



Jesus had spent a busy day near the Sea of Galilee, healing the sick and teaching God's Word to the people. When evening came, Jesus said to his disciples, "Let's go over to the other side of the lake." So Jesus and his disciples left the crowd of people, got into a boat, and began to sail across the lake. Jesus was tired, so he rested his head on a cushion and fell asleep.

wind stopped blowing, and the big waves were gone. Everything was quiet because Jesus had stopped the storm.

The disciples were very surprised to see what had happened. They looked at one another and said, "Who is this man? Even the wind and the waves obey him!" Jesus had used his almighty power to show his disciples that he is the Son of God.

Suddenly there was a terrible storm! The wind blew hard and strong and made very big waves. Those big waves crashed and splashed so hard that water got into the boat.

The disciples saw the big waves and strong wind. They saw the waves filling their boat with water. They were terrified! They woke Jesus and cried out, "Lord, help us! Save us so we do not drown!"

Jesus said to his disciples, "Why are you so afraid? Don't you believe that I can help you?"

Then Jesus got up and called out to the storm, "Quiet! Be still!" Right away the strong



Jesus used his almighty power as the Son of God to stop a storm that was threatening his disciples. We ask Jesus to use his almighty power to help us in times of trouble.

1. Turn this page over and circle the one who uses his almighty power to help us during times of trouble. Then sing the following words to the tune of “Are You Sleeping?” to review how he used his almighty power to help his disciples. Optional actions are suggested.

Jesus talked to, Jesus talked to
(point to mouth)

Wind and waves, wind and waves.
(move hand in wavelike motion)

He used mighty power; he used
mighty power
(flex arm muscles)

To stop the storm, to stop the storm.
(hold hand out as if stopping someone)

2. Take turns giving an example of a personal fear, worry, or trouble. Recall that you can pray to Jesus during those times of trouble, knowing that he uses his almighty power to help you. Then insert those fears, worries, and troubles in the prayer that follows.

Pray Together

Dear God, our family has these troubles, worries, and fears: _____ *(insert examples)*. Please use your almighty power to help us during such troubles. Strengthen and comfort us with knowing that you have helped us with our worst trouble by sending your Son, Jesus, to save us from our sins. Amen.



Psalm 50:15