3RD – 4TH GRADE · TEACHING PAGES · MARK 4:35-41; PSALM 107:23-31

Jesus Calms the Storm

Jesus calmed a furious storm with a word, showing He is God, and because He is with us we can have peace even in scary times.

PRINCIPLE: PEACE · We can have peace in scary times, because Jesus is with us and even the wind and waves obey Him.

Creation God made it	Fall We broke it	**Redemption Jesus fixes it**	Restoration Jesus makes it new

MEMORY VERSE

“Then Jesus got up and rebuked the wind and the sea. 'Silence!' He commanded. 'Be still!' And the wind died down, and it was perfectly calm.”

Mark 4:39 BSB

START HERE

Ask, "Can someone have peace while something scary is still happening?" Let them think. Say, "Today the disciples learn where real peace comes from, in the middle of a storm."

Bible story 8 min

That evening, after a long day of teaching, Jesus said to His friends, "Let's go over to the other side." They left the crowd and got into the boat with Him.

A wild storm came up. The waves crashed over the boat. It was filling with water! Some of the disciples were expert fishermen. But even they were afraid.

BIBLE TIMES

Storms on the Sea of Galilee

The Sea of Galilee lies about 700 feet below sea level, with steep hills and mountains around it. Cool air can pour down through the valleys and hit the warm water, whipping up big waves in minutes. Fishermen knew these storms could be deadly.

Jesus was in the back of the boat, sleeping on a cushion. The disciples woke Him. "Teacher, don't You care if we drown?"

BIBLE TIMES

Fishing boats

Fishing boats in Jesus' day were made of wood, about 27 feet long, with a sail and oars. Waves could easily splash over the low sides. The stern, at the back, sometimes had a small raised area where a person could rest on a cushion.

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Jesus got up. He spoke firmly to the wind. He said to the waves, "Silence! Be still!" The wind stopped, and it was completely calm.



DASCH DIGS UP…

Jesus didn't wave a staff or pray a long prayer. He just **spoke**, and the storm stopped! Mark 4:39

He said to His disciples, "Why are you so afraid? Do you still have no faith?"

They were terrified and asked each other, "Who is this? Even the wind and the waves obey Him!"

HIDDEN IN PLAIN SIGHT

Look at Mark 4:41. During the storm, the disciples were afraid of drowning. But after Jesus calmed it, they were **terrified**. Mark literally says they "feared a great fear"! Why more afraid? Because **Psalm 107:29** says it is the LORD who "stilled the storm to a whisper." The disciples had just watched Jesus do what only God can do. Their fear of the storm turned into awe of Jesus.

Talk about it

1. Why was Jesus able to sleep during the storm?
   Answer help: He was truly tired, and He wasn't afraid. He trusted His Father.
2. What did the disciples ask Jesus when they woke Him?
   Answer help: Teacher, don't You care if we drown?
3. Read Psalm 107:29. Who does the psalm say calms the storm? What does that show about Jesus?
   Answer help: The LORD. Jesus did what only God can do, so He is God.
4. What 'storm' do you need Jesus' peace for right now?



Ellie Asks: Think It Through

1. Some people think if they follow Jesus, nothing bad will happen. What does this story show?
   Answer help: The disciples obeyed Jesus and still faced a storm. Jesus doesn't promise no storms; He promises to be with us.

Activities

Fear to awe 12 min

You'll need: Bibles, Pencils, Printed handouts

1. In pairs, read Mark 4:35-41 and Psalm 107:28-29.
2. Fill in the chart with what the disciples felt and said before and after Jesus calmed the storm.
3. Compare Mark 4:39 with Psalm 107:29.

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Calm-and-storm plate 10 min

You'll need: Paper plates, Markers, Craft sticks

1. Draw stormy waves on one side of a paper plate and calm water on the other. Tape a craft stick on as a handle.
2. Write "Be still!" (Mark 4:39) on the calm side. Flip it during the skit.



Ellie's Lab Science experiment

Storm in a bottle 10 min

You'll need: Clear plastic bottles with lids (one per pair), Water, Blue food coloring, Vegetable oil, A funnel, Small plastic toy boats or bottle caps (optional)

1. Fill each bottle about one-third with water and add two drops of blue food coloring.
2. Use the funnel to add vegetable oil until the bottle is almost full. Add a bottle cap "boat" if you have one. Close the lid tightly.
3. Lay the bottle on its side and rock it back and forth. Watch the waves crash! The faster you rock, the bigger the storm.
4. Hold the bottle still. Watch how long the waves take to settle. Count together.
5. Read Mark 4:39. Ask, "How long did it take the real Sea of Galilee to get calm when Jesus spoke?" (Right away!)

Why it works: Oil is lighter than water and doesn't mix with it, so it floats on top and the line between them looks like the surface of the sea. When you rock the bottle, energy moves through the liquid as waves. When you stop, the waves slowly lose their energy and settle. Real seas take hours to calm down after a strong wind.

The point: Our bottle storm needed time to settle, and real seas take hours. But when Jesus spoke, the wind stopped and the sea became perfectly calm at once. Only God can do that. That's why the disciples asked, "Who is this?" The One who rules the waves is with us.

Safety: Tighten lids well and work over a tray. Wipe up any spills. Don't drink the liquid.



Real life today with Theo

At school	Some days feel like storms, like a big test, a fight with a friend, or a bad grade. Jesus doesn't always stop the storm, but He's in the boat with you.
At home	When your family faces something hard, like sickness, money worries or a move, you can pray together. Jesus rules over every storm.
Online and on screens	Scary news can fill your mind. Turning it off and praying is a way of saying, "Jesus, You're in charge."

Sing and move

♪ **It Is Well with My Soul** Hymn

♪ **Oceans (Where Feet May Fail)** Modern worship song

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OUR CHANT: CALL AND RESPONSE

Leader: Who was asleep in the boat?

Kids: Jesus!

Leader: What did He say to the storm?

Kids: Silence! Be still!

Leader: Who is this?

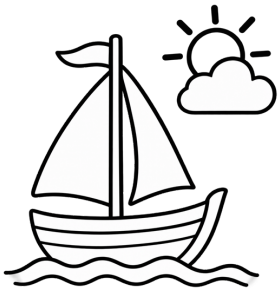
Kids: Jesus, God the Son!

Live It
Write down one "storm" you're facing. Each day this week, pray about it and finish with, "Jesus, You're in my boat."

Pray together
Lord Jesus, the wind and waves obey You. Thank You for being with us in every storm. When we're afraid, help us trust who You are, and give us Your peace. Amen.

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Name: _____ Date: _____



JESUS CALMS THE STORM

MARK 4:35-41

Jesus calmed a furious storm with a word, showing He is God, and because He is with us we can have peace even in scary times.

MEMORY VERSE

Then Jesus got up and rebuked the wind and the sea. 'Silence!' He commanded. 'Be still!' And the wind died down, and it was perfectly calm.
Mark 4:39

1 HIDDEN IN PLAIN SIGHT

Crack the code to find the secret message!

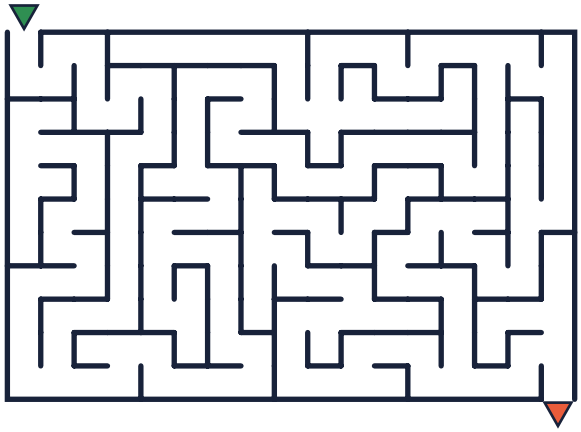
A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

___ ___ ___ ___ ___ ___ ___ ___ ___ ___
10 5 19 21 19 18 21 12 5 19

___ ___ ___ ___ ___ ___ ___ ___ ___
20 8 5 19 20 15 18 13

2 MAZE

Start at the green arrow and find the way out!



3 VERSE SCRAMBLE

Number the pieces 1, 2, 3... to put the verse back in order. (Mark 4:39)

- ☐ and it was perfectly calm.
- ☐ wind and the sea. 'Silence!' He commanded.
- ☐ Then Jesus got up and rebuked the
- ☐ 'Be still!' And the wind died down,

4 QUICK QUIZ

Fill in the circle next to the right answer.

1. Where was Jesus sleeping?
○ In the front ○ On a cushion in the back ○ On the shore

2. What did Jesus say to the waves?
○ Go away! ○ Silence! Be still! ○ Calm down, please.

3. What did the disciples ask afterward?
○ Why did You sleep? ○ Who is this? ○ Where are we?

5 TRUE OR FALSE?

Circle T or F.

1. Some of the disciples were expert fishermen. **T / F**
2. The sea calmed down slowly over many hours. **T / F**
3. Following Jesus means you'll never face storms. **T / F**
4. Only God can calm the wind and sea. **T / F**



6 DASCH DIGS UP...

Did you know?

★ The Sea of Galilee sits **low between mountains**, so cold winds can rush down and stir up **sudden storms**!

★ Jesus was sleeping in the back of the boat **on a cushion**! Mark 4:38



PEACE, BE STILL!

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TAKE-HOME PAGE · JESUS CALMS THE STORM

Keep the story going at home

For grown-ups
Today we learned how **Jesus calmed the storm**. A huge storm hit the disciples' boat, and Jesus was asleep! They woke Him, and He said to the wind and waves, "Be still!" Everything became calm. The disciples asked, "Who is this? Even the wind and the sea obey Him!"

Ask at dinner: *What feels like a "storm" in your life? How does it help to know Jesus is with us?*

Memory verse: "'Silence!' He commanded. 'Be still!' And the wind died down, and it was perfectly calm." (Mark 4:39)

Ask your child

1. Read Psalm 107:29. Who does the psalm say calms the storm? What does that show about Jesus?
2. Some people think if they follow Jesus, nothing bad will happen. What does this story show?
3. What 'storm' do you need Jesus' peace for right now?

Words to know

Peace: A calm heart that trusts God, even in scary times.
Rebuke: To speak firmly to stop something.
Squall: A sudden, strong storm.
Disciples: Followers who learn from Jesus.

This week
Write down one "storm" you're facing. Each day this week, pray about it and finish with, "Jesus, You're in my boat."
Read Mark 4:35-41 and Psalm 107:23-31 together. Talk about how Jesus did what only God can do.

✂ Cut out the verse card and put it where you'll see it every day.

MEMORY VERSE

"Then Jesus got up and rebuked the wind and the sea. 'Silence!' He commanded. 'Be still!' And the wind died down, and it was perfectly calm."

Mark 4:39

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Name: _____ Activity page

Fear to awe

Read Mark 4:35-41 and Psalm 107:28-29. Fill in the chart. Then answer the questions.

	During the storm (4:37-38)	After the calm (4:40-41)
What they felt		
What they said		
What they thought about Jesus		

1. Read Psalm 107:29. Who calms storms? What does that tell you about Jesus?

2. A storm in my life, and how knowing Jesus is with me can give me peace:

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