Jesus Calms the Storm
Bible lesson

Mark 4:35–41 · 30-minute core or 60-minute full lesson



BIG IDEA

Jesus is with you in the storm.

MEMORY VERSE · MARK 4:41 BSB

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

LESSON AT A GLANCE

0–6	**Welcome** · Storm in a boat	
6–10	**Hook** · Stronger than the storm	
10–20	**The Story** · The Story	●
20–30	**Talk** · Talk	●
30–35	**Memory Verse** · Memory Verse	●
35–40	**Sing** · Sing	
40–50	**Activity** · Storm-stopper review	
50–55	**Respond** · Storm journal	
55–60	**Pray & Send Home** · Pray & Send Home	●

● Core step. Teach just these for the 30-minute version.

Leader prep

Bible background

After a long day of teaching crowds by the Sea of Galilee, Jesus told His disciples, “Let us cross to the other side” (Mark 4:35). Several of them were fishermen who knew that lake well, and storms there can blow up suddenly between the hills.

A violent windstorm came up and the boat began to fill with water, while Jesus slept on a cushion in the stern (4:37–38). The terrified disciples woke Him: “Teacher, don’t You care that we are perishing?”

Jesus rebuked the wind and the sea, “Silence! Be still!”, and it was perfectly calm (4:39). Then He asked, “Why are you so afraid? Do you still have no faith?” (4:40). The disciples asked the most important question in the story: “Who is this, that even the wind and the sea obey Him?” (4:41). Only God commands the sea.

Where is Jesus in this story?

This whole story is about who Jesus is. Only God can tell the wind and waves what to do, and they listen to Jesus. The same Jesus who was in the boat is with us in our scary moments, and later He faced the biggest storm of all, the cross, to bring us safely home to God.

Supplies

- A large tub or bowl of water and a small toy boat (or paper boat)
- Blue paper or a blue sheet for the ‘lake’
- A small fan or a piece of cardboard to make wind
- Printed story cards, verse poster, coloring pages and parent pages
  Prep: Print from the Classroom resources section.
- A screen for the story video (optional)

Questions kids might ask

“Was Jesus scared?”

No. Jesus was so at peace He was asleep. He knew He was in charge of the storm.

“Why didn’t Jesus stop the storm right away?”

The friends had to wake Him, and that taught them to come to Him when they’re afraid. We can always call on Jesus.

“If Jesus is with me, why do I still feel scared?”

Feeling scared is normal, even for Jesus’ friends. Jesus doesn’t get mad at us for being scared; He helps us. We can tell Him, “I’m scared, please help me.”

If a child shares something serious

When kids share what scares or worries them, some may mention something serious, like someone hurting them or a big fear at home. Listen, thank them for telling you, and don’t promise to keep it secret.

Tell your ministry leader the same day and follow your church's child-safety policy.

Teach it

SAY read aloud DO leader action KIDS SAY call and response

1 Welcome 6 min

Full lesson

Storm in a boat

DO Kids sit in a 'boat' (a row of chairs or a taped shape). Call out: "Gentle breeze!" (sway), "Big wind!" (lean hard), "Wave!" (stand and sit), "Still!" (freeze). Anyone who moves on "Still!" bails water (does five jumping jacks).

SAY In today's story, one Person said "Be still!" and the whole sea froze.

2 Hook 4 min

Full lesson

Stronger than the storm

SAY What's the strongest thing you can think of? A hurricane? A tornado? Nobody can tell a storm to stop.

SAY Today we're going to read about a storm that stopped the moment someone told it to. Listen for who it was.

3 The Story 10 min

Core

DO Play the Jesus Calms the Storm video (2 min), or read it aloud with the story cards.

SAY Listen for the question the friends ask at the very end.

DO After the video, have kids open their Bibles to Mark 4:37–41. Ask a confident reader to read it aloud.

SAY The friends asked, "Who is this, that even the wind and the sea obey Him?" Only God can do that. Jesus is God's Son.

KIDS SAY **Even the wind and the sea obey Him!**

4 Talk 10 min

Core

What did the friends do when the storm came? What did Jesus do?
Listen for: They were terrified and woke Jesus. Jesus spoke to the wind and waves and they were completely calm.

Why were the friends even more amazed after the storm stopped?
Listen for: Only God controls the wind and sea. They realized Jesus is much more than a teacher.

What makes you feel scared sometimes?
Listen for: Answers vary. Share something that scares you too.

What could you say to Jesus the next time you feel afraid?
Listen for: Keep it simple: "Jesus, I'm scared. Please be with me and help me."

Did the storm stop because the disciples had enough faith?
Listen for: No. They were scared and didn't trust Him, and Jesus still calmed the storm. Jesus is the strong one. Our part is to trust Him, even when we're scared.

OLDER KIDS Read Psalm 107:28–30. What does it say God does with storms? How does that help us understand who Jesus is?

5 Memory Verse 5 min

Core

DO Write the verse on a whiteboard or hold up the poster. Teach the motions.

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

MOTIONS

- **Who is this,** Hands out, shrug your shoulders, curious face.
- **that even the wind** Blow and wave your arms like wind.
- **and the sea obey Him?** Make waves with your hands, then hold them still and flat.

PRACTICE IT THREE WAYS

1. Say it with motions.
2. Disappearing words: erase or cover one word at a time until kids say it from memory.
3. Say it fast, then slow, then in a whisper.

6 Sing 5 min

Full lesson

> The Little Lantern song for this story is coming soon. For now, sing a favorite worship song about Jesus being with us.

7 Activity 10 min

Full lesson

Storm-stopper review

DO Kids stand and make ‘storm’ noises. Ask a question; the first correct answer earns that team a turn to shout “Be still!” and the room must freeze. Most freezes wins.

Where was Jesus sleeping?
Listen for: In the back of the boat, on a cushion.

What did the friends ask Jesus when they woke Him?
Listen for: “Don’t You care that we are perishing?”

What two things did Jesus tell to be still?
Listen for: The wind and the sea.

What did Jesus ask His friends after?
Listen for: “Why are you so afraid? Do you still have no faith?”

Finish the verse: Who is this, that even…
Listen for: …the wind and the sea obey Him?

> Prefer a quieter room? Hand out the mini-book or a coloring page instead.

8 Respond 5 min

Full lesson

Storm journal

DO Kids write or draw: “My storm is ____. Jesus is with me, so I can ____.”

OLDER KIDS Write a short prayer to Jesus about something you’re worried about.

9 Pray & Send Home 5 min

Core

DO Pair kids up. Each one shares one ‘storm’ (worry) and their partner prays: “Jesus, be with ___ in ___.”

SAY Close: Jesus, the wind and the sea obey you. Thank you that you are with us in every storm. Help us trust you. Amen.

DO Hand out parent pages.