

A Sunday School Series



GOOD NEWS

from Mark

JESUS IS HERE!

JESUS RULES



LESSON 5

Mark 4:35–41



faithin**kids**

Contents

PREPARATION	3
ALL TOGETHER TIME	6
 7s and Under Lesson Plan	9
 8s and Over Lesson Plan	12
APPENDIX	
Lesson visual	16
Illustrations	17
Chat Time Sheet	19
Take Home Sheet	20

Jesus is here! Good news from Mark (Part 1)

Copyright © 2025 Faith in Kids

www.faithinkids.org

Free licence is granted to print or copy this material for personal or noncommercial use. All illustrations, crafts and worksheets may be re-sized, copied and used as required. They are restricted to use with Faith in Kids resources only. Any unauthorised copying and distribution other than stated is prohibited.

We recommend the International Children's Bible for use with children during the lesson. Our leader's notes use the New International Version.

Scripture taken from the Holy Bible, NEW INTERNATIONAL VERSION®, NIV® Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission. All rights reserved worldwide.

Scripture taken from the International Children's Bible®. Copyright © 1986, 1988, 1999 by Thomas Nelson. Used by permission. All rights reserved.

Cover design and illustrations by Alex Webb-Peploe | Lesson illustrations by Magriet Brink | Writing Team: Amy Smith, Ed Drew, Cathy Dalton, Jo Chamberlin, Lizzie Clarke

'All for the glory of God alone' (1 Corinthians 10:31)

Jesus Rules

Mark 4:35–41



Thank you for using a Faith in Kids resource. We want to hear your feedback so we can keep improving our resources. Please use the QR code above to fill out a short form or email us at info@faithinkids.org



Truth that changes me:

Good news! Jesus rules over all creation, we are safe with him.



Faith in Kids looks like:

Children who feel safe because they know that Jesus is in charge.

Preparation



Where are we going?

The disciples found themselves in the middle of a terrifying storm. These were experienced fishermen so this was no small thing. They feared for their lives, but Jesus slept. As Jesus stilled the tempest with just his words, the disciples recognised that Jesus was no ordinary man, he has complete control over even creation. Who is this man?

We want the children to see Jesus' complete control and rule over all things so that they can confidently trust him and feel completely secure in his care, no matter the circumstances they face. Nothing is too big for Jesus.

Pray and read the Bible passage. Read **Where are we going** and **Look at the passage** to give you a better understanding of how to apply the truth.



Look at the passage

Fear (v35–38)

Mark is clear that this started as an ordinary lake crossing - Jesus and his disciples in a boat, other boats around them, a cushion in the stern where Jesus fell asleep... Suddenly, there was a wildly furious storm! Many of the disciples were seasoned local fishermen but they were terrified, swamped by waves, fearing for their lives. Meanwhile, Jesus calmly slept! The disciples couldn't believe it. They assumed that Jesus didn't care.

continued →

GOOD NEWS
from Mark

JESUS IS HERE!

When we are gripped by fear and feel that things are out of control, we might share those thoughts. Is Jesus sleeping? Does he care enough and have enough power to help with this?

Control (v39)

Jesus rises from the stern and tells off the wind and waves. Have you ever tried to command a room full of lively children, "Quiet! Be still!"? Jesus faces an even wilder tempest, yet at his command the wind and waves immediately become quiet and still.

This is good news for the storm soaked and fearful! Jesus is right here, in our boat and he is totally in control. He cares deeply and has power over all things because he is the God who made them. No matter what is happening or how afraid we feel, Jesus has it in hand and we can trust him completely.

Faith (v40–41)

Jesus asks the disciples, "Do you still have no faith?" as if to say - did you doubt that I could help, doubt that I would, or both? Their fear of the storm is replaced by a new fear - who is this man who has such power?

That is the question we all need to answer - who do we believe Jesus is and what are we going to do about it? If Jesus really is the storm-stiller, who rules all things with total power, then he is God on earth. His presence is unignorable and demands a response. Will we allow his complete rule to move us from fear to faith, confident that we are safe with him?



Win my heart

We all experience times in life when we feel overwhelmed and out of control, as if we are struggling to keep afloat and about to go under. Maybe it is something big. Maybe it is a smaller thing that just feels impossible to handle. Most of the things we fear are things that we can't control. Struggles that surround us can feel like a wildly crashing storm, terrifying and dangerous. Sometimes it feels like heaven is silent and Jesus is sleeping. Like the disciples, we feel he couldn't possibly care or he would make it stop, restoring calm and control.

