

# Jesus calms the storm

---

## **Background**

### **Luke 8:23-25 and Mark 4:35-41**

Jesus had been spending a lot of time teaching people. Jesus taught people how much God loves us, and how much God looks after us. But Jesus was getting tired. So Jesus called His friends together, and they got into a boat and set off across the lake called Galilee to have a bit of peace and quiet!

Jesus' friends got the sail up, and took oars out, and steered the boat into the lake to go home. Jesus yawned. Jesus stretched, and Jesus laid down in the back of the boat and fell asleep. It was a perfect end to a perfect day. Ahhhhhh. Perhaps he even snored!

And then suddenly, the day was not so perfect.

The sky turned black, a wild wind blew, and there were huge waves on the lake.

\*\*\*\* **Wind.mp3** \*\*\*\*

The boat rocked to the right. The boat rocked to the left. The boat rocked up and down. The boat rocked so hard that Jesus' friends were sure they would all drown. They were really scared.

There was even some thunder \*\*\*\* **Thunderstorm.mp3** \*\*\*\*

\*\*\*\* **Wind.mp3** \*\*\*\*

But Jesus was asleep right through it all. Peacefully sleeping at the back of the boat. Ahhhhhh.

But Jesus's friends were scared, and Jesus is STILL asleep! "Jesus!" his friends shouted and they shook Jesus to wake him up. "Jesus. Wake up, wake up! We are all going to drown!"

So Jesus woke up. The he sat up. Then he rubbed his eyes and stood up. It was so hard to stand at all because the boat was tossing around all over the place. But Jesus stood up, and did not fall down! Then, very calmly, Jesus said to the wind, 'Wind - quiet now!' and Jesus said to the waves "Waves, settle down!" ..... And they did!

## **Stop wind**

The waves calmed down, and the wind stopped. The boat stopped rocking and turning, and the lake was all calm again. Wow!

Jesus turned to His friends and said, “You did not need to be frightened. You did not need to worry. All you had to do was trust me. Look, everything is calm now. And it was. Even the sky was a lovely calm blue. Ahhhhhhh.

Jesus’ friends were amazed! “Who is this man?” they said. “Even the wind and the waves do what He tells them to!”

## **Points to make**

\*\*\* So ... who is Jesus? - The Son of God. Jesus IS God. So Jesus made the world, and therefore He can make things happen. Wow!

\*\*\* What did Jesus do in the boat? - He slept. Why? Jesus was trusting God to keep them all safe.

\*\*\* What did the disciples do when they got scared? - They woke Jesus up. That was a good thing.

Nowadays we cannot simply wake Jesus up, but we CAN pray to Him. Anytime, anywhere we can pray and ask Jesus to help us when we feel afraid. He is always with us.

The disciples knew that Jesus could help them. We also need to trust Jesus to help us when we are scared. The Bible says, in Psalm 46:10, “Be still and know that I am God.” That means, STOP. Be calm, and stop worrying and fretting and being afraid, and trust Jesus. We will have real problems. That storm was real! Jesus will help us in the same way that Jesus helped his disciples and stopped them all drowning. So we do not need to be afraid.

Some fears are good fears - like, fire, traffic, big snarling dogs, perhaps losing your job, etc. But here we are talking about many of the fears that we have that are not helpful

Most of us have fears that are not helpful. Like: .... spiders, dentist, flying, failure, being ill, death, ..... Let’s now ask Jesus to take away our fears.

- **What are we afraid of? Write fears on paper. Offer to God. Burn or shred or in some way permanently dispose!!**

Burning this is our way of showing that we know that Jesus can take away our fears - burn them up! We need to ask Him though. Let’s pray:-

Lord Jesus, thank you that you do not want us to be afraid. Help us not to be frightened of things that we do not need to be frightened of. Help us to pray to you, and to trust you when we feel afraid. Help us to .... be still, and know that YOU are God, and therefore YOU are in charge. Amen