

Explore It TOGETHER

SESSION
13

A LOVE FOR US

 **Mark 4:35-41 Jesus Calms the Storm**

Here are some ideas and activities you could do as a family



Investigate

Fill a container, like a washing-up bowl, with water. Place a plastic boat in it and let it float about and move it gently around. Then swish the water around to create waves and let the boat rock about in the water. Talk about Jesus commanding the wind and water to stop. Stop swishing the water – of course the water will stay choppy and may keep filling the boat. Jesus can make the storm and waves stop instantly, but we can't. Just as he watched over his disciples, he watches over us.



Watch

Try the experiment that we did in the session. You will need a clear plastic cup or glass with some white vinegar in the bottom, some baking soda and some cooking oil. The glass represents us. The white powder represents the things that scare us. The oil represents Jesus. Sprinkle the baking soda into the vinegar. While you watch what happens, talk about how you feel when you're scared or worried. Then pour in the oil. Watch what happens and think about Jesus. After you have seen the fizz of the baking soda and vinegar and the calming effect of the oil, talk about how Jesus loves us and is with us, even during the tough times that we have to go through; his love can calm our fears and worries.



Sense

Listen to some sound effects or videos of storms or stormy seas (you can find lots of these on YouTube). Imagine how it would feel stuck in a storm like that. Pray and thank God that he is with us during all the difficult situations – the storms – that we may go through in our own lives.



Play

Play with some plastic boats in a paddling pool or a stream. You could have a boat race or see how hard you have to splash the boats to make them sink.



Read

Look together in a Bible concordance or use an online Bible (for example biblegateway.com) and find out how many times the Bible says, 'Do not fear' or 'Don't be afraid'. Choose some of the Bible verses to write out on sticky notes and stick them up around your house. Can you choose one to be a memory verse for this week?



Share

Do you know someone who is going through a stormy patch in their life right now? What could you do to support them, to help them know that Jesus is a protector and that he promises not to leave us? How could you encourage and remind them about God's love?