*For your heart, before
you prepare the lesson.*

The Jesus we meet in Mark's gospel offers good news for every storm, the big and the small. Jesus is both with us in it and has complete control over it. We can trust him even if he seems silent; trust that he is bigger, wiser and doing something good through it, even if it is just bringing us to a point where we realise we need help and to cry out to him. Because Jesus rules all things, there is no one safer for us to put our trust in whatever we are fearing.

Questions for your heart

- What feels most out of control in your life? What causes you to fear?
- How will remembering that Jesus rules over even this help you?

continued →

GOOD NEWS
from Mark

JESUS IS HERE!



5 minutes to focus on your group

What makes the children in your group feel afraid? What situations feel like a storm that they can't control but wish would stop? How will you help them see the total control of Jesus and to know that he is with them in the storm? What about the fearless child? How can you help them to trust the storm-stilling power of Jesus?

What do the children in your group need?

Pray that the Spirit would help them:

- *to grasp the truth*
- *to live it out*

Perhaps try to ask a couple of adults in advance about fears their children face to help with this lesson. There will be no need to name who has any particular fear, but it might help to make the lesson more practical.

GOOD NEWS
from Mark

JESUS IS HERE!



All together time



This has been written as an all-age slot to introduce the whole church family to what the children are learning today, but it could be adapted for the children's classes.



Helpers Needed

Volunteers to sit in the "boat" as disciples - helpers to wave the sheets up and down like waves and hold them still when the command is given.



Props

A blanket to sit on as the boat, a cushion, a couple of large sheets to flap up and down like waves, a water pistol.



What to Say

Is there anything that makes you feel afraid? Something that makes your tummy feel funny if you even think too much about it? Or something that you know other people are afraid of? Maybe we could write/draw some of those things on this board.

Take a few answers from children and adults.

Everyone feels afraid sometimes. It's really normal to be afraid of things like these - because they are all things we can't control. A spider scuttling around, a dog barking, a dream frightening us, we'd like to make it stop, but we can't.

In today's Bible story, Jesus' friends, his disciples are scared and not feeling in control. Let's find out what happens.

We need...

- A boat
- Some disciples
- Jesus
- A cushion
- Some water

Jesus had been teaching the crowds - he hopped into a boat with his disciples to head to the other side of the lake. He lay down at the back of the boat and had a nice nap.



What to Do

Have a whiteboard and pens ready to write/draw simply the answers people give. *Ideally, do not use a PowerPoint of examples as it could add to small children's fears.*

- Place a blanket on the floor
- Disciples sit on the blanket
- "Jesus" sits at the back
- Give cushion to "Jesus"
- Volunteers hold sheets either side of the boat.

Point to cushion - *Jesus lies down.*

continued →

GOOD NEWS
from Mark



What to Say

What to Do

All of a sudden, a crazy storm began.

The wind was blowing.

The waves were splashing.

The water was coming over the side of the boat.

Helpers wave the sheets up and down like the waves.

Squirt water pistol at disciples.

The storm was terrifying.

The boat was sinking.

And Jesus was sleeping.

Life can feel like that sometimes can't it, like everything is going wrong? You're scared, you want it to stop or go away.

Sometimes when we feel like this, we think that God must be sleeping or that he doesn't care about our problems.

Pause from all action as you say this bit.

These are the moments when we find it really hard to keep trusting that God loves us and is with us.

The disciples in the boat felt just the same. They ran to shake Jesus awake - "Don't you care if we drown - look at the wind and waves!"

Get the waves to start again.

Jesus stood up and said "Quiet! Be still!", and straight away the wind and waves stopped and it was completely calm.

Hold the sheets flat / place them on the floor.

Imagine that! Telling the wind what to do, telling the waves what to do - and they listen!

No ordinary person could ever do that.

The disciples were even more terrified than before - the power of the wind and strength of the waves had frightened them.

Now they could see that Jesus had even more power and even more strength than the storm.

continued →



What to Say

What to Do

Jesus had a great question for them, and for us - "Why are you so afraid? Do you still have no faith?" You see, when we understand who Jesus truly is - the storm stiller, the all-powerful son of God - and when we see that he has stepped into our world, into our boat, we realise that we can trust him no matter what.

Let's look at our list from earlier.

Is there anything here that Jesus is not in control of? Scary dogs? Unkind children? Sickness? Being on our own?

