Asleep in the stern

Everything you need to share Jesus Calms the Storm at home this week: a few minutes for you, a few minutes with your kids, and simple ways to keep the story going at the table, in the car and at bedtime.

Read Mark 4:35–41 before the kids wake up, or during nap time. (Mark 4:35–41)

It was Jesus' idea to get in the boat. The disciples were doing exactly what He asked, and the storm came anyway. Storms are not always a sign you took a wrong turn.

Their question is one most of us have prayed in some form: "Teacher, don't You care?" (4:38). When Jesus seems quiet, it is easy to read His stillness as distance.

But His stillness was not indifference. It was authority. One word, "Be still," and it was perfectly calm. The One who seemed asleep was never out of control.

Your kids will watch how you ride out your storms. They don't need you to be fearless. They need to see you bring your fear to Jesus, and let Him be the one who speaks to the wind.

REFLECT

Where are you asking Jesus, "Don't You care?" What would it look like to trust that He is still in the boat?

PRAY

Jesus, you are in the boat with me. When I'm afraid, help me bring my fear to you, and let my kids see me trust you. Amen.

Little Lantern

THIS WEEK WE'RE LEARNING



Jesus Calms the Storm

Mark 4:35–41

Jesus is with you in the storm.

"Who is this, that even the wind and the sea obey Him?"
Mark 4:41

ASK AT DINNER

What feels like a storm to you right now? How can Jesus help?

PRAY

Jesus, you are stronger than any storm. Help us trust you when we feel scared. Amen.

✂ Cut here. One card for the fridge, one for the car.

Little Lantern

CAR-RIDE CARD



On the way

Jesus Calms the Storm · Mark 4:35–41

Listen: Play the Listen version of Jesus Calms the Storm on the way.

ASK

1. Where was Jesus when the storm came?
2. What did Jesus say to the wind and waves?
3. What can you say to Jesus when you're scared?

"Who is this, that even the wind and the sea obey Him?" Mark 4:41

Keep the story going

BEDTIME ROUTINE

Lantern-out in five steps



1. Lights low. Play the Listen version of Jesus Calms the Storm (Little for ages 3–5, Big Kid for 6–9), or read it from the app.
2. Ask one question: “Was there anything scary or hard today?”
3. Say the verse together with the motions: “Who is this, that even the wind and the sea obey Him?”
4. Pray: “Jesus, you are stronger than any storm. Please be with me tonight. Amen.”
5. Lights out. You can say: “God is with you, even in the dark.”

KITCHEN

Storm in a bowl

Float a lid ‘boat’ in a bowl of water. Kids make waves, then say “Be still!” and watch the water settle.

LIVING ROOM

Couch boat

Everyone climbs on the couch ‘boat’. Shake a blanket for the storm, then one person says “Be still!” and everyone freezes.

ANYTIME

Calm-down breathing

Practice ‘storm breaths’: big fast breaths like wind, then slow calm breaths as Jesus says “Be still.”

IN THE CAR

Car-ride story

Play the Listen version, then ask: “What did Jesus say to the storm?” and “What helps you when you’re scared?”

SIBLINGS

Two ages at once

The older child plays Jesus and says “Be still!”; the little one plays the waves and freezes.

JESUS CALMS THE STORM · STICKER CHART

My calm week

Each day, when something feels big, stop, breathe, and say “Jesus, be with me.” Add a sticker or color a wave!

Monday	Idea: Take three slow breaths when I’m upset	
Tuesday	Idea: Pray before something new	
Wednesday	Idea: Tell a grown-up when I’m scared	
Thursday	Idea: Help a friend who is worried	
Friday	Idea: Sleep with the light a little lower	
Saturday	Idea: Say the verse when I feel afraid	
Sunday	Idea: Thank Jesus for being with me	

“Who is this, that even the wind and the sea obey Him?”

Mark 4:41

JESUS CALMS THE STORM · MINI-BOOK

Make a mini-book

Print the next page on one sheet (landscape, actual size). One sheet folds into an 8-page book kids can “read” to siblings and grandparents.

STEP 1

Fold

Fold the sheet in half the long way, then in half twice more the short way, so you have 8 little panels. Unfold.

STEP 2

Cut

Fold it in half the short way again. Cut along the middle crease from the fold to the center, just one panel deep.

STEP 3

Open

Unfold. Fold the long way again and push the ends together so the cut opens into a diamond.

STEP 4

Flatten

Keep pushing until it flattens into a little book. The cover is on the front. Read it together!

Little Lantern

Jesus Calms the Storm

This book belongs to _____

1

It was evening by the big blue lake.

2

The sun went down.

3

Then, WHOOSH!

4

The friends were so scared.

5

And the wind stopped.

6

Jesus turned to His friends.

“Who is this, that even the wind and the sea obey Him?”

Mark 4:41

Jesus is with you in the storm.

Little Lantern

Trace the big idea

Trace the letters with a crayon or pencil. Then say it out loud!

JESUS IS

WITH YOU IN

THE STORM.



Jesus is with you in the storm.

JESUS CALMS THE STORM · PLAY-DOUGH MAT

Make the waves be still



Roll three long wavy snakes for the stormy sea and put one on each circle. Then say “Be still!” and press each wave flat and calm.

1 2 3

“Who is this, that even the wind and the sea obey Him?” Mark 4:41