

# SABBATH SCHOOL

## Preteen Sabbath Instruction Program — Teacher's Outline

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Level 2 • Unit 5 • Week 2

### JESUS CALMS THE STORM

**OBJECTIVE:**

To show that Jesus will calm our fears when we put our trust in Him as our protector.

**ATTENTION GETTER:**

Supplies: Blue crepe paper  
copies of play "Jesus Calms the Storm" (see end of lesson)

Say: Let's act out a Bible story today. This play is based on a story from the New Testament—Matthew chapter 14, beginning in verse 22—about Jesus and His disciples at sea.

Ask: Does anyone know what "disciple" means?

Say: A disciple is a follower of Jesus Christ.

Do: Select students to be narrator and Jesus' disciples. The remaining students can be divided into two groups who will act like the waves of the sea.

Do: After the play has been performed, applaud the actors and let them take their bows. Then let the children help put things back in order for the next activity.

**BIBLE LESSON:**

Say: The story you just acted out came from Matthew 14, the first book in the New Testament.

Do: If there's time, read the story from Matthew 14:22-33.

Ask: Did you like acting out the story about Jesus calming the sea?

Say: The disciples were really worried that they were going to drown that day. This example showed that Jesus has supernatural powers from God to protect His followers from danger.

### **LESSON APPLICATION:**

Supplies: Colored index cards (three per student)  
Markers  
Glue stick

Do: Before class draw a very large hand onto a piece of poster board with a marker.

Do: Give each child two or three colored index cards and a marker.

Ask: Do you ever get worried? What kind of things are you afraid of?

Say: Today we are going to write down some of our fears. Let's discuss them first. Some of us may be afraid of a school bully, a bad grade or getting lost at the mall. Others may worry about an unfriendly teacher or classmates not liking them.

Ask: Can you write down one of your fears onto a card? I can help you with spelling.

Do: Collect the cards when they are completed.

Say: The Bible says to cast "all your cares upon Him, for He cares for you" (1 Peter 5:7). We will illustrate this by putting our worry cards into "God's hand" on the poster.

Do: Read each of the cards the children have written out and then help them to paste their cards onto the giant hand poster with a glue stick. Put the poster on display when finished.

Say: After we do our part in solving our problems, it's nice to be able to put things in God's hands. Then we don't have to worry about it any more. We may not see a dramatic miracle, like the disciples did when they were fighting the storm. But power from the same God that rescued them from shipwreck is here for us also when we pray to Him. The story of the disciples had a happy ending, and our problems can, too.

Ask: Now does this mean that God's followers never die if they pray to stay alive?

Say: No, sometimes people aren't healed now. But God knows that death in this lifetime isn't the end of the story. He has the power to bring back a person to life later on, in the "resurrection." So even if we're sad when a loved one dies, we can be glad to know that there may be a happy ending to their life story later on!

**Music:**

Sometimes we forget that God has power over everything. To help us remember, let's sing this song.

"He's Got the Whole World in His Hands"

He's got the whole world—in His hands,  
He's got the whole wide world—in His hands,  
He's got the whole world—in His hands,  
He's got the whole world in His hands.

He's got the wind and the rain—in His hands,  
He's got the wind and the rain—in His hands,  
He's got the wind and the rain—in His hands,  
He's got the whole world in His hands.

He's got the tiny little baby—in His hands,  
He's got the tiny little baby—in His hands,  
He's got the tiny little baby—in His hands,  
He's got the whole world in His hands.

He's got you and me, brother—in His hands,  
He's got you and me, sister—in His hands,  
He's got you and me, teacher—in His hands,  
He's got the whole world in His hands.

**MEMORY VERSE:**

1 Peter 5:7 "Casting all your care upon Him; for He cares for you."

# Jesus Calms the Storm

A Play Based on Matthew 14:22-33

Props: Blue crepe paper streamers  
Chairs to arrange as boat

Form an oval shape with chairs facing in to make a "boat" with an opening at one end. Cut two long blue crepe paper streamers or other blue material to simulate waves.

Characters: Narrator  
Peter  
Andrew  
James  
John  
"Waves"

The students to be the "waves" should be divided into two groups, one group on each side, holding the blue streamers. At first have them slowly circle the boat, moving their streamers slowly like a calm sea.

Narrator: Jesus stood before the group of disciples in front of the boat. He told the disciples to get into the boat. He would be going up to the mountain to take a break for a while, but would catch up with them later.

Peter: "All right, disciples. Let's climb into the boat now." (*The disciples walk into the "boat."*)

Peter: "I'm really bushed! It was awesome when Jesus made all those people well again, but it's good to have a little peace and quiet now." (*He relaxes and leans back on a chair.*)

Andrew: "Jesus sure has been working hard—the people just kept on coming!"

James: "I couldn't believe it when Jesus told us to divide up just two little fish and five loaves of bread to feed all the hungry people. There must have been at least five thousand of them. And they had second helpings, too! That will be something to tell the grandkids about."

John: "He's amazing, that's for sure. In fact I wish He were with us right now. Those storm clouds look bad."

*The children with the streamers raise and lower their arms more dramatically to resemble the waves beginning to churn as if in a storm.*

Andrew: (*Rowing hard.*) "What do we do? We've got to row harder just to keep this thing afloat!"

James: "We've taken in a lot of water, too. Better start bailing it out." *(The disciples act like they're dipping buckets into the boat and pouring it over the edge.)*

*The "waves" move even more as if going up and down violently now.*

John: *(Hanging on to the edge of the boat for dear life.)* "Do you see that, over there?"

Peter: *(Hand above eyes as if looking.)* "What?"

John: *(Pointing.)* "See, over there. It looks like a man—standing on top of the water!"

Peter: "It's a spirit or an angel!"

John: "As if the storm isn't bad enough. Now we're seeing a spirit!"

*All of the disciples start crying out in fear.*

Narrator: Jesus walked out toward them on the water. "Cheer up!" He called to them. "It is I, Jesus. Don't be afraid."

Peter: "If it's really You, Lord, command me to come to You on the water."

Narrator: Jesus beckoned to him and told him to come on!

*The children acting like waves kneel down in two lines now, about two feet apart, and move the streamers up and down.*

*As Peter steps out of the boat and walks between the two rows of waves, the waves get a little more active.*

Peter: *(Yelling as he starts to sink.)* "Lord, save me!"

Narrator: Jesus stretched out His hand and caught Peter. "Oh, you of little faith," He said, "why did you doubt?" Jesus helped Peter into the boat and the waves became calm.

Others: *(They shake their heads in amazement and speak in unison.)* "Truly You are the Son of God."

# *family activity*

**THE POINT:**

Jesus will calm our fears when we put our trust in Him as our protector.

**ASK ME...**

What is a disciple?

What happened in the story of Jesus calming the sea?

Why should we cast all our cares on Jesus/God?

**FAMILY TOGETHER TIME:**

Pray together as a family and teach by your example: Let your children hear you express your concerns to God in prayer.

Read examples of Bible characters that were in danger and were protected.

**MEMORY VERSE:**

1 Peter 5:7 "Casting all your care upon Him; for He cares for you."