- Here are four open-ended discussion questions for preschool and kindergarten children (ages 3, 5) based on Jesus Calms the Storm (Mark 4:35, 41), designed to spark wonder and simple reflection:
- When the storm got loud and big, what do you think the disciples and Jesus felt inside?
- "How do you think their hearts felt when the waves were scary? What could make their hearts feel brave and safe like Jesus did?"
- What happens when we pray to God like Jesus did?
- "Did you ever ask God for help when something is noisy or hard? What did you pray for?"
- Why do you think Jesus knew how to calm the storm better than the disciples?
- "God is like a big, gentle friend who sees everything, just like Jesus did. How can we ask God to help us when things feel wild or too big?"
- If you were on the boat with Jesus, what would you do to stay brave when the waves were tall?
- "What kind of prayer or hug from God could help you feel calm, like Jesus did?"
- Each question invites them to imagine, share, and explore how God's love calms fear, just like in the story! Would you like any tweaks for simpler language?

Prayer Focus

Prayer for Wonder and Peace (Jesus Calms the Storm) Close your eyes and think of Jesus... He is a friend who listens and heals. He calms the loudest storms with a gentle whisper, just like a big wave calling out, "Hey, don't be scared!" Even when things seem wild or big, Jesus holds our hands and says, "I'm right here." Let's imagine... Can you see the sky turning dark like a big, scary blanket? Can you feel the waves crashing like happy, happy tummy-laughes? Jesus isn't afraid of waves, He knows they're just dancing in the ocean, like bubbles floating up to the sun! When the wind blows and the world feels loud, let's remember Jesus is with us, ready to make everything calm and safe. Praise and peace... Oh, thank You, Jesus, for the way You make fear disappear! When storms grow too big, remind us You are our friend who laughs with the wind and whispers, "Shhh... it's okay." Help us to trust You today, just like the disciples did. Amen! Repeat: "Jesus calms the storm, He's our friend!"

>> Missions Spotlight

The fishing communities of Lake Victoria in East Africa know storms that come suddenly and violently. Missionaries share that Jesus who calmed the Sea of Galilee is the same Jesus who calms the storms of life, and the storm of God's judgment against sin.

-> To the Cross

The disciples were terrified in the storm. Jesus spoke and the wind and waves obeyed Him. At the cross, Jesus faced the ultimate storm, the wrath of God against sin, and He calmed it forever. Because of the cross, we never face God's wrath.