2026-05-24 Jesus Calms Fearful Sinners

Introduction

In this lesson, children will learn that Jesus has power over everything that scares us. Through two dramatic stories (Jesus calming the storm in Luke 8:22-25, and Jesus walking on the water in Matthew 14:22-33), children will see that Jesus is the All-Powerful God. Winds obey Him. Waves obey Him. Even the deep water holds Him up when He walks on it. Jesus does not want His friends to be afraid, because He is stronger than anything we could ever be afraid of. The scariest thing of all, sin and death, Jesus has already conquered. So when we believe in Jesus, we can say with Him, "Let not your hearts be troubled."

Main Ideas:

- **Jesus is God:** Jesus is fully God. Nothing is too hard for Him.
- **Jesus is in Control:** Jesus rules the wind, the waves, the weather, and every scary thing.
- **Look to Jesus:** We become afraid when we look at the storm instead of at Jesus.
- **Do Not Fear:** Jesus came to save sinners from our biggest fear (sin and death) so we can trust Him.

Praise and Worship (15 mins)

> **Parents:** The parent and child scheduled for this week will lead us in singing on Sunday. Please take time to practice the songs together at home, helping your child feel confident and joyful as they prepare to lead.

https://www.youtube.com/embed/oBNGHccTyaE

https://www.youtube.com/embed/vAaQS0poL-Q

Prayer and Offering (5 mins)

> **Parents:** Please encourage your children to bring an offering to church. You may help your child prepare by setting aside a coin for them to bring on Sunday. This is a great opportunity to teach them about giving to God with a thankful heart and trusting Him to provide.

> “ What is Offering?

> Offering is when we **give something to God** to show our love and thankfulness. In church, we often give money as an offering, but we can also give our time, talents, and kindness to God and others.
>
> ### Why Do We Make an Offering?
>
> **To Thank God** – Everything we have comes from God! Giving back is a way to say, “Thank You, God!”
> **To Trust God** – When we give, we show that we trust God to take care of us.
> **To Help Others** – Offerings help the church teach about Jesus, help people in need, and share God’s love.
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> The Bible says in 2 Corinthians 9:7,
> *"God loves a cheerful giver!" That means God is happy when we give with a joyful heart!*

Prayer for Offering

> “ Dear God, thank You for giving us everything we need. We want to give back to You with joyful hearts. Please use our offering to help others and share Your love. Help us to always trust You. In Jesus’ name, Amen!

Review Verse from Last Week

Psalm 67:3

Let the peoples praise you, O God; let all the peoples praise you!

Bible Story (10 min)

Introduction (2 min)

Props Needed:

- A large balloon, fully blown up (to pop as a surprise)
- A pin or sharp pencil (teacher uses, out of kids' reach)
- A blanket and a pillow (for Jesus sleeping in the boat)
- A blue sheet or a blue tablecloth (to be the sea/lake)
- A paper sign with "AFRAID" on one side and "JESUS IS ALL-POWERFUL" on the other
- A cardboard boat cutout or a laundry basket to be the boat

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> *(Walk in holding the big balloon, smiling and showing it off. While the children are looking at it, secretly use the pin to POP the balloon.)*

> **Teacher:** *(After the pop.)* "WOW! Did that scare you? That loud BANG! Did your heart jump? Did you jump in your seat?"
>
> **Interaction:** "Who was a little bit scared? Raise your hand! It's okay to say yes!"
>
> **Teacher:** "Loud, sudden noises can scare even grown-ups. I was not scared, though. Why not? Because I was the one who made it pop. I knew it was coming."
>
> **Teacher:** "Lots of things can feel scary. Big storms. Dark nights. Scary dreams. Loud thunder. Being lost. Big dogs. Can anyone think of something that sometimes feels scary?"
>
> **Interaction:** "Let's hear a few. Who wants to tell us something that sometimes feels a little scary?" *(Wait for 2-3 responses.)*
>
> **Teacher:** "Here is the important question for today. Is Jesus bigger than those scary things? Let's hear two stories about Jesus, and see what the Bible says."

Story Telling: Jesus Calms Fearful Sinners (8 min)

Props / Visuals Suggested:

- Blue sheet/tablecloth on the floor (for the lake)
- Cardboard boat or basket
- Blanket and pillow
- "Afraid" / "Jesus is All-Powerful God" sign

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> ### Part 1: The Big Storm on the Lake (2 mins)
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> *(Lay the blue sheet on the floor and put the boat on top. Place the blanket and pillow in the boat.)*
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> **Teacher:** "Our first story starts on a boat. One day, Jesus said to His disciples, 'Let's sail across the lake.' So they got in a boat. The sun was warm. The water was calm. And Jesus was VERY tired."
>
> **Interaction:** "Let's yawn together. Big yawn! Aaaaaah."
>
> *(Curl up the blanket and pillow to show Jesus sleeping.)*
>
> **Teacher:** "Remember, Jesus was fully God, but He was also fully a real person with a real body. His body got tired too. So Jesus lay down in the back of the boat and fell FAST asleep."
>
> **Interaction:** "Pretend to be Jesus asleep. Fold your hands under your cheek and close your eyes. Shhhh!"

Teacher: "But suddenly, the sky got DARK. The wind started to blow HARD. The waves got BIG."

Interaction: "Everyone make wind sounds! Whoosh, whoosh! Now stomp your feet like thunder! BOOM BOOM BOOM! Now rock side to side like the boat is being tossed around!"

(Hold up the "AFRAID" side of the sign.)

Teacher: "The disciples were SCARED. Water was splashing into the boat! They thought the boat was going to SINK! They thought they were going to DIE!"

Interaction: "Everyone make a scared face! Hug yourself! Shake!"

Part 2: Jesus Commands the Storm (2 mins)

Teacher: "And where was Jesus the whole time? Still ASLEEP! Can you believe it? So the disciples ran over and shook Him and shouted, 'JESUS! WAKE UP! Don't You care? We're going to DIE!'"

Interaction: "Pretend to shake somebody. 'Wake up! Wake up!'"

Teacher: "Jesus woke up. He was not afraid. Not one little bit. Jesus stood up in the boat. And Jesus spoke to the wind and the waves. Jesus said just three words: 'PEACE! BE STILL!'"

Interaction: "Everyone say it with me, big and loud: 'PEACE! BE STILL!'"

Teacher: "And do you know what happened? RIGHT AWAY, the wind stopped. The waves stopped. The rain stopped. Everything became calm and still, like this."

Interaction: "Shhhh. Everyone freeze. Super quiet. Not a sound."

(Flip the sign to "JESUS IS ALL-POWERFUL GOD.")

Teacher: "Then Jesus turned to His disciples and asked, 'Where is your faith? Why were you so afraid?' Jesus was asking them: 'Did you forget who I am? I am GOD. I made the wind. I made the waves. They have to listen to Me.'"

Teacher: "The disciples were AMAZED. They whispered to each other, 'Who IS this? Even the wind and the waves obey Him!' And they were starting to figure it out. Jesus is not just a man. Jesus is the All-Powerful God."

Part 3: Jesus Walks on the Water (2 mins)

Teacher: "Here is a second story, very similar. Another day, Jesus told His disciples to go in the boat across the lake WITHOUT Him. So they did. And guess what? Another big storm came!"

Interaction: "Wind sounds! Waves! BOOM thunder!"

Teacher: "The disciples were rowing and rowing, fighting the storm. Then, in the middle of the night, they saw something coming towards them on top of the water. A person! WALKING on the water!"

Interaction: "Gasp! Who is it? Everyone point and look scared!"

Teacher: "The disciples were TERRIFIED. They thought it was a ghost! But the person spoke. And the voice was familiar. It was JESUS. Jesus said, 'It is I. Do not be afraid.'"

Interaction: "Everyone whisper: 'It's Jesus. Don't be afraid.'"

Teacher: "Now, only God can walk on water. Water is not strong enough to hold up a person. But Jesus is God! Jesus made the water. So the water does what Jesus says, even 'Hold Me up while I walk!'"

Interaction: "Pretend to walk on tippy-toes like Jesus on the water. Gently, gently!"

Part 4: Look at Jesus, Not the Waves (2 mins)

Teacher: "Then Peter, one of the disciples, got brave. Peter said, 'Lord, if it's really You, let me come to You on the water!' And Jesus said, 'Come.' So Peter climbed out of the boat. And Peter started WALKING on the water too!"

Interaction: "Everyone, walk in place on your tip-toes! Peter is walking on water!"

Teacher: "But then Peter did something silly. Peter looked DOWN at the big waves. Peter stopped looking at JESUS. And what do you think happened?"

Interaction: "Slowly, slowly sink down to your knees! Sinking! Sinking!"

Teacher: "Peter started to SINK! He was going down into the water! Peter shouted, 'LORD! SAVE ME!' And what did Jesus do?"

Interaction: "Reach out your hand like Jesus reaching for Peter!"

Teacher: "Jesus reached out His hand, grabbed Peter, and pulled him up right away. And then Jesus said to Peter, 'Why were you afraid? Why did you stop trusting Me?' And together, they walked back to the boat."

Teacher: "Here is the big lesson. When we look at JESUS, we do not need to be afraid. When we look at the storm, at the scary things, at ourselves? That's when fear gets big. Jesus wants us to keep looking at HIM."

Interaction: "Point to your eyes, then point up. 'Eyes on Jesus!' Let's say it together: 'Eyes on Jesus!'"

Teacher: "And Jesus says to us just like He said to His friends: 'Let not your hearts be troubled. Believe in God, believe also in Me.' That means, 'Don't let your heart get scared and flipped around. TRUST Me. I am in charge.'"

Review with Actions

Teacher: "Let's remember the stories with actions!"

- **Teacher:** "Jesus and His friends sailed on the lake." *(Kids pretend to row.)*
- **Teacher:** "A big storm came!" *(Kids sway and say, "Whoosh! BOOM!")*
- **Teacher:** "Jesus was asleep." *(Kids fold hands under cheek.)*
- **Teacher:** "The disciples were AFRAID." *(Kids hug themselves and shake.)*
- **Teacher:** "Jesus said, 'Peace, be still!'" *(Kids put up their hand and say it.)*
- **Teacher:** "The storm stopped!" *(Kids freeze silently.)*
- **Teacher:** "Jesus walked on the water!" *(Kids walk on tippy-toes.)*
- **Teacher:** "Peter looked at the waves and sank." *(Kids sink down.)*
- **Teacher:** "Jesus saved Peter." *(Kids reach out a hand.)*
- **Teacher:** "Eyes on Jesus!" *(Kids point to eyes, then up.)*

Wrap-up & Discussion (4 min)

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> *(Gather children close for reflection.)*
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> ### Discussion Questions:
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> **Teacher:** "Let's think about what we learned today."
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> **Question:** "Why were the disciples so afraid in the storm?"
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> **Teacher Key:** The waves were huge. They thought the boat was going to sink and they were going to die. They forgot who was in the boat with them!
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> **Question:** "What did Jesus say to the wind and the waves?"
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> **Teacher Key:** "Peace, be still!" And they obeyed right away, because Jesus made them and He is God.
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> **Question:** "How could Jesus walk on top of the water?"
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> **Teacher Key:** Jesus is the All-Powerful God. He made the water, so the water obeys Him. Only God can do that.
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> **Question:** "What happened when Peter stopped looking at Jesus?"

> **Teacher Key:** He saw the waves, got afraid, and started to sink. When we look at scary things instead of Jesus, our fears grow bigger than they should.
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> **Question:** "What should we do when we feel afraid?"
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> **Teacher Key:** Pray to Jesus. Remember that Jesus is God and in control. Say the verse. Talk to parents. Keep our eyes on Jesus.
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> **Question:** "What is the scariest thing of all? What did Jesus come to save us from?"
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> **Teacher Key:** Sin and death. Jesus came so that sinners who trust in Him never have to be afraid of being separated from God forever. That is the biggest fear of all, and Jesus has taken it away for His friends.
>
> **Teacher:** "Big storms. Dark nights. Loud noises. Even death. None of them are too big for Jesus. When we are scared, Jesus is bigger. When we trust Him, our hearts can be peaceful, even in the storm."

Closing Thought & Prayer

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> **Teacher:** "Jesus is the All-Powerful God. Winds and waves obey Him. Nothing is too hard for Him. So when our hearts feel afraid, we can stop and remember: 'Jesus is with me. Jesus is stronger. Eyes on Jesus.' And Jesus says to us, 'Let not your hearts be troubled.'"
>
> *(Fold hands and bow heads.)*
>
> **Prayer:** "Dear Jesus, thank You that You are stronger than every storm. Thank You that You rule the wind and the waves. When we feel afraid, help us to look at YOU and not at the scary thing. Thank You for saving us from the scariest thing of all, sin and death. Help our hearts to be peaceful because we trust in You. In Jesus' name, Amen."

Memorizing Verse: John 14:1

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> **John 14:1**
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> [Jesus said,] "Let not your hearts be troubled. Believe in God; believe also in me."
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> **Hand Gestures:**

- **"Let not your hearts..."**: Place both hands over your heart.
- **"...be troubled."**: Shake your hands and your head (shaking off worry), then make a calm, peaceful face.
- **"Believe in God..."**: Point up to heaven with one finger.
- **"...believe also in me."**: Point to yourself, then to an imaginary Jesus in front of you.

Teacher Tip: Use this verse as a call-and-response during the game. Teacher says scary things ("Big waves! Loud thunder! Dark night!") and kids respond with the verse and gestures. The more they hear it in a playful context, the easier it sticks.

Craft & Game (10 mins)

Game: "Calm the Storm" Freeze

A simple game where children make storm sounds and actions when the teacher holds up the "Afraid" sign, and freeze silently (saying the memory verse together) when the teacher holds up the "Jesus is All-Powerful God" sign. This game teaches the memory verse and reinforces that Jesus commands the storm.

? **Time:** 5 minutes

? **Age Group:** 4-6 years

? **Lesson Connection:** Reinforces that Jesus has power over storms and over our fears.

? Setup & Materials Needed:

- A two-sided paper sign: one side says "AFRAID" with a scared face, the other side says "JESUS IS ALL-POWERFUL GOD" with a shining picture of Jesus
- Open space where children can move
- Optional: three small groups assigned to make wind sounds ("Whoosh!"), thunder ("BOOM!"), and rain ("pat pat pat")

? How to Play:

Step 1: Divide children into three sound groups: Wind, Thunder, Rain. Practice each group's sound.

Step 2: Teacher holds up the AFRAID side. Every group makes their sound/action together. Waves, wind, thunder. Pure chaos. Kids can sway and rock like they are in a boat.

Step 3: Teacher suddenly flips the sign to JESUS IS ALL-POWERFUL GOD side and says loud and clear: "PEACE! BE STILL!" All children must FREEZE and be totally silent.

Step 4: When still, everyone says the memory verse together with gestures: "Let not your hearts be troubled. Believe in God; believe also in me."

Step 5: Teacher flips the sign back to AFRAID and the storm starts again. Repeat 3-4 times, getting faster each time.

Step 6: End by asking: "Who can say 'Peace, be still' to a real storm?" (Only Jesus!) "Who is stronger than every scary thing?" (Jesus!)

Craft: "Eyes on Jesus" Boat Picture

Children make a picture of a small boat on stormy waves with Jesus walking on the water. The craft has a sliding Peter figure that starts high on the water (looking at Jesus) and can be slid down to sink (looking at the waves). A take-home reminder of where to keep our eyes.

Materials: A pre-printed scene (boat, wavy water, sky) on cardstock, a small Peter figure cutout, a small Jesus figure cutout, a craft slit or slot cut along the wavy water line, crayons or markers, glue sticks, the memory verse strip.

The Activity:

- **Step 1:** Color the boat, the sky (dark and stormy!), and the waves (use blues and greys).
- **Step 2:** Glue the Jesus figure on the water, standing tall. Write above Him: "Jesus is all-powerful!"
- **Step 3:** Insert the Peter figure into the slit in the waves, so Peter can be slid up (standing on water near Jesus) or down (sinking into the waves).
- **Step 4:** At the bottom of the picture, glue the memory verse strip: "Let not your hearts be troubled. Believe in God; believe also in me." (John 14:1)
- **Step 5:** Practice sliding Peter up and down. When Peter looks at Jesus = up, safe! When Peter looks at the waves = down, sinking! Use this to help children remember.
- **Take Home:** Children show their family: "When I look at Jesus, I am safe. When I look at the scary things, I start to sink. Eyes on Jesus!"

Response Song

https://www.youtube.com/embed/lmgUKoFKM60

Closing Prayer & Snack Time (10 mins)

> "Dear Jesus, thank You that You are the All-Powerful God. Thank You that storms and scary things obey You. When we feel afraid this week, help us to remember that You are with us, and help us to keep our eyes on You. Thank You that You took away our biggest fear by saving us from sin. In Jesus' name, Amen."
>
> Now, let us thank You for the snack we're about to enjoy.
> We fold our hands.
> We bow our heads.
> We thank You, God,
> for this daily bread.
> Amen.

Free Time & Children Pickup (15 mins)

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