

# Sunday School Lesson

## Sunday, January 31, 2021

### Fourth Sunday After Epiphany



“Peace, Be Still!”.

While labeled Sunday School, please feel free to use these ideas in a way that blesses your family. You do not have to do all the activities nor do you need to do them on Sunday morning. You can use whatever translation of the Bible or Children’s Bible you have in your home.

**Read:** Mark 4: 35-41

#### Activities and Background:

In this story, Jesus has asked the disciples to go out in the boat. Jesus falls asleep in the boat and a storm blows up. The storm is so severe that even experienced fisherman, as the disciples were, were afraid. When they wake Jesus, Jesus calms the storm but rebukes them for having little faith. The disciples are then in awe of the power Jesus has over nature. One almost needs to wonder if Jesus set this up to reveal to the disciples who he is.

1. Read the scripture story. Discuss what is happening in the story. Wonder with your children – I wonder how the disciples felt when Jesus said, “Peace, Be Still!”. I wonder if there was thunder and lightning with the storm. I wonder how the disciples felt when Jesus asked. “Why were you afraid? Have you still no faith?”
2. Find a laundry basket or a cardboard box big enough for a young child to sit in. Have the child sit in it as you retell the story. During the storm part, rock the basket/box back and forth with the child in it. Make a dramatic stop to the motion when you say, “Jesus said, “Peace, Be Still!”
3. Think of times when you were afraid. What did you do? What could you have done?
4. Watch the movie the “Wizard of Oz”. What kept Dorothy safe through the storm and adventure? (focusing on home) In stormy times are we to keep our focus on Jesus to get us through.
5. Go on a boat ride or canoe ride and tell the story while out in the middle of a lake or river.
6. Read the story again. Draw a picture to help you remember it.
7. Sing “Be Still and Know that God is God” and end with a prayer.

*Help me to have faith.  
Help me to trust you, Jesus, in the midst of storms.  
Thank you, Jesus, for calming the waters around me.  
Thank you, Jesus, for staying with me.  
Amen.*