



Church @ Home

These resources are to help you worship together as a family when you can't go to church. They are designed for children aged 4-11. You can choose which activities you would like to do. Don't worry about getting everything 'right' – the important thing is that you have fun spending time with each other and with God.

Week 1 : Jesus calms the storm

Get ready.....

- + Choose a place where you can all sit comfortably - on the floor, round a table or even in the garden!
- + Gather together all the things you will need.
- + If you have a **candle**, you might like to light it as you start your worship to show this is a special time set apart to be with God – you could take turns lighting the candle each week and choose a leader to say this prayer (and do the actions too if you want to!)

A getting ready prayer

God, as we get ready to be with you
Open our ears to listen to you
(*touch your ears*)
Open our minds to help us think about you
(*put your hands on your head*)
Open our eyes to see you in the world around us
(*point to your eyes*)
And open our hearts to love you more.
(*cross your hands over your chest*)
Amen.



Tell the story...

Here are 3 ways you could do this:

- + Read Mark 4: 35-41 in a children's Bible
- + Read 'The Storm on the Lake' in The Lion Storyteller Bible (p. 98) – you could add your own actions!
- + Watch the story on KidsHubTV here
<https://www.youtube.com/watch?v=ZzPwRXytr7U>

Talk about....

Choose a leader to read the questions and talk about your answers together.

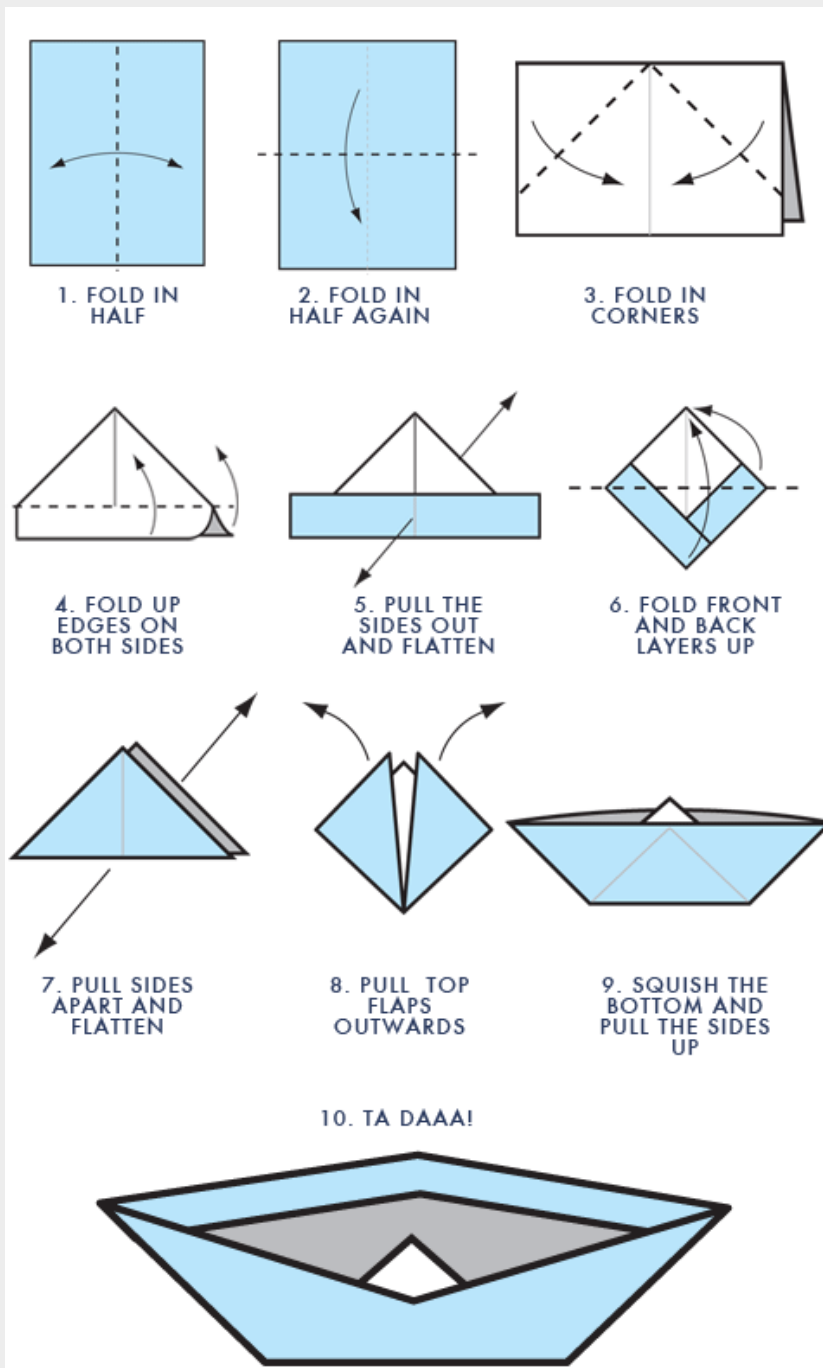
- What was your favourite part of the story?
- What part of the story surprised you?
- How did the disciples feel in the story?
- What helped the disciples feel calm?
- What makes you feel scared or worried?
- What helps you to feel calm?
- What do you think the story tells us about Jesus?