No - Jesus is in control of all of those things.

When we feel afraid of these or other things, we can trust that Jesus is with us, right in our boat. He has the power to help, he is in control of everything.

And he loves us so much that he wants to help. He doesn't want us to be afraid. We can ask Jesus to help whenever we feel afraid.

Refer back to the whiteboard.

The disciples ended their boat ride asking each other - "Who is this that even the wind and waves obey him?"

It's a great question for us to ask too - who do we think Jesus is?

If we understand that Jesus is in complete control of everything, we can call out to him however afraid we feel. Jesus is with us and we are safe with him.

Pray/sing to finish.





7s and under




Get going

Cross the Lake

Using a large sheet or *parachute* if you have one, ask the children to stand around the edge of the sheet holding it up. Ask them to...

- Make waves - flap the sheet up and down
- Be still - hold the sheet still and flat
- Get across - place a ball on the sheet - tip it to make it roll from one side to the other
- Go under the waves - on the count of 3 - hold the sheet as high as you can, call a child's name to run under the waves
- Go over the waves - on the count of 3 - hold the sheet as low as you can, call a child's name to walk over the sheet.

 **Link:** Today we meet Jesus by a lake - he gets into a boat to go across the lake, over the waves, sometimes under the waves, and Jesus makes the waves go still. He really is in charge of everything.



Teaching time

Real Fear (v35-38)

Get the children to hold the sheet, *like in the get going game*. Explain that Jesus had been teaching on the shores of the lake, crowds had been listening, Jesus got into a boat with his disciples to head to the other side.

Add a toy boat on top of the sheet - ask the children to gently tip it so the boat slides from one side to the other.

Place the boat in the middle of the sheet. Explain that suddenly, a wild storm came - strong wind, big waves - the water was coming over the side and they felt like they were sinking. Make sure the children understand that this was a super-storm, not a normal one. It was terrifying!

Get the children to wave the sheet up and down to make the boat bounce around. After the count of 10, they have to sit down on top of the waves and listen to you. (If they struggle to calm down and stop, refer back to this later - you found it hard to listen and stop, Jesus told the waves to stop and they stopped straight away.)

continued →



Notes

Flexible resource: look at both lesson plans, pick what works for your group.

Use this activity to introduce today's theme.

Use a suitable Bible translation - we use the International Children's Bible (found online at www.biblegateway.com).

You will need: A toy boat, a large sheet or parachute if you have one. Some play figures as the disciples and Jesus.

GOOD NEWS
from Mark

JESUS IS HERE!

Ask the children what things might make them afraid? Spiders? The dark? A bad dream? A big dog? A bad storm?

It's really normal to be afraid of things like these - because they are all things that we can't control, a spider scuttling around, a dog barking, a dream frightening us, we'd like to make them stop, but we can't.

Place play figures as disciples on the boat. The disciples were really afraid of this big bad storm, because they couldn't make it stop.

Real power (v39)

Explain that there was one person in the boat who wasn't afraid of the storm. Jesus was asleep on a cushion at the back of the boat. *Lie play figure down as Jesus.*

The frightened disciples shook Jesus awake and said, "Don't you care if we drown?".

It is a really good idea to tell Jesus when you are afraid. We can do that today. We can pray, "Jesus I'm scared, help me!"

Jesus stood up and told the wind and waves to "STOP IT!" and straight away, the very second he spoke, the wind shushed, the waves went dead flat - and it was completely still. Big storm - to totally still - as soon as Jesus spoke.

Ask the children to see if they can make a storm go still in a split second. Ask them to stand up and wave the sheet up and down like scary waves - place the Jesus figure flat in the palm of your hand, *him sleeping*. When you hold the Jesus figure up in the air, and say, "Be still!" How long does it take them to stop?

Reinforce that Jesus had amazing power, as the real live wind and waves stopped straight away.

Big Question (v40-41)

Read the whole passage from the Bible, v35-41 - *ICB recommended for this age group.*

Line up your disciple figures and ask the children to listen as you read and spot anything that made them frightened? You could use the sheet/parachute again and ask the children to ruffle it when they spot something. *Storm, wind, waves... Jesus' power.*

At the end of the story the disciples are frightened again, not because of the wind and waves, but because they have seen how powerful Jesus is. They have seen that he can control things other people can't control, that he can make what is scary stop. Jesus has power over all things, he is not just an ordinary person like you or me, he is the son of God who rules over everything.

