5TH – 6TH GRADE · TEACHING PAGES · MARK 4:35-41; PSALM 107:23-31

Jesus Calms the Storm

By stilling the storm with a word, Jesus did what Scripture says only the LORD can do, revealing that He is God and that true peace rests in who He is.

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, "Is it possible to be more scared after a danger ends than during it?" Let them think. Say, "That's exactly what happens to the disciples. By the end, you'll know why."

Bible story 10 min

On that day, when evening came, Jesus said to His disciples, "Let us cross to the other side." After they had dismissed the crowd, they took Him along in the boat, just as He was. Other boats were with Him.

A furious squall arose. The waves crashed over the boat, so that it was nearly swamped. Several of these men were lifelong fishermen on this lake. They knew its storms, and they knew this one could kill them.

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.

But Jesus was in the stern, sleeping on a cushion. The disciples woke Him. "Teacher, don't You care that we are perishing?"

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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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. Not gradually. At once.



DASCH DIGS UP…

The water became **perfectly calm**, not slowly, but all at once! Mark 4:39

"Why are you so afraid?" He asked. "Do you still have no faith?"

They were filled with great fear, and they said to one another, "Who is this, that even the wind and the sea obey Him?"

HIDDEN IN PLAIN SIGHT

During the storm, the disciples were afraid of drowning (Mark 4:38). After the calm, Mark says they "feared a great fear" (4:41, literal), a stronger word than before. They were more afraid once the danger was gone.

The reason is in Psalm 107, a psalm about sailors in a storm: "Then they cried out to the LORD in their trouble… He stilled the storm to a whisper, and the waves of the sea were hushed" (107:28-29). The disciples knew that only the LORD commands the sea. Now the tired man asleep on a cushion had done exactly that with a word. Their fear of the storm became awe of Him. "Who is this?" The answer: God, in the boat with them.

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.
Awe: Wonder mixed with deep respect.
Stern: The back part of a boat.
Faith: Trusting Jesus.

Talk about it

1. What does Jesus sleeping on a cushion tell us about His humanity?
   Answer help: He was truly human and truly tired after a full day of ministry.
2. What does commanding the wind and sea tell us about His divinity?
   Answer help: Only God rules creation. Jesus did it with a word.
3. Do you tend to want Jesus to stop your storms or to be with you in them? What does real peace rest on?



Ellie Asks: Think It Through

1. Read Psalm 89:8-9 and 107:23-30. How would these psalms have shaped the disciples' question, 'Who is this?'
   Answer help: They describe the LORD alone ruling and calming the sea. Jesus was doing what only Israel's God does.

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2. Jonah slept in a storm and had to be thrown in. Jesus slept in a storm and calmed it. What's the difference?
   Answer help: Jonah was running from God and the storm was judgment; Jesus is God and the storm obeyed Him.

Activities

Who is this? 15 min

You'll need: Bibles, Pencils, Printed handouts

1. Read Mark 4:35-41, Psalm 89:8-9, Psalm 107:23-30, Colossians 1:15-17, John 14:27 and Isaiah 43:1-3.
2. Chart what each passage says about storms, the sea or peace, and what it shows about who Jesus is.
3. Finish the sentence - "My peace in a storm doesn't depend on the storm stopping because..."

In my boat 8 min

You'll need: Pencils, Printed handouts

1. Write about a storm in your life right now.
2. Write what you'd say to Jesus if you woke Him up like the disciples did.
3. Write what Mark 4:41 and John 14:27 tell you about who is in your boat.



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.

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Real life today with Theo

Online and on screens	Feeds can flood you with alarming news, like waves over the side. Peace isn't ignoring reality; it's remembering who rules it.
At school	Anxiety about grades, friends or the future can feel like drowning. Jesus doesn't always remove the storm, but He's never asleep to your need.
At home	The disciples asked, "Don't You care?" Jesus did care. When it feels like God isn't paying attention, tell Him honestly, as they did.

Sing and move

♪ **It Is Well with My Soul** Hymn

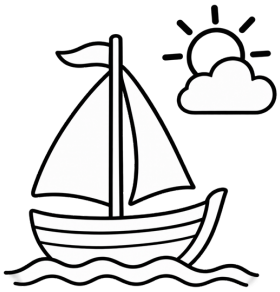
♪ **Oceans (Where Feet May Fail)** Modern worship song

Live It
Name your current storm. Each day this week, read Psalm 107:28-29 and John 14:27, and pray honestly, telling Jesus what you fear and thanking Him that He rules the storm.

Pray together
Lord Jesus, You are God over wind and sea, and You are in our boat. Forgive our fear and doubt. Give us Your peace, the peace that rests on who You are, whether the storm stops or not. Amen.

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Name: _____ Date: _____



JESUS CALMS THE STORM

MARK 4:35-41

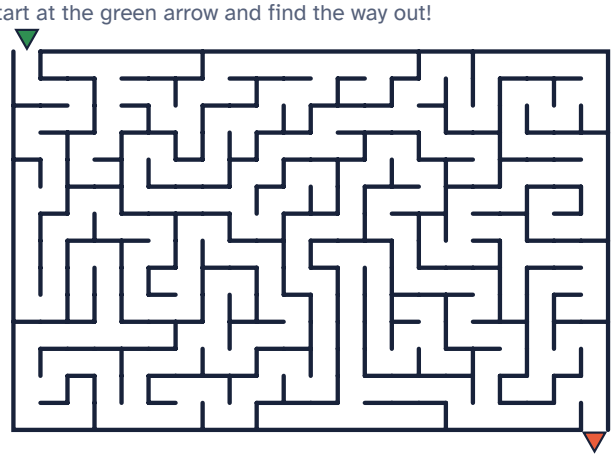
By stilling the storm with a word, Jesus did what Scripture says only the LORD can do, revealing that He is God and that true peace rests in who He is.

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 MAZE

Start at the green arrow and find the way out!



2 WORD SEARCH

Find and circle these words. Some go backward!

AWE CUSHION DISCIPLES FAITH PEACE REBUKE REBUKED SQUALL STERN

B	L	G	W	Y	P	O	I	T	W	F	B	S
F	F	K	Y	F	A	J	U	F	L	W	G	B
L	M	B	U	U	F	L	L	A	U	Q	S	F
U	U	U	E	M	T	C	O	D	R	D	F	D
O	N	O	I	H	S	U	C	I	P	S	H	I
B	C	G	N	W	M	N	H	S	D	C	T	O
P	R	E	B	U	K	E	J	C	E	F	H	L
M	S	S	C	M	T	H	J	I	K	A	G	S
B	T	W	T	A	B	A	F	P	U	I	E	J
H	E	C	T	O	E	U	M	L	B	T	E	T
R	R	F	E	M	B	P	S	E	E	H	P	M

3 VERSE SCRAMBLE

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

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

4 WHO SAID IT?

Write who said each one. Use the names in the box.

Jesus	The disciples	The psalmist (Psalm 107:29)

1. "Let us cross to the other side." _____
2. "Teacher, don't You care that we are perishing?" _____
3. "Silence! Be still!" _____
4. "He stilled the storm to a whisper." _____

5 TRUE OR FALSE?

Circle T or F.

1. The disciples were more afraid after the calm. **T / F**
2. The sea calmed gradually. **T / F**
3. Psalm 107 says only the LORD stills the 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



WHO IS THIS? JESUS, OUR GOD!

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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. What does commanding the wind and sea tell us about His divinity?
2. Read Psalm 89:8-9 and 107:23-30. How would these psalms have shaped the disciples' question, 'Who is this?'
3. Jonah slept in a storm and had to be thrown in. Jesus slept in a storm and calmed it. What's the difference?

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
Name your current storm. Each day this week, read Psalm 107:28-29 and John 14:27, and pray honestly, telling Jesus what you fear and thanking Him that He rules the storm. Read Psalm 107:23-31 together. Talk about how Jesus answers the disciples' question, "Who is this?"

✂ 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: _____

Who is this?

Read Mark 4:35-41, Psalm 89:8-9, Psalm 107:23-30, Colossians 1:15-17, John 14:27 and Isaiah 43:1-3. Chart what each says about storms, the sea or peace, and what it shows about Jesus. Then finish - "My peace in a storm doesn't depend on the storm stopping because..."

Passage	What it says about storms, the sea or peace	What it shows about who Jesus is
Mark 4:35-41		
Psalm 89:8-9		
Psalm 107:23-30		
Colossians 1:15-17		
John 14:27		
Isaiah 43:1-3		

Finish the sentence: “My peace in a storm doesn't depend on the storm stopping because...”

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Name: _____

In my boat

Write about a storm in your life. Write what you'd say to Jesus, like the disciples did. Then write what Mark 4:41 and John 14:27 tell you about who is with you.

A storm in my life right now:

What I'd say if I woke Jesus up:

Who is in my boat (Mark 4:41; John 14:27):

My prayer:

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