

AUGUST 2, 2026

Serving Like Jesus

Bible Story

Jesus Washes the Disciples' Feet

Scripture

John 13:1–17

Big Idea

Jesus showed us that true greatness is found in serving others with humility and love. When we choose to serve, we become more like Him.

Worship Songs

Good Good Father (Kid Kardia) <https://kidkardia.com/>

Every Move I Make (Kid Kardia) <https://kidkardia.com/>

Memory Verse

“Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet.”

John 13:14

Bible Lesson

Jesus and His disciples had gathered together to celebrate the Passover meal.

They had spent the day walking on dusty roads, so everyone’s feet were dirty. In Bible times, people wore sandals, and when guests entered a home, a servant usually washed their feet before they ate.

But this evening, something was different.

There was no servant waiting at the door.

The disciples looked around the room. Each one knew someone’s feet needed to be

washed, but no one wanted to do the job. They were thinking about themselves instead of one another.

Then Jesus quietly stood up.

He took off His outer robe, wrapped a towel around His waist, poured water into a basin, and began washing His disciples' feet.

The room became silent.

The Son of God was doing the job of a servant.

When Jesus came to Peter, Peter couldn't believe what was happening.

"Lord, are You going to wash my feet?" Peter asked.

Jesus lovingly explained that Peter didn't understand yet, but one day he would.

After Jesus finished washing everyone's feet, He asked,

"Do you understand what I have done for you?"

Jesus explained that if He, their Lord and Teacher, was willing to serve others, they should also serve one another.

That night Jesus gave His disciples—and us—a powerful example.

Real greatness isn't about being first.

Real greatness is choosing to serve others with love.

Interactive Adventure

You Are There...

Imagine you are one of Jesus' disciples.

The room is warm and filled with the smell of fresh bread.

A long table has been prepared for the Passover meal.

You remove your sandals and notice that everyone's feet are covered in dust from walking all day.

Usually a servant would greet everyone at the door.

Today...

No one is there.

The disciples glance at one another.

No one moves.

Suddenly Jesus quietly stands.

He picks up a towel.

He pours water into a basin.

Everyone watches.

No one says a word.

Decision 1

What do you think Jesus is about to do?

A. Ask one of the disciples to wash everyone's feet.

B. Wash the disciples' feet Himself.

C. Ignore the problem and begin eating.

If Jesus asked someone else or ignored the situation, the lesson would never be learned.

Jesus chooses B.

He kneels beside the first disciple and gently begins washing dusty feet.

Everyone is amazed.

Jesus continues around the room until He comes to you.

The King of Kings is kneeling in front of you.

He smiles kindly as He begins washing your feet.

Decision 2

How should you respond?

- A. Thank Jesus for His kindness.
- B. Laugh because it seems strange.
- C. Pull your feet away and refuse.

If you laugh or refuse, you miss the beautiful lesson Jesus is teaching.

The best answer is A.

You thank Jesus with a grateful heart.

As He finishes, you realize that serving others is one of the greatest ways to show love.

Peter watches everything.

When Jesus reaches him, Peter quickly pulls back.

“You shall never wash my feet!”

Jesus gently explains that Peter doesn’t fully understand yet.

Peter soon realizes Jesus is teaching something much greater than washing dirty feet.

He is teaching everyone how to love.

Decision 3

Why did Jesus wash the disciples’ feet?

- A. To show that serving others is important.
- B. To prove He was more important than everyone else.
- C. Because someone told Him He had to.

If you chose B or C, think again.

The correct answer is A.

Jesus wasn't trying to prove He was greater than anyone else, and no one forced Him to serve. He chose to kneel before His disciples because He loved them. By washing their feet, Jesus gave them an example to follow. He wanted them—and us—to understand that true greatness is found in serving others with humility, kindness, and love.

Jesus finishes washing everyone's feet.

He looks around the room and says,

"I have set you an example that you should do as I have done for you."

The disciples begin to understand.

Following Jesus isn't about trying to be the most important person.

It's about loving people enough to serve them.

Decision 4

How can you serve someone this week?

- A. Help someone only if they ask.
- B. Look for ways to help without expecting anything in return.
- C. Wait for someone else to do it.

If you chose A or C, think again.

The best answer is B.