The disciples were frightened because they still hadn't quite worked out who Jesus was - "Who is this?"

It's a great question for us to ask ourselves. If we understand that Jesus is the one in control of everything and that he is stronger than the biggest storm, we can trust him. We can know even on a scary day, a dark night, or when a bad dream wakes us up that he is with us, he is in charge and we are safe with him.

continued →



GOOD NEWS
from Mark

JESUS IS HERE!




Brain break

Blow the Boat

Cut a piece of paper into the shape of the base of a boat - one for each team.

Give each team a folded newspaper that they flap up and down creating "wind" to blow the boat across the room. *If you have a thicker carpeted floor - you might find it easier to do this across a table.*

Teams could race against each other to see who can flap their boat across the lake first.


 **Link:** It was quite difficult to flap your boat to where you wanted it to go - it wasn't easy for you to control. In today's story we saw Jesus being able to control the wind and waves, they did exactly what he told them to straight away because Jesus rules.



Heart & hands

Craft time – Storm in a jar!

During the session: fill half the jar/bottle with water and add some blue food colouring and glitter to be the sea. Add the wooden craft stick into the jar/bottle to be the boat. Secure the lid tightly so that no water escapes (use the hot glue gun if necessary). Now you have your own storm in a jar that you can retell the story with, when Jesus says 'Be quiet', the storm stops!

 **Link:** We can stop the storm in our jar by holding it still but we wouldn't be able to stop a real storm. In our story today, Jesus stopped a real storm by speaking to it!

Think time

Big question: What did Jesus have power over in today's story?

A follow up question: Who can you trust when you are afraid?

Pray

Thank you Jesus that you rule over all things and that you could tell the scary storm to stop and it did what you said. Help us to remember how powerful you are and to trust that you are with us. Amen.



A chance to rest the children's minds before Heart and Hands. Get moving and have fun with this game.

Make a craft and have a chat. Give the children time to reflect on today's big truth, so it can impact their hearts.

You will need: A jar or plastic bottle (one for each child), water, blue food colouring, glitter, wooden craft stick cut into 3cm lengths, optional: hot glue gun to seal the lid.

GOOD NEWS
from Mark

JESUS IS HERE!



Get Going



Teaching Time



Brain Break



Heart & Hands



8s and over



Get going

Swamp the boat

Place a large plastic bowl, e.g. a storage box or washing up bowl on the table to be a "lake". Fill the bowl with enough water so that a smaller tub, e.g. a margarine tub or takeaway container will float like a boat. Give the group screwed up pieces of paper - these are the waves. Set a line the children have to stand behind and give them a time limit, they have to get as many "waves" as they can into the boat to see if they can make it sink. *You could make waves by shaking the large tub gently, or pouring extra water into the large tub to rock the boat tub.*

Link: You had varying levels of success controlling your "waves" to try and sink the boat. In today's Bible story we are going to see what Jesus has control over.



Teaching time

Fear (v35-38)

Label circle one - Fear. Imagine that this circle is the lake.

Read the verses together and find all of the things that make the disciples afraid. *Wind, waves, sinking, drowning, Jesus doesn't care.* Write them in your circle. Help the children understand why these things were scary - *they might die.*

Label circle two - Fear. Imagine that this is your world, the ordinary day of a kid your age.

What kind of things make you feel afraid? *Getting laughed at, a tree falling on your house in a storm, getting lost, family being sick, being bullied, wars in the world, earthquakes, dogs, injections.*

continued →



Notes

Flexible resource: look at both lesson plans, pick what works for your group.

Use this activity to introduce today's theme.

Use a suitable Bible translation - we use the International Children's Bible (found online at www.biblegateway.com).

You will need: Three large sheets of paper - each with a circle drawn on it of the same size, pens, Bibles / Bible passage printed out.

Children's health research tells us that it is normal for children around the age of 10 to feel afraid of lots of things e.g.:

- Imaginary - monsters, ghosts, snakes, spiders, being mugged.

continued →

GOOD NEWS
from Mark

JESUS IS HERE!

Reassure the group that it is totally normal to think about these things and feel a certain level of fear, it's a really good thing to talk about the fears and worries you have and remember that most of these things are unusual and don't happen every day.

Control (v39)

Hold up circle one. Why were the disciples afraid of these things?

Now hold up circle two. Why are we afraid of these things?

