Day 2 - Peace

Bible Story: Jesus in the Boat | Luke 8:35-42
Bottom Line: I can find peace when I trust Jesus!
Memory Verse: "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight." Proverbs 3:5-6

READ

Jesus in the Boat | Luke 8:22-25

22 One Day Jesus and his disciples boarded a boat. He said to them, "Let's cross over to the other side of the lake." So they set sail.

23 While they were sailing he fell asleep. Gale-force winds swept down on the lake. The boat was filling up with water and they were in danger. 24 So they went and woke Jesus, shouting, "Master, Master, we're going to drown!" But he got up and gave orders to the wind and the violent waves. The storm died down and it was calm.

25 He said to his disciples, "Where is your faith?"

Filled with awe and wonder they said to each other, "Who is this? He commands even the winds and the water and they obey him!"

WATCH

Go to resurrection.church/vbc to watch Day 2 of Wild Kingdom-Trust Leads the Way!

CREATE

Supplies: Paper with PEACE written at the top, markers or crayons

Do:

- Listening to calming ocean sounds on your phone.

- Draw or write down times that you feel peaceful (calm.)
- Share what you drew or wrote.
- Hang the pictures up in your space.

Say: "What does it mean to feel peaceful? *(Allow for answers.)* That's right. When we feel calm, we feel at peace. Sometimes, it's hard to be calm when we don't get our way or we feel anxious and worried. Peace is choosing to be calm when I'm worried, because I trust in Jesus."

REMEMBER

Have each person pretend to be their favorite ocean animal while saying the memory verse.

ACTIVITY

Supplies: Parachute, sheet or towel, ping pong balls or balled-up socks, tissue paper

Do:

- Gather kids around the parachute
- Tell the kids that you are going to make a storm by moving the parachute up and down.
- Add ping bong balls, socks or tissue paper and have them shake it as fast as they can.
- When you say "Stop" they should lay the parachute or towel on the ground.

Say: "Have you ever been worried or anxious about something and it feels like your thoughts are like the ping pong balls we were shaking up and down. They're all over the place and moving so fast it feels like you can't calm down. Just like Jesus had the power to make the storm stop and the waters go calm, when you trust in Him, He can help you find peace. Peace is choosing to be calm when I'm worried, because I trust in Jesus. So, what should we do when we start to feel anxious? We can take some deep breaths, pray and talk to each other.

Let's try a breathing exercise now. Find a comfortable position. Breathe in through your nose and count to 4. Hold your breath for 7 seconds. Now breath out through your mouth and count to 8. Great job, the next time you feel anxious don't forget to breath, pray and talk about it."

PRAY

Dear Jesus, Thank you for the story of Jesus calming the storm. Help us to remember that we can choose to have peace when we worried or afraid, because we trust in you. Thank you for loving us and always being there for us. We love you, Amen.