Jesus didn't wait for someone to ask Him to serve. He saw a need and lovingly met it. We can follow His example by looking for opportunities to help others every day.

Discussion Questions

1. Why didn't the disciples want to wash anyone's feet?
2. Why do you think Jesus chose to do it Himself?
3. What does it mean to be humble?
4. What are some ways children can serve others at home, school, or church?
5. How does serving others help us become more like Jesus?

Game

Serve Someone Relay

Supplies

- * Two small towels
- * Ping pong balls or cotton balls
- * Two buckets or baskets
- * Cones (optional)

Divide the children into two teams. Place a bucket of ping pong balls at one end of the room and an empty bucket at the other.

Each player places one ball on a folded towel and carefully carries it across the room without touching the ball with their hands. If the ball falls, they simply place it back on the towel and continue. When they reach the bucket, they gently place the ball inside before running back to tag the next teammate.

When the relay is finished, explain that serving others often takes patience, effort, and love. Jesus willingly served His disciples because He cared deeply for them, and we can show that same love by serving the people around us.

Craft

Helping Hands Promise

Supplies

- * Colored construction paper
- * Pencil
- * Scissors
- * Markers
- * Stickers (optional)
- * Yarn or ribbon

Have each child trace both of their hands onto construction paper and cut them out.

On one hand write:

“Jesus Served Me”

On the other hand write:

“I Will Serve Others”

Inside the hands, children write or draw three ways they plan to serve someone during the week.

Examples include:

- * Help clean the house.
- * Encourage a friend.
- * Pray for someone.
- * Help a younger sibling.
- * Share with someone in need.

Punch a hole in each hand and tie them together with yarn so they can hang the reminder at home.

Remind the children that every act of kindness is an opportunity to show the love of Jesus.

Closing Prayer

“Dear Jesus, thank You for showing us what true love looks like. Thank You for serving Your disciples with humility and kindness. Help us to put others first, to look for opportunities to serve, and to love people the way You love us. May our words and actions point others to You every day. In Jesus’ name, Amen.”

Family Challenge

This week, complete one secret act of kindness every day without telling anyone.

At the end of the week, gather as a family and talk about how serving others made you feel. Discuss how even small acts of kindness can make a big difference and help others see the love of Jesus.

AUGUST 9, 2026

Building Your Life on Jesus

Bible Story

The Wise and Foolish Builders

Scripture

Matthew 7:24–29

Big Idea

When we listen to Jesus and obey His Word, our lives are built on a strong foundation that can withstand life's storms.

Worship Songs

I Will Build (Kid Kardia) <https://kidkardia.com/>

Good Good Father (Kid Kardia) <https://kidkardia.com/>

Memory Verse

“Everyone who hears these words of Mine and puts them into practice is like a wise man who built his house on the rock.”

Matthew 7:24

Bible Lesson

One day, Jesus told a story to help people understand why obeying God's Word is so important.

He said there were two builders.

The first builder carefully chose to build his house on a strong rock. It took more work, but he wanted a solid foundation.

The second builder wanted to finish quickly. Instead of building on rock, he built his house on soft sand.

At first, both houses looked beautiful.

Then the rain began to fall.

The wind blew harder and harder.

Floodwaters rushed toward the houses.

The house built on the rock stood strong because its foundation was secure.

But the house built on the sand could not stand. It collapsed because it had no strong foundation.

Jesus explained that the wise builder is like someone who hears God's Word and obeys it. The foolish builder is like someone who hears God's Word but chooses not to obey.

Jesus wants us to build our lives on Him by reading the Bible, praying, trusting Him, and obeying what He teaches.

Interactive Adventure

You Are There...

Imagine Jesus has invited you to help build two new houses.

You stand on a hillside overlooking a beautiful valley.

Nearby, you notice two places where the houses could be built.

One area has a large, solid rock.

The other has smooth, soft sand that looks much easier to build on.

A builder smiles and asks,

"Which place do you think is best?"

Decision 1

Where should you build?

A. On the solid rock.

B. On the soft sand.

C. Right next to the river.

If you choose the sand or beside the river, your house may look nice at first, but it won't have a strong foundation.

The wise choice is A.

Building on the rock takes more effort, but it gives the house strength.

Soon both houses are finished.

They look almost exactly the same.

People walking by can't tell which one has the stronger foundation.

The sky suddenly grows dark.

