

## NH Kids | Wow! Week 1 | 02.02.2025

Big Idea: Jesus has the power to calm our fears.

Story: Jesus Calms the Storm:  
Luke 8:22-25; Psalm 50:1-6

### The Tie-In:

Example: The curriculum here provides the of a chemist/ inventor who has seen feats of incredible power, from chemical explosions to powerful machines. Everything he has ever seen, though, pales in comparison to what we know the power of Jesus to be. Even while He was here on Earth, he proved it through His miracles which we'll be talking about over the next month.

### Points to Hit:

A telling of the story found in Luke 8:22-25.

Jesus is larger than any fear we could ever have. We have faith that He is able to not only protect us from whatever fear we may have, but that He also is able to deliver us from that fear in the first place.

### How the curriculum phrases some of the points:

Let's read Luke 8:22-25 together.

Wow! Imagine being on a boat out in the middle of the sea. Would any of you be afraid to ride in a boat? I understand! That can be a really scary thing to do. Then add to that a huge storm – Jesus and the disciples were on this boat in the middle of the sea when a storm came out of nowhere, tossing the boat. It was filling up with water and looked like it could flip over and sink! Wow – but like a bad wow! That sounds super scary!

But what was Jesus doing? Sleeping.

Jesus was asleep while everyone else was scrambling on deck, terrified by the storm. They must have felt like they didn't have any control over it and they didn't know what to do. When they finally woke up Jesus, he stayed calm and full of peace. Wow! Everyone else was so afraid of that storm! Jesus got up and told the wind and the sea to calm down. And guess what? They stopped! Jesus is so powerful that he could stop a giant storm with just his words! Wow!

Then, Jesus asked his friends, "Where is your faith?" They had forgotten whom they were with – Jesus, who has power over everything! Jesus was with them on the boat, but their fear got in the way of their faith.

## Post-Story Activities

### Activity: Inventions for Fear

**INSTRUCTIONS:** Show the kids various inventions that were developed to combat common fears, and ask kids to call out what fear they think each invention matches. You'll need photographs or props of inventions, such as a nightlight (fear of the dark), bug spray (fear of bugs), Ava the Elephant medicine dispenser (fear of taking medicine), noise-canceling headphones (fear of loud noises), or security systems (fear of unknown danger).

Then, once that's done, assign teams a few phobias from a list and have them come up with their own inventions to help people suffering from phobias like dendrophobia (fear of trees), somniphobia (fear of sleep), or theatrophobia (fear of theaters).

**TIE-IN:**

Did you know that the scientific name for fear is "phobia"? When you're afraid of heights, it's called "acrophobia," and when you're afraid of being in tight, crowded spaces, it's called "claustrophobia." There are lots of inventions out there that were made to help people who have different phobias.

Can you guess what fear each of these inventions was designed to help?

What fear do you have that you could use an invention for?

We learned today that no matter what we're afraid of, there's someone who can calm our fears!

### Memory Verse: 1 Chronicles 29:12b (NIV)

"In your hands are strength and power to exalt and give strength to all."

**INSTRUCTIONS:** Have kids form a line and become human Rube Goldberg machines, passing a ball from one person to the next in some creative way like rolling it down their arms, lying down on the ground and passing it with their feet, or bouncing it off their heads. As the ball is handed off from one person to the next, everyone has to say one word of the memory verse in sequence. See how creatively they can pass the ball while they finish reciting the verse together.

### Activity: Catapults of Courage

**INSTRUCTIONS:** Challenge kids to come up with a creative and functional catapult for a crumpled piece of paper that they wrote the word "fear" on. You'll need jumbo craft sticks, rubber bands, spoons, and paper cups. Check out instructions like this for examples of how to create a catapult.

**TIE-IN:**

Even though your contraptions were spectacular, our real-life fears may not be catapulted out of our lives so easily. In those situations, what can we do? Turn to

Jesus! Wow! Jesus has the power to calm our fears. It never stops being true, and it never stops being amazing!

## Discussion

### SCRIPTURE QUESTIONS

What was Jesus doing when the storm came? Sleeping.

How did Jesus calm the storm? He spoke to it, rebuking the wind and sea.

What did Jesus say to his disciples afterwards? What do you think he meant by that? He asked them where their faith was. They might have let their fear cause them to forget that Jesus was with them or what Jesus can do.

Read Psalm 50:1. How does this psalm remind you of today's Bible story? Jesus spoke to the storm because he can command all of nature.

### APPLICATION QUESTIONS

Whenever you were afraid, what would you do in response to your fear?

Now that we know Jesus has the power to calm our fears, what can we do when we face our fears?

How can you help others when they are feeling afraid?