**Sunday School from Home**

**February 14, 2021**

Today’s lesson is all about Jesus calming the storm, a reminder to trust in God when the storms of life feel scary.

* Read the lesson in Mark 4:35-41
* You can watch a short video summary [HERE](https://www.youtube.com/watch?v=uYLHqdSO9OY)
* For older kids and adults, look at how Matthew and Luke tell about these events. Why would the same story appear in three different gospels? Are any details different? Why do you think this might be so?
* Play a game! Let each family member find something in the house that will make noise, such as an instrument, a plastic container of rice, a toy, etc. Pretend there is a “storm” and let each person create as much noise as he or she can. One person tells the others “BE STILL,” and they must be quiet. Let everyone take a turn telling the others to be still, and let everyone try different noisemakers for each round. Make the game more challenging by having the leader dictate increasing or decreasing volume with his or her hands before you shout “BE STILL.”
* Use household materials to let each child create a boat that will float in water, such as with aluminum foil. Decorate your boat if you wish. Fill the bathtub or sink with water and let your boats float. Create a “storm” with your hands. What will happen if water gets into the boat? While playing, ask your children how the disciples felt during the storm. What can we do when we feel the same way?
* Print out a copy of the Storm journal page for each child. For the top half of the page, ask them to write and/or draw how they look and feel during a “stormy” time in life. For the bottom half, how they look and feel during a “calm” time in life. Talk about what “stormy” times they can remember, and perhaps share some of your own. Remind children that God is always with us during the stormy times in life.
* Make a “Storm Jar” following the instructions on the attached page. Notice that if you shake the jar, you see a storm, but if you hold it still, it calms. Keep the jar somewhere your children can play with it when they are feeling “stormy.”
* In our story, Jesus was sleeping on the boat. Sometimes comfort objects in our beds help us feel calm. Try making a small pillow with your child using an old pillowcase or fabric remnants. If you like, let them decorate the pillow with permanent markers. If you don’t sew, try using a glue gun or fabric glue to close the seams. Or, use this tutorial for a simple no-sew option: [No-Sew Heart Pillow Craft for Kids – Dorky Doodles](https://dorkydoodles.com/blogs/the-blog/no-sew-heart-pillow-craft-for-kids).
* Try making your own puff paint and using it to create a piece of art that reminds you of today’s story! See the attachments for detailed instructions.
* This year, Lent begins on Wednesday, February 17 (Ash Wednesday). Print out the attachment marked Lenten Acts of Kindness, and put it in a place everyone in your family will see it frequently. Throughout Lent, draw a heart in one of the boxes every time someone in the family performs an act of kindness. See how many you can collect before Easter!