Clouds begin to roll in.

Thunder rumbles in the distance.

Rain starts falling.

The wind begins to blow.

Decision 2

What do you think will happen?

A. Both houses will stay strong.

B. The house on the rock will stand, but the house on the sand will fall.

C. The house on the rock will fall first.

If you chose A or C, think again.

The correct answer is B.

The storm pounds both houses with the same wind and rain.

The house built on the rock stands firm.

The house built on the sand collapses because it had no solid foundation.



After the storm, Jesus gathers everyone together.

He points to the house still standing.

Then He says,

“Everyone who hears My words and obeys them is like the wise builder.”

You realize that Jesus isn't just talking about houses.

He's talking about our lives.

Decision 3

What helps us build our lives on Jesus?

- A. Listening to Jesus and obeying His Word.
- B. Only doing what feels easy.
- C. Following what everyone else is doing.

If you chose B or C, think again.

The correct answer is A.

Following Jesus isn't always the easiest choice, but His Word gives us a strong foundation. When we trust Him and obey Him, He helps us stand firm through every challenge.

As everyone prepares to leave, Jesus smiles at you.

He asks,

"What kind of builder will you be?"

You think about your choices this week.

Will you build on the Rock?

Decision 4

How can you build your life on Jesus this week?

- A. Read your Bible, pray, and obey God every day.
- B. Only think about God on Sundays.
- C. Wait until you're older to follow Jesus.

If you chose B or C, think again.

The best answer is A.

Every time we choose to obey God, we're adding another strong stone to the foundation of our lives.

Discussion Questions

1. Why did the wise builder choose the rock?
2. Why did the foolish builder choose the sand?
3. What do the storms in Jesus' story represent?
4. How can we build our lives on Jesus every day?
5. Why is it important to obey God's Word instead of just hearing it?

Game

Storm-Proof Challenge

Supplies

- * Plastic cups
- * Index cards
- * Toy building blocks or LEGO® bricks
- * Small fan or hair dryer (cool setting)

Divide the children into small teams.

Give each team plastic cups, blocks, and index cards. Challenge them to build the tallest tower they can.

Once every tower is finished, use a fan to create a "storm." Some towers will wobble or fall, while others will remain standing because they were built with a stronger base.

Afterward, explain that just like a building needs a solid foundation, our lives need a strong foundation too. Jesus is our Rock, and obeying His Word helps us stand strong when life becomes difficult.

Craft

Build on the Rock

Supplies

- * Gray construction paper
- * Brown construction paper
- * Markers
- * Glue

- * Scissors
- * Small pebbles (optional)

Have each child cut out a simple house from brown construction paper and glue it onto a large gray paper “rock.”

Across the top, write
“Jesus Is My Strong Foundation.”

Inside the house, children write or draw ways they can build their lives on Jesus, such as:

- * Pray every day.
- * Read my Bible.
- * Tell the truth.
- * Help others.
- * Obey my parents.
- * Be kind to everyone.

If available, glue a few small pebbles around the bottom of the house to remind them that Jesus is the solid Rock on which we build our lives.

Closing Prayer

“Dear Jesus, thank You for being our strong foundation. Help us to hear Your Word and obey it every day. When life becomes difficult, remind us that You are always with us. Help us build our lives on You so we can stand strong no matter what comes our way. In Your name we pray, Amen.”

Family Challenge

This week, read Matthew 7:24–29 together as a family.

Each day, choose one way to build on the Rock by putting Jesus’ teachings into practice. At the end of the week, share how obeying God helped you make wise choices and grow closer to Him.

AUGUST 16, 2026

Go and Tell the World

Bible Story

The Great Commission

Scripture

Matthew 28:16–20

Big Idea

Jesus calls every believer—young and old—to share His love and tell others the Good News.

Worship Songs

Go! (Kid Kardia) <https://kidkardia.com/>

Every Move I Make (Kid Kardia) <https://kidkardia.com/>

Memory Verse

“Go and make disciples of all nations... teaching them to obey everything I have commanded you. And surely I am with you always.” Matthew 28:19–20

Bible Lesson

After Jesus died on the cross and rose again, He spent time with His disciples. He taught them, encouraged them, and proved that He was truly alive.

One day, Jesus met His disciples on a mountain in Galilee. They worshiped Him, but some were still amazed by everything that had happened.