Make together.....

You will need: paper or card, pens or pencils, and a bowl or tray that you can put water in (and anything you have that you want to decorate your boat with - you could use crayons or stickers but if you use paint remember it might wash off!)

Follow the instructions to make an origami boat.



When you have made your boat.....

+ think about the things you talked about that make you feel worried or scared and write some of them down on your boat

+ fill your bowl or tray with some water and test your boat to see if it floats

+ think about the storm in the story and how it made the disciples feel – splash the water or blow it hard and see what happens to your boat

+ think about how Jesus calmed the storm and made them feel safe

+ ask God to help you feel safe when you are worried or scared – you might like to say this prayer together or choose a leader to say it for you:

Dear God

When I feel worried or scared, sometimes it feels like there is a storm happening inside of me.

I know that you love me and want to keep me safe.

Please help me to remember your love when I feel this storm inside and help me to feel calm again.

Amen.

Build together.....

Use Lego or other building bricks to build a boat for the disciples. Do you think your boat would have survived the storm?!



Play together.....

Play 'musical storms' – play some music and everyone should move around like they are being blown about by a storm. When the music stops, everyone should stop and stand still like the storm when Jesus spoke.

You could play this to the song 'My Lighthouse' by Rend Collective – you can find it here <https://rendcokids.com/>.



Remember together.....

'When I am afraid I will trust in you'

(Psalm 56: 3)

Write the words of this verse on separate pieces of paper or card. Mix them up and see if you can put them back in the right order. Turn some over or take them away and see if you can still remember the whole verse. Say the verse out loud together.



Pray with stuff.....

You will need: a clear bottle or jar and some glitter

- + Carefully put some glitter into your bottle or jar (you might want to use a small spoon!)
- + Fill your bottle or jar with water.
- + Seal the lid of your bottle or jar VERY tight! (you might want to put some tape round it)

Think about what makes you feel worried or scared. Shake your bottle and watch the glitter churn around like a storm. As you watch the glitter settle, remember that we can feel calm because God is always with us and we can put our trust in him.

Pray with words and actions.....

Choose a leader to say the words for you and do the actions together.

God, sometimes the things happening around us make us feel scared, frightened, anxious or worried (*clench your fists tightly*)

It feels like we can't control them and they make us want to run and hide

But we know you calmed the storm for the disciples and you can calm our storms too (*unclench your fists and lay your hands flat with your palms up*)

Help us to put our trust in you when we are afraid.

Amen

Don't forget to
**blow your
candle out to
finish!** See you
next week!