TEACHER GUIDE · MARK 4:35-41; PSALM 107:23-31

Jesus Calms the Storm



When a terrible storm hit the disciples' boat, Jesus woke up and said, "Peace, be still!" and the wind and waves obeyed Him.

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

Jesus showed His disciples that He rules over creation itself, because He is the God who made it. The same Jesus is with His people in every storm.

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

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Class plan

Welcome and opening hook	5 min
Bible story	10 min
Talk about it	8 min
Ellie's Lab or activity	12 min
Review game	5 min
Live It and prayer	5 min
Total	**45 min**

Before class

☐ Read Mark 4:35-41 and Psalm 107:23-31.
☐ Print one handout per child for their age group.
☐ For Ellie's Lab, bring clear plastic bottles with lids, water, blue food coloring, vegetable oil and a funnel.
☐ Bring a blue sheet for the "sea" and a small cushion for the skit.

Supplies

Clear plastic bottles with lids (one per pair) · Water · Blue food coloring · Vegetable oil · A funnel · Small plastic toy boats or bottle caps (optional) · A blue sheet or blanket · A small cushion · A spray bottle of water · Printed handouts (one per child) · Crayons · Pencils · Bibles (one per child in 3rd–6th grade) · Paper plates · Markers · Craft sticks

HIDDEN IN PLAIN SIGHT

The disciples were more afraid after the storm stopped.

During the storm, the disciples were scared they would drown. But after Jesus calmed it, Mark says they were "terrified," literally "they feared a great fear" (Mark 4:41). They asked each other, "Who is this? Even the wind and the sea obey Him!"

Why more afraid? Because they had just seen something only God can do. Psalm 107 says it is the LORD who "stilled the storm to a whisper" (107:29). Their fear of the storm turned into awe of Jesus. The One asleep in their boat was God Himself.

Background

That evening, after a long day of teaching by the lake, Jesus said, "Let us cross to the other side" (Mark 4:35). The disciples took Him in the boat, and other boats went along. A furious squall came up, and the waves broke over the boat until it was nearly swamped (4:37).

Jesus was in the stern, asleep on a cushion. He was truly human and truly tired. The disciples woke Him: "Teacher, don't You care that we are perishing?" (4:38). He got up, rebuked the wind, and said to the sea, "Silence! Be still!" The wind died down and there was a great calm (4:39).

Jesus asked them, "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 sea obey Him!" (4:40-41).

Read Psalm 107:23-31 alongside. Sailors in a storm cry out to the LORD, and "He stilled the storm to a whisper; the waves of the sea were hushed" (107:29). The disciples would have known this psalm. In the boat, Jesus did exactly what the psalm says only the LORD does.

Don't teach this as "Jesus will stop every storm in your life." He didn't promise no storms. The disciples obeyed Jesus by getting in the boat, and the storm still came. Teach that Jesus is with us in the storm, that He is God over every storm, and that peace comes from who He is.

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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.

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.



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

Several disciples were **expert fishermen**, and even they were afraid of this storm!

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

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

Psalm 107 says **only the LORD** can calm a storm at sea. Jesus did it!
Psalm 107:29

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.

Say it right

Galilee: GAL-ih-lee **Gerasenes**: GAIR-uh-seenz

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Object lesson

Who's in your boat? 5 min

You'll need: A blue sheet or blanket, A small cushion

1. Ask, "What's something that makes you scared?" (Thunder, the dark, a new school.) Let kids share.
2. Ask, "Is it less scary when someone strong is with you, like a parent?" (Yes!)
3. Say, "In today's story, the storm was scary. But the most important thing in the boat wasn't the storm. It was who was in the boat."
4. Say, "Jesus is God. He rules the wind and waves, and He's with us."

The point: Peace doesn't come from storms stopping. It comes from knowing Jesus, who rules every storm, is with us (Mark 4:39-41; John 14:27).



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.

Act it out: Who is this?

Parts: Narrator, Jesus, Peter, Disciples (several kids) · **Props:** A blue sheet or blanket, A small cushion, A spray bottle of water

NARRATOR
After a long day of teaching, Jesus said, "Let's cross to the other side of the lake."

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NARRATOR
Jesus was so tired that He lay down on a cushion and fell asleep. *(Jesus sleeps.)*

NARRATOR
Suddenly a huge storm came! *(Kids shake the blue sheet. A helper sprays a little water.)*

DISCIPLES
(rocking) Whoa! The waves are crashing in! We're sinking!

PETER
(shaking Jesus) Teacher, wake up! Don't You care that we're going to drown?

JESUS
(standing up, arm raised) Silence! Be still!

NARRATOR
The wind stopped. The waves stopped. Everything was perfectly calm. *(The sheet goes still.)*

JESUS
Why were you so afraid? Do you still not have faith?

DISCIPLES
(whispering, amazed) Who is this? Even the wind and the waves obey Him!

EVERYONE
Peace, be still!

Review game

Be still! 5 min

You'll need: A blue sheet or blanket

1. Kids hold the edges of the blue sheet and make "storm waves" by shaking it.
2. Ask a review question. When a child answers correctly, they shout, "Peace, be still!" and everyone freezes the sheet perfectly still.

Tips by age

Preschool	Shake the sheet for a storm, then say, "Be still!" and make it calm. Say, "Jesus is stronger than storms!"
K–2nd	Talk about scary times. Ask, "When you're scared, who is with you?"
3rd–4th	Read Psalm 107:29. Ask, "Who does the psalm say can calm storms? What does that tell us about Jesus?"

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5th–6th	Discuss why the disciples were more afraid after the calm (4:41). Talk about fear versus awe.

Song ideas

♪ **My God Is So Big** Preschool, K–2nd · Traditional
♪ **Jesus Loves Me** Preschool · Traditional
♪ **Peace, Be Still** K–2nd · Hymn
♪ **It Is Well with My Soul** 3rd–4th, 5th–6th · Hymn
♪ **Oceans (Where Feet May Fail)** 3rd–4th, 5th–6th · Modern worship song

Song titles only. Use any recording or songbook your church has permission to use.

Activity sheet answers

K–2nd	Fill in the verse: 'Silence', commanded, perfectly · Story order: 4, 3, 1, 2, 5 (top to bottom) · True or false: 1 false, 2 true, 3 true
3rd–4th	Secret code: JESUS RULES THE STORM · Verse in order: 4, 2, 1, 3 (top to bottom) · Quiz: 1 On a cushion in the back, 2 Silence! Be still!, 3 Who is this? · True or false: 1 true, 2 false, 3 false, 4 true
5th–6th	Verse in order: 2, 1, 3, 4 (top to bottom) · Who said it: 1 Jesus, 2 The disciples, 3 Jesus, 4 The psalmist (Psalm 107:29) · True or false: 1 true, 2 false, 3 true

Note for parents

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)

Going deeper: Psalm 107:23-31; Psalm 89:8-9; Isaiah 43:1-3; John 14:27; Matthew 14:22-33

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