Then Jesus gave them one final and very important mission.

He said,

“Go and make disciples of all nations.”

Jesus wanted His followers to tell everyone about God’s love, His forgiveness, and the hope found in Him.

He didn’t expect only pastors or missionaries to share the Good News.

He wanted every believer to tell others about Him through their words and actions.

Then Jesus made an incredible promise.

“I am with you always, even to the end of the age.”

Even today, Jesus is with us whenever we choose to share His love.

Interactive Adventure

You Are There...

Imagine you are standing on a beautiful mountain with Jesus and His disciples.

The morning sun shines across the hills.

A gentle breeze blows through the grass.

Everyone gathers around Jesus, knowing He has something important to say.

You wonder what His final instructions will be.

Jesus smiles at all of you and says,

“All authority in heaven and on earth has been given to Me.”

Everyone listens carefully.

Then Jesus gives everyone an important mission.

Decision 1

What does Jesus ask His followers to do?

A. Stay on the mountain forever.

B. Go and tell others about Him.

C. Keep His message a secret.

If you chose A or C, think again.

The correct answer is B.

Jesus wants His followers to go and share His love with everyone.

As you begin walking down the mountain, you wonder how someone your age could ever tell others about Jesus.

Suddenly you meet a new child who has never heard about Him.

The child asks,

“Why do you follow Jesus?”

Decision 2

What could you do?

A. Tell the child that Jesus loves them and wants to be their friend.

B. Walk away without saying anything.

C. Tell someone else to answer instead.

If you chose B or C, think again.

The best answer is A.

You don't have to know everything about the Bible to share Jesus.

You can simply tell others how much He loves them and what He has done in your life.

Later that afternoon, you notice one of your friends sitting alone.

They look sad.

You remember what Jesus taught about loving others.

Decision 3

How can you share Jesus' love?

A. Ignore your friend because someone else will help.

B. Sit with your friend, listen, pray with them, and encourage them.

C. Wait until another day.

If you chose A or C, think again.

The correct answer is B.

Sometimes the best way to tell people about Jesus is by showing His love through kindness, compassion, and encouragement.

Our actions often help others see Jesus before they ever hear our words.

As the day comes to an end, Jesus gathers everyone together one last time.

He reminds His followers,

“Surely I am with you always.”

You smile because you know you will never have to share God’s love alone.

Jesus is always with you.

Decision 4

How can you live out the Great Commission this week?

- A. Pray for someone and invite them to church.
- B. Keep your faith private because it’s easier.
- C. Only talk about Jesus when someone else starts the conversation.

If you chose B or C, think again.

The best answer is A.

Sharing Jesus doesn’t always mean standing in front of a crowd.

It can be as simple as inviting a friend to church, praying for someone who is hurting, showing kindness, or telling someone that Jesus loves them.

Every act of love points people toward Him.

Discussion Questions

1. Why did Jesus tell His disciples to go instead of stay?
2. What is the Good News?
3. How can children share Jesus with their friends?
4. Why do you think Jesus promised to always be with us?
5. What is one way you can share God’s love this week?

Game

Messenger Mission

Supplies

- * Small envelopes
- * Index cards
- * Cones or chairs
- * Tape

Before class, write simple messages on index cards such as:

- * “Jesus Loves You.”
- * “God Is Always With You.”
- * “Be Kind.”
- * “Pray for Others.”
- * “God Keeps His Promises.”

Place each card inside an envelope and hide them around the room.

Divide the children into teams. When you say “Go!”, each team searches for one envelope at a time and brings it back to the leader before searching for another.

After every envelope has been found, read each message aloud and discuss how these simple truths can encourage others.

Explain that just as the children eagerly delivered important messages, Jesus has given us the greatest message of all to share with the world.

Craft

Go Tell the World Globe

Supplies

- * Blue construction paper
- * Green construction paper
- * Scissors
- * Glue
- * Markers
- * World map outline (optional)

Help each child create a simple globe by cutting a large blue circle and adding green paper continents.

Across the top write:

“Go Tell the World About Jesus!”

Around the globe, children write or draw ways they can share God’s love, including:

- * Invite a friend to church.
- * Pray for someone.
- * Be kind to others.
- * Tell someone Jesus loves them.
- * Help someone in need.