The reason these things make us afraid or worried is because we can't control them. A storm, a war, a scuttling spider, a bad dream, we can't make them stop and we don't know what will happen next.

Label circle three - Jesus controls. Read the verse. Notice what Jesus is able to control. Write it in the circle.

Explain that everything that made the disciples afraid (*circle one*) was under the control of Jesus (*circle three*).

This event in Mark's gospel showed the disciples that all of the things they were afraid of happening in their lake were under Jesus' control.

Faith (v40-41)

Read verses

- What did the disciples see Jesus do?
- How are the disciples feeling?
- What are they afraid of now?

Discuss with the children that though the disciples have seen that Jesus is in control of the storm, they are afraid of his power because they've never seen anyone have power over creation like Jesus does. The disciples haven't understood who Jesus is - because Jesus is the son of God, he can tell creation what to do and it will listen.

As you see Jesus' power - what do you think? Who do you think he is?

What about our world? *Refer to circle two.* If Jesus is the Son of God who can calm storms, then he is in charge of everything. He created everything, so he controls everything. Which means that everything in this circle, everything we worry about or feel afraid of is under Jesus' control too.

What difference could it make to your fears and worries to remember that Jesus is in control of our world?

What difference could it make to remember that Jesus is with you in these fears and worries?



- *Social - being bullied, laughed at, left out.*
- *Physical - getting hurt, sick, getting an injection.*
- *Environmental - natural disasters, climate change.*
- *Familial - getting lost, parents splitting up, something bad happening.*

We also learn that talking about these fears is positive, reduces isolation and anxiety rather than placing ideas in a child's head.

continued →

Sometimes, the thing we are afraid of might happen even though we asked Jesus to stop it, or it might not stop immediately. That doesn't mean that Jesus isn't in control or that he doesn't care. If a child asks about this, try to help them see the help that Jesus is with them in the situation, helping and caring for them.

GOOD NEWS
from Mark






Brain break

Boat Builders

Give the children a pile of recycling - boxes, milk cartons, plastic tubs, straws, string, tape, glue. Challenge them to work either as individuals, or as a group to build a boat. Can they make a boat that will float in a tub of water and hold a play figure?

 **Link:** In today's story, the boat stayed afloat despite a great storm - not because it was a great boat, but because it had a great Jesus in it! We can trust the same Jesus with our lives today.



Heart & hands

Did you spot it?

- Why were the disciples afraid of the storm?
- What did Jesus show he had power over?

Work it out

- If you had been in the boat, how would you have felt at the end?
- Why do you think the disciples were afraid of Jesus when he had just saved their lives?
- The disciples weren't sure who Jesus was, who do you think he is?

Live it out

- How could remembering that Jesus rules over all things help you the next time you feel afraid?
- When do you need to keep trusting that Jesus cares for you?

Extra stretch

- Why do you think the disciples doubted Jesus' care for them in the storm?
- When does it seem to you as if Jesus doesn't care? *Can they give a few examples?* How could remembering this Bible passage help you?
- Does seeing the power of Jesus make you feel afraid, or safe? If our friends saw Jesus' power, how do you think they would feel?
- How do you see Jesus helping and caring for you in your worries and fears, even if he doesn't make the situation stop immediately?
- Jesus challenged the disciples to trust him when he asked them, "Do you still have no faith?" Can you think of situations when Jesus could say the same thing to you?

continued →



A chance to rest the children's minds before Heart and Hands. Get moving and have fun with this game.

We have found that this is where children make the most progress relating the Bible to their everyday lives. Please leave enough time for this section.

These questions can mostly be found on the Chat Time (see p.19) sheet which has been designed to aid your discussion. If possible, enlarge the page to A3 so you can work on it together. Make sure each child can still answer the personal questions honestly for themselves (e.g. hand out Post-it notes for them to write/draw their answers to these questions).

GOOD NEWS
from Mark

JESUS IS HERE!

Pray

Thank Jesus for his rule over creation and his care for his people. Thank Jesus that he is in control over everything. Ask him to help you to trust him in situations where you feel worried and afraid.



