

# Object Lesson: Jesus Calms the Storm on the Sea of Galilee

**Materials:** Cups, baking soda, cooking oil, white vinegar

**Scripture:** Mark 4:35-41

**Theme:** Jesus takes care of us.

**Prep:** Put 2 inches of white vinegar in a large clear cup, 1 tablespoon of baking soda in another small cup, and 1 tablespoon of cooking oil in another small cup for each group.

**Read the Story of Jesus calming the storm in Mark 4:35-41.**

**Ask:**

- What do you think the disciples were most afraid of?
- How did Jesus calm the storm?
- How did Jesus calm the fears of the disciples during the storm?
- What fears do you have?
- Can Jesus calm your fears? How do you think he does that?

**Say:** Jesus is the Son of God, creator of the universe. We can count on him to calm the storms in our lives. When a fear seems to take hold of us, we can call out to Jesus in prayer and know that he hears us just as he heard the disciples' cries for help.

## Oil and Water Object Lesson

In this activity, the kids will be mixing materials to create a harmless chemical reaction. This activity can be messy, so be prepared with towels. Set out the supplies you prepared before class.

Have kids form small groups.

**Say:** Let's try this experiment to see what happens when we let Jesus take care of our fears. Let's pretend that the clear cup represents you. The white powder represents the things that scare us. The oil in the other cup represents Jesus.

One person in your group will sprinkle the white powder into the large cup (the one with the vinegar already in it). While you watch what happens, think about how you feel

when you're scared. Then have another person in the group pour in the oil. Watch what happens and think about Jesus. Ready? Go ahead.

Have kids try the experiment. After everyone has experienced the fizz of the baking soda and vinegar and the calming effect of the oil, invite volunteers to share their reactions.

### **Debriefing Questions**

#### **Ask:**

Why do you think people get scared?

- Is it wrong to be scared? Why or why not?
- How was this science experiment like the way Jesus calms our fears?
- What happens when we let Jesus deal with our fears?
- Why do you think Jesus doesn't want us to be afraid?

**Say:** Jesus loves us more than we can imagine. He wants us to feel safe and secure. Jesus calms our fears because of his love. Whenever we're afraid, we can ask Jesus to be with us, to comfort us, and to calm us. Jesus will be with us just as he was with the disciples when they were scared.

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