Remind the children that they don’t have to travel across the world to obey Jesus. They can begin sharing His love with the people God has already placed in their lives.

Closing Prayer

“Dear Jesus, thank You for trusting us to share Your love with others. Help us to be brave, kind, and faithful as we tell people about You. Give us opportunities this week to encourage others with our words and actions. Thank You for Your promise that You are always with us wherever we go. In Your name we pray, Amen.”

Family Challenge

As a family, choose one person to encourage this week.

Write them a kind note, pray for them together, invite them to church, or do something thoughtful to show them the love of Jesus.

At the end of the week, talk about how sharing God’s love can make a difference in someone’s life.

AUGUST 23, 2026

Stand Strong in God’s Strength

Bible Story

The Armor of God

Scripture

Ephesians 6:10–18

Big Idea

God gives us everything we need to stand strong and faithfully follow Jesus every day.

Worship Songs

God's Not Done (Kid Kardia) <https://kidkardia.com/>

Good God Almighty (Kid Kardia) <https://kidkardia.com/>

Memory Verse

"Put on the full armor of God, so that you can take your stand against the devil's schemes." Ephesians 6:11

Bible Lesson

The Apostle Paul wanted Christians to understand that following Jesus isn't always easy. Sometimes we face temptation, fear, discouragement, or pressure to make wrong choices.

Paul reminded believers that our greatest battles aren't fought with swords or shields. Instead, we face spiritual battles every day as we choose whether to follow God.

The good news is that God has not left us alone.

He gives us His spiritual armor to help us stand strong.

Paul described each piece of armor and what it teaches us:

- * The Belt of Truth reminds us to always tell the truth and believe God's truth.
- * The Breastplate of Righteousness reminds us to choose what is right.
- * The Shoes of the Gospel of Peace help us carry God's love wherever we go.
- * The Shield of Faith helps us trust God even when life is difficult.
- * The Helmet of Salvation reminds us that we belong to Jesus.
- * The Sword of the Spirit, which is God's Word, helps us know and obey the Bible.

Paul also reminded believers to pray at all times because prayer keeps us close to God.

When we put on God's armor each day, we are prepared to live courageously, make wise choices, and follow Jesus wherever He leads.

Interactive Adventure

You Are There...

Imagine you are getting ready for an important mission.

A wise teacher welcomes you into a large room.

Along one wall you see several pieces of armor.

The teacher smiles and says,

“Before you go, you need to put on God’s armor.”

You look around the room.

Each piece has a special purpose.

Decision 1

Which piece reminds us to always tell the truth?

A. The Belt of Truth.

B. The Shoes of Peace.

C. The Shield of Faith.

If you chose B or C, think again.

The correct answer is A.

God’s truth helps us make wise choices and reminds us that we can always trust Him.

The teacher helps you fasten the Belt of Truth.

Next, he hands you a strong breastplate.

“This protects your heart,” he explains.

“It reminds you to choose what is right.”

You think about times when making the right choice isn’t always easy.

Decision 2

Your friends want you to cheat during a game.

What should you do?

A. Join them so they will like you.

B. Choose to be honest, even if it's difficult.

C. Ignore what is happening.

If you chose A or C, think again.

The correct answer is B.

The Breastplate of Righteousness reminds us to honor God by choosing what is right, even when no one else is.

Now the teacher places a large shield into your hands.

"Sometimes," he says, "life feels scary or uncertain."

"But faith reminds us that God is always with us."

You hold the shield tightly.

It feels strong.

It reminds you that God never leaves His children.

Decision 3

When you feel afraid, what should you do?

A. Trust God and pray.

B. Give up because the problem seems too big.

C. Pretend you don't need God's help.

If you chose B or C, think again.

The correct answer is A.

Faith doesn't mean we never feel afraid.

Faith means we choose to trust God even when we are afraid because we know He is always with us.

Finally, the teacher hands you a Bible.

“This is the Sword of the Spirit,” he says.

“It helps you know what is true and reminds you how to live.”

Then he says,

“Don’t forget to pray every day.”

You realize that every piece of God’s armor helps you become more like Jesus.

Decision 4

How can you put on God’s armor this week?

A. Read your Bible, pray, tell the truth, and trust God each day.

B. Only think about God when you’re at church.

C. Wait until life gets difficult before talking to God.

If you chose B or C, think again.