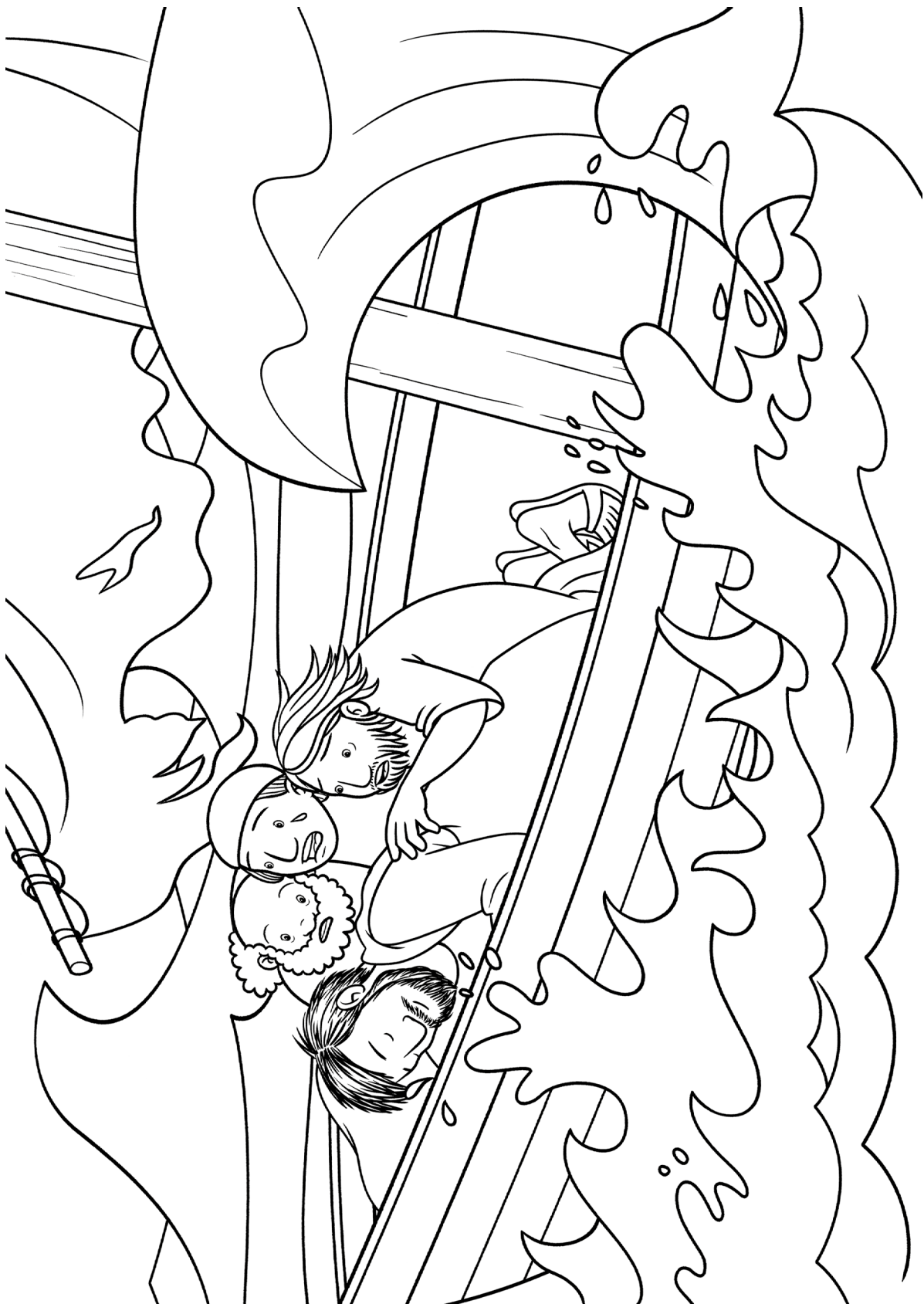
GOOD NEWS
from Mark



JESUS RULES

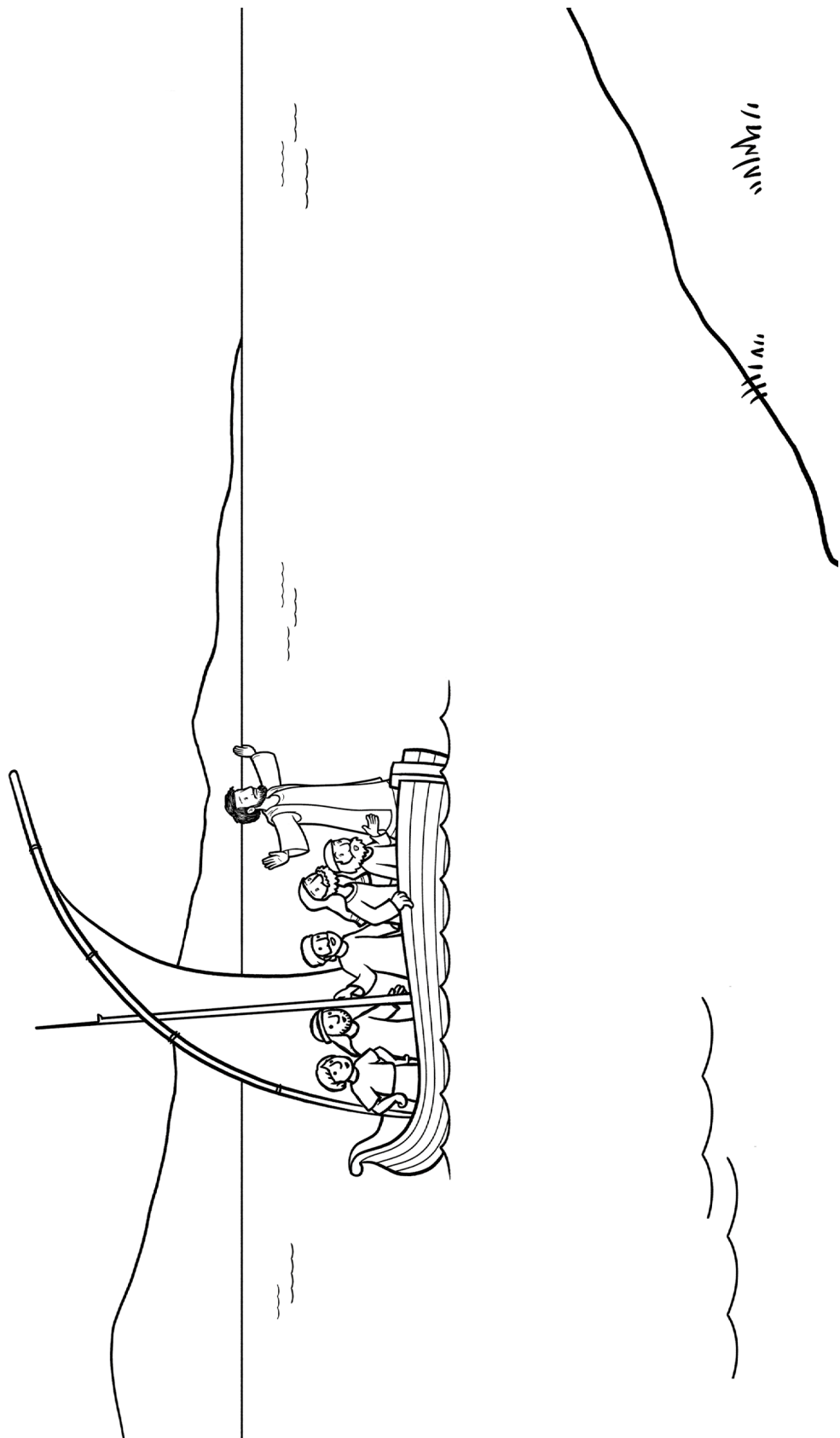
LESSON 5





GOOD NEWS
from Mark



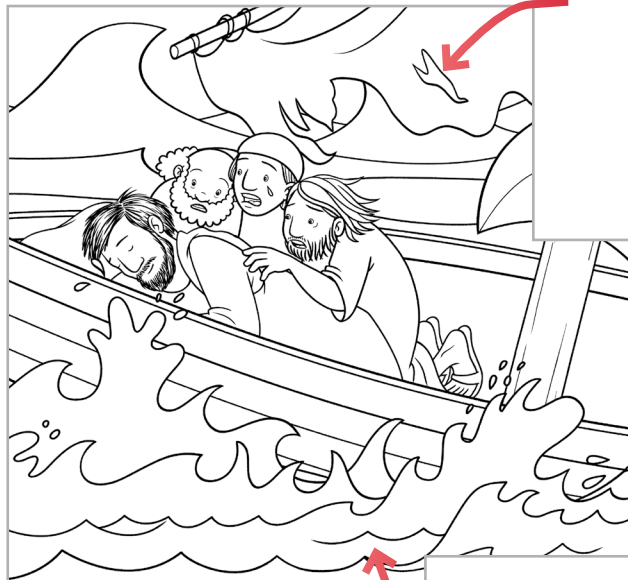




