

**Lesson Plans that Work**  
**Year B – Season after Pentecost, Proper 7**  
**Lesson Plans for Younger Children**

**Scripture:** Mark 4:35-41

**Background:** We are now in the long season known as Ordinary Time, which runs through Christ the King Sunday. As we take this journey, nourished by the scriptures appointed for the season and empowered by our baptisms, we are invited to be on the lookout for all the blessings found in the ordinary – to see God at work here and now. And we are compelled to share our blessings with others.

**A Notation for This Week's Gospel**

Amid the storms that toss our boats is the assurance that Jesus sleeps on a pillow in our boat! Are we comfortable enough to look at the question Jesus poses? "Why are you afraid?"

**Theme: Jesus in the Storm**

**Before:** If you are combining younger and older children, see the lesson plan for older children.

The craft activity suggested is to create a small pillow to remind the children of what we hear in this story – that when the disciples feel afraid and alone, they discover Jesus asleep on a pillow close by. The pillow will require these materials:

- At least one felt square per child (two felt squares per child will, obviously, make a larger pillow). You will also need to make an extra pillow for the last lesson in this Early Summer session.
- Pillow stuffing, available in fabric stores.
- A stapler to “sew” the pillow edge – most office staplers are sufficiently large enough.
- White glue for younger children to secure the pillow’s edges.

**Beginning:** Greet the children and be sure you know their names and they know each other's names. Ask the children if anyone has ever gone on a boat ride, or if anyone been in a boat with oars. If not, show them how rowing a boat works by pretending to pull on oars.

**Opening Prayer:** Glorious and Adventurous God, thank you for your wonderful creation and for the waters of life you have given us. Be with us as we hear about you and your disciples this morning. Amen.

**The Story:** This story happens in the evening and Jesus is tired. He has been talking to people all day, so his friends tell him to get into their boat and they will row him to the other side of the lake.

We need a boat! (Either turn a table upside down, or simply create an imaginary boat) Let's all get in this boat – I need lots of people to help me row. Each of you, grab an oar and row with me as I tell you this story.

At first the friends of Jesus were gently rowing the boat, and it was going slowly across the lake. Suddenly a big storm began. The wind blew so hard that water was splashing into the boat. (Pretend to wipe the water from your face). The people were getting very scared.

And Jesus? He was sound asleep, his face on a pillow, in the back of the boat. "Hey, Jesus," his friends cried out: "Don't you even care that we are about to drown?" Jesus woke up, rubbed his eyes, looked around and then said to the wind: "Peace! Be still." And all of a sudden the wind stopped. The waves stopped. It was all calm.

Jesus looked at his friends. "Why were you so scared? Didn't you know I am right here with you?"

Jesus friends were amazed and whispered to each other as they continued to row across the lake. "Wow!" Even the WIND obeys Jesus."

**Wondering Questions:** Spend some time wondering with the children.

- I wonder if you have ever been on a boat ride?
- I wonder if you have ever been scared in a storm?
- I wonder if you have ever slept through a storm?
- I wonder if you have ever prayed when you were scared and asked Jesus to be with you?

**Activity:**

In today's story we hear about how Jesus calmed the storm around the disciples and they were amazed.

To remind us that Jesus is right here with us – even when we are scared – we are going to make a small pillow to take home. (Make available the supplies you have brought, show the children how to fashion a pillow. Make one also to keep for the last Sunday in this Early Summer set of sessions.)

**Getting Closure:** Ask the children to help you make a prayer they can remember to say when they get scared.

**Closing Prayer:** Say the prayer that you and the children have come with or close with this: Thank you, Jesus, for being with us in happy times and in scary times. Amen.

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