The best answer is A.

Putting on God’s armor isn’t something we do only once. Every day we can choose to pray, read God’s Word, trust Him, and live the way Jesus taught us.

Discussion Questions

1. Why did Paul compare our faith to a suit of armor?
2. Which piece of armor stands out to you the most? Why?
3. How does reading the Bible help us each day?
4. Why is prayer an important part of God’s armor?
5. What is one piece of God’s armor you want to remember this week?

Game

Armor Relay

Supplies

- * Belt or rope
- * Toy shield or cardboard shield
- * Helmet (toy or bicycle helmet)

- * Bible
- * Cones

Create a relay course across the room.

Divide the children into two teams.

The first child runs to the station, puts on the belt, picks up the shield, places on the helmet, carries the Bible to the turnaround cone, then returns and passes the items to the next teammate.

After everyone has finished, gather the class and explain that just as athletes and firefighters wear special equipment for protection, God gives us spiritual armor to help us follow Him every day.

The most important preparation isn't wearing physical armor—it's spending time with Jesus through prayer and His Word.

Craft

Armor of God Shield

Supplies

- * Cardboard or heavy construction paper
- * Aluminum foil
- * Markers
- * Glue
- * Scissors
- * Bible verse stickers (optional)

Help each child cut out a large shield shape.

Cover the front with aluminum foil or silver paper.

Across the center write:

“Stand Strong in the Lord!”

Around the shield, children write the six pieces of God's armor:

- * Belt of Truth
- * Breastplate of Righteousness
- * Shoes of Peace
- * Shield of Faith

- * Helmet of Salvation
- * Sword of the Spirit

On the back of the shield, have each child write:

“I will trust God every day.”

Encourage them to display their shield at home as a reminder that God is always with them.

Closing Prayer

“Dear God, thank You for giving us everything we need to follow You. Thank You for the Belt of Truth, the Breastplate of Righteousness, the Shoes of Peace, the Shield of Faith, the Helmet of Salvation, and the Sword of the Spirit. Help us to put on Your armor every day by reading Your Word, praying, trusting You, and choosing what is right. Give us courage to stand strong and live like Jesus in everything we do. In Jesus’ name, Amen.”

Family Challenge

Each morning this week, read Ephesians 6:10–18 together.

As a family, name one piece of God’s armor before leaving the house and talk about how you can practice it that day.

At the end of the week, share stories of how God helped you stand strong and make wise choices.

AUGUST 30, 2026

Trusting Jesus Through Every Storm

Bible Story

Jesus Calms the Storm

Scripture

Mark 4:35–41

Big Idea

No matter what storms we face, Jesus is always with us, and we can trust Him.

Worship Songs

God's Not Done (Kid Kardia) <https://kidkardia.com/>

Good Good Father (Kid Kardia) <https://kidkardia.com/>

Memory Verse

"Why are you so afraid? Do you still have no faith?" Mark 4:40

Bible Lesson

After a long day of teaching crowds of people, Jesus said to His disciples,

"Let's go over to the other side of the lake."

The disciples climbed into a boat with Jesus and began sailing across the Sea of Galilee.

At first, everything was peaceful.

The water was calm.

The breeze was gentle.

The disciples talked as Jesus rested in the back of the boat.

Soon, dark clouds filled the sky.

Strong winds began to blow.

Large waves crashed against the boat.

Water poured inside faster than the disciples could scoop it out.

Even though many of the disciples were experienced fishermen, they became frightened.

Meanwhile, Jesus was sleeping peacefully.

The disciples woke Him and cried,

"Teacher! Don't You care if we drown?"

Jesus stood up.

He spoke to the wind.

“Peace! Be still!”

Immediately the wind stopped.

The waves became calm.

Everything was quiet.

Then Jesus asked His disciples,

“Why are you afraid? Do you still have no faith?”

The disciples looked at one another in amazement.

Even the wind and the waves obeyed Jesus.

That day they learned that no storm is bigger than the Savior who was in the boat with them.

Interactive Adventure

You Are There...

Imagine you're one of Jesus' disciples.

The sun is beginning to set as your boat leaves the shore.

The lake sparkles in the evening light.

A cool breeze blows across the water.

Jesus smiles and says,

“Let's go to the other side.”

