

# UNBELIEVABLE

WEEK 2: FEB. 8 & 9

## BIG IDEA

Jesus cares about us when we are afraid.

## BIBLE

Jesus Calms the Storm: Mark 4:36-41 (Hebrews 13:5; Proverbs 3:5-6; Psalm 56:3)

## LARGE GROUP TIME

## WHAT?

### COUNTDOWN

Once it is time for class to start, begin the intro video. Instruct kids to clean up and then sit in their designated group spot. As kids sit down, Small Groups Leaders should sit with the kids in their group.

### RULES

1. Listen to your small group leader.
  - Respect your leader and obey what they tell you.
2. Treat others the way you want to be treated.
  - Be a good friend.
3. Have fun!

### ACTIVITY: Fear Factor Would You Rather

- **INSTRUCTIONS:** Read the following "Would You Rather?" questions and tell the kids to move to one side of the room for the first option or to the other side of the room for the other option.
- Would you rather . . .
  - Step on a spider with bare feet **or** sleep with a worm on your pillow?
  - Run into a lion's cage **or** swim with sharks?
  - Have the power go out at night **or** sit outside in the storm?
  - Ride on a roller coaster **or** a pirate ship?
  - Have no phone **or** no TV?
  - Find a frog in your pocket **or** a bee hive in your closet?
  - Eat a booger **or** sneeze out milk?
  - Fight a fire-breathing dragon **or** be a fire-breathing dragon?

- Sometimes, we're afraid of things that aren't real, like monsters or fire-breathing dragons. We all have things that scare us. Some things are silly and some are very real fears.
- We're going to hear a Bible story today about a time Jesus helped the disciples when they were afraid and how Jesus reminds us that God is always with us when we're afraid.

#### IMAGE: Picture Perfect Storm ▲



- **INSTRUCTIONS:** *Show the photo included in your Week 2 folder.*
- While we're talking about things that make us afraid, **how many of you would be afraid if you were in a boat in the middle of this storm?**
- **When was the last time you were really afraid?**
- In today's Bible story, we're going to hear about a time when the disciples were afraid and Jesus did an unbelievable miracle to save them.

#### THE BIG IDEA: Jesus cares about us when we are afraid. ▲

- **INSTRUCTIONS:** *Each week, do a big reveal (and make it fun) when you announce the Big Idea, like:*
  - *Ask the kids to give you a drum-roll by stomping their feet or patting their laps.*
  - *Shout the Big Idea, then point to the kids and have them shout it back. (Change it up by using funny voices, different volumes, or inflections.)*
  - *Have a character (either recurring or rotating) come out every week to reveal the Big Idea.*
  - *Write it on a piece of paper and hide it somewhere in the room. Have the kids go on a "hunt" for it. When it's found, ask someone to come up and read it.*
- This week's Big Idea: **Jesus cares about us when we are afraid.**

SO WHAT?

## STORY: Share about a time when you were afraid. ▲

- Now let me tell you about a time when I was afraid.
- **INSTRUCTIONS:** *Talk about a time when you were a child and were afraid. Emphasize that God was always with you.*
- Now let's hear a Bible story about the amazing power of Jesus.

## SCRIPTURE: Mark 4:36-41 ▲

- **INSTRUCTIONS:** *Look up the story in your Bible and encourage kids to do the same. Read it!*
- Remember, we learned last week that a miracle is something that only God can do. **What miracle did Jesus do in this Bible story?** Yes! Jesus calmed the storm.
- During the storm, the disciples wondered if Jesus cared about what was happening to them. Why do you think Jesus was asleep during the storm? It wasn't because He didn't know or didn't care what was happening. It was because He knew everything was under control. After all, He's God!
- Jesus didn't stop the storm from happening, but He never left His disciples in the midst of the storm. He helped by calming the storm.
- With this miracle, Jesus showed His disciples that He was all-powerful. And through this story, Jesus shows us He cares about us when we're afraid.
- **When we're afraid, we can trust that Jesus is always with us, just like He was with His disciples. God will always give us comfort, strength, and courage when we're afraid.**

## ACTIVITY: Sounds of a Storm ▲

- **Whatever we face, we can trust in Jesus, because Jesus cares about us when we're afraid.** Let's make our own storm by working together and retell the story we just heard.
- **INSTRUCTIONS:** *Lay a blanket and pillows on the floor to represent a boat. Pick 6 students to play the Disciples and Jesus in the boat. One adult will read the story again while the 6 kids act it out. The other kids will surround the boat and use their bodies to simulate the sound of a storm starting and stopping. You can do it with a minimum of five kids (one per sound effect) but the more students doing each sound, the better it will sound. As you point to the students one by one, they will start doing their actions over and over. Start the next action after about 15 seconds. It will sound like a storm starting and stopping.*
  - *Actions:*
  - *rub hands together*
  - *snap fingers*
  - *clap hands*
  - *slap thighs*
  - *stomp feet*

## SCRIPTURE: Hebrews 13:5

- **INSTRUCTIONS:** *Open your Bible and encourage the kids to open their Bibles. Read Hebrews 13:5.*
- You might not be in a storm on the sea right now, but we all have times when we are afraid. We might be afraid of the dark, or spiders, or heights, or getting hurt, or seeing someone we love get hurt.
- Jesus never tells us there won't be storms, but He does promise to He will always be with us and will never abandon us.
- **How can this verse help us when we're afraid?**

## ACTIVITY: Be Still

- Now let's play a game to help us imagine how Jesus calmed the storm.
- It's cool that even the wind and the waves obeyed Jesus when He said, "Be still," isn't it? By calming the storm, Jesus showed the disciples that He is all-powerful.
- **How many of you can control the weather?** None of us can! Wouldn't that be a cool super power, to be able to go outside and tell a storm to stop?
- If you've ever been to a sporting event, you might have seen the crowd do the "wave." We're going to make a wave, but when I tell you to "be still," you'll have to be still!
- **INSTRUCTIONS:** *If your kids aren't already sitting in a line across the room, tell them to sit lined from one side of your room to the other. When you point to them (or you can have someone run in front of them), they'll stand up and do the wave (wave their arms in the air). At random points, shout, "be still," and have everyone freeze. If anyone moves after you have said the words, "be still," they're out.*
- **PRETEEN HACK:** *Let the students race from one side of the room to the other, but when you call out "Be still," they have to freeze. The last one to freeze each time is out. Let them continue the race after each time of freezing. Give a prize to the winner.*

## NOW WHAT?

## ACTIVITY: What Storm is It?

- We may not be in a boat in a storm like the disciples, but we have storms in our everyday lives — things that are hard or scary for us to face.
- **INSTRUCTIONS:** *Have the kids get in groups of 3-5 and assign them storm scenarios to act out. The other groups can guess what each scenario is:*
  - You have a big test coming up at school, but you don't understand the subject and don't think you will do well.

- Your friends didn't invite you to a party and you overheard them talking about it.
- You got in trouble and you're afraid to tell your parents.
- You're going to a new school or club, and you don't know anyone, so you're nervous.
- You're learning how to do something new, like ride a bike, and you're scared you might get hurt.
- *After they act out the storm scenarios, ask them how Jesus can give them courage in each of those situations.*
- **FOR PRETEENS:** *Instead of assigning storms to your preteens, give them each an index card and let them write down a storm they have gone through or something a friend has gone through. (They can do it anonymously, if they'd like.) Put the index cards in a pile, have each person draw one, and then talk about how God could help us during each storm.*

### ACTIVITY: Memory Verse Origami Boats ▲

- Now let's make our own paper boats to take home and remind us that even though we face scary situations, we're never alone, because Jesus is with us, like He was with the disciples in the boat. We are also going to use them to help us memorize our verses for this month.
- **INSTRUCTIONS:** *Even though these boats seem like they have a lot of steps, they are easy to make, and even young kids should be able to follow along as you give them instructions. Give every kid a piece of paper. Read the instructions and help the kids make their own boats.*
  1. *Start with a regular piece of paper in the shape of a rectangle. Hold it vertically, with the long edges going up and down. Write both memory verses on the sheet of paper.*
  2. *Fold the bottom half up to the top. Write a memory verse on each side.*
  3. *Fold the bottom right corner over to the left corner and make a small pinch, just enough to crease the paper. Open it back up.*
  4. *Using the crease as a guide, fold the left and right bottom corners up and to the middle.*
  5. *Flatten the folded pieces down and rotate the paper so it's sideways.*
  6. *Fold one layer from the bottom up along the bottom of the front flaps. Write a memory verse on each flap.*
  7. *Flip the paper over to the other side.*
  8. *Fold the bottom edge up in the same way.*
  9. *Unfold, and then fold the bottom right corner in along the crease you made.*
  10. *Repeat on the bottom left flap, then re-fold the bottom edge back up.*
  11. *Open the bottom. Look at the corners. Flatten and then insert the overlapping flap on the left underneath the right section.*
  12. *Fold one layer up to the top, then repeat on the back. Write the memories on a open space.*
  13. *Open the bottom of the model. Pull apart the left and right flaps.*
  14. *Flatten it out, in the shape of a boat*
  15. *Open it slightly. The triangle in the middle will be the sail.*
  16. *Write the two memory verses on any blank spaces left on the boat.*

- **FOR KIDS WITH SPECIAL NEEDS:** Check out the hacks for this week to learn how to make simple and fun mini boats for your kids with special needs to play with. They can put their sailboats in a bowl of water, watch them float, and blow them around.

## MUSIC: WORSHIP ▲

**INSTRUCTIONS:** Use the worship videos to lead the kids in singing/dancing through 2 songs.

## SMALL GROUP TIME

### DISCUSSION ▲

- **What were the disciples doing in the Bible story?** (They were in a boat, crossing the lake.)
- **Why were they afraid?** (A big storm started.)
- **What was Jesus doing during the storm?** (Sleeping.)
- **What did Jesus say that they need to stop being afraid?** (They needed to have faith.)
- **What does this story tell us about Jesus?** (He is all powerful. We can trust Him. He is always with us.)
- **What is an example of a time when you were afraid and Jesus helped you?**
- **What are you afraid of right now that you need courage from Jesus for?**

### SCRIPTURE: Proverbs 3:5-6; Psalm 56:3 ▲

- **INSTRUCTIONS:** Look up the verse in your Bible and encourage kids to do the same. Read it!
- **Is it easy or hard for you to trust in God?**
- **How can God help you when you're afraid?**

### MEMORY VERSES: Ephesians 3:20; Psalm 103:2-3 ▲

- **INSTRUCTIONS:** Practice the memory verse together as a small group.

### PRAYER ▲

**INSTRUCTIONS:** Take some time to pray together as a small group, specifically focus on praying about things that might be worrisome to the kids.

**Points: Kids get points for things listed below. Add weekly points and insert that number next to their name for the given week.** ▲

- Dot Stickers 10 Points
- Bring your Bible to class 50 Points
- Memorize monthly verses 50 points/verse
- Attend Redeemer's Kids Class 100 Points
- Bring a friend who doesn't attend Redeemer's 100 Points
- **Weekly Postcard Points:** *(Put check mark next to each you've given them points for)*
  - Memorized Weekly Big Idea 50 Points
  - Read Bible Daily 100 Points