You climb into the boat beside your friends.

Everything seems peaceful.

Then...

The wind begins to blow harder.

The sky grows darker.

Waves begin splashing into the boat.

The boat rocks back and forth.

You hold tightly to the side.

Everyone is trying to keep the boat from filling with water.

Decision 1

What should you do?

A. Help the other disciples while trusting Jesus.

B. Jump into the water.

C. Give up and stop trying.

If you chose B or C, think again.

The best answer is A.

The disciples worked together while Jesus was still with them in the boat.

Even when life feels scary, we can trust that Jesus is near.

You notice something surprising.

Jesus is asleep!

The storm grows even stronger.

The disciples rush to wake Him.

Decision 2

What do the disciples say to Jesus?

A. "Teacher, don't You care if we're drowning?"

B. “Everything is fine.”

C. “Let’s turn the boat around.”

If you chose B or C, think again.

The correct answer is A.

The disciples were afraid.

Even though they were frightened, they did the right thing—they went to Jesus.

Whenever we are afraid, we can always bring our fears to Him in prayer.

Jesus stands up.

He looks at the crashing waves.

He raises His hand and says,

“Peace! Be still!”

Instantly...

The wind stops.

The waves become calm.

The boat gently floats on the quiet water.

Everyone is amazed.

Decision 3

What does this miracle teach us?

A. Jesus has power over all creation.

B. Storms are never scary.

C. We never need help from anyone.

If you chose B or C, think again.

The correct answer is A.

Storms can still be frightening, but we never face them alone.

Jesus is more powerful than anything we will ever face.

As the boat continues across the calm water, Jesus gently asks,

“Why were you afraid? Do you still have no faith?”

You think about times when you’ve been worried or afraid.

Then you remember...

Jesus is always with you.

Decision 4

When you’re worried or afraid this week, what should you do?

A. Pray and trust Jesus to help you.

B. Keep all your worries to yourself.

C. Pretend you aren’t afraid.

If you chose B or C, think again.

The best answer is A.

Jesus wants us to bring every fear, every worry, and every problem to Him.

We can trust Him because He loves us and promises to never leave us.

Discussion Questions

1. Why were the disciples afraid during the storm?
2. Why do you think Jesus was able to sleep through the storm?
3. What did Jesus do when the disciples asked for help?
4. What kinds of “storms” do people face today?
5. How can prayer help us trust Jesus when we’re afraid?

Game

Storm Rescue Relay

Supplies

- * Blue streamers or towels
- * Plastic cups
- * Small stuffed animals or beanbags
- * Two buckets
- * Cones

Use blue streamers or towels to create a “lake” across the room.

Place stuffed animals or beanbags in the middle of the lake to represent passengers who need help.

Divide the class into two teams.

One child at a time carefully crosses the “lake,” picks up one passenger, and safely returns before tagging the next teammate.

To make the challenge more exciting, the teacher gently waves the blue streamers to create “stormy waves” while the children cross.

After the game, explain that just as the disciples trusted Jesus during the storm, we can trust Him when life becomes difficult.

Craft

Peace Be Still Boat

Supplies

- * Blue construction paper
- * Brown construction paper
- * White paper
- * Glue
- * Scissors
- * Markers
- * Cotton balls (optional)

Help each child create a sailboat using brown paper for the boat and white paper for the sail.

Glue the boat onto blue construction paper.

Add cotton balls for clouds or waves if desired.

On the sail write:

“Jesus Is With Me in Every Storm.”

Around the boat, children write or draw things they sometimes worry about, such as:

- * School
- * Being afraid
- * Making friends
- * Family problems
- * Being sick

Then write across the bottom of the page:

“Peace! Be Still!” – Mark 4:39

Remind the children that whatever storms they face, Jesus is always with them.

Closing Prayer

“Dear Jesus, thank You for always being with us. Thank You for showing us that You are more powerful than any storm we will ever face. When we feel afraid, help us remember to come to You in prayer and trust that You are in control. Fill our hearts with Your peace and help us encourage others who are going through difficult times. In Your name we pray, Amen.”

Family Challenge

As a family, read Mark 4:35–41 together.

This week, whenever someone in your family feels worried or afraid, pause and pray together before trying to solve the problem.

At the end of the week, share how trusting Jesus brought peace during your family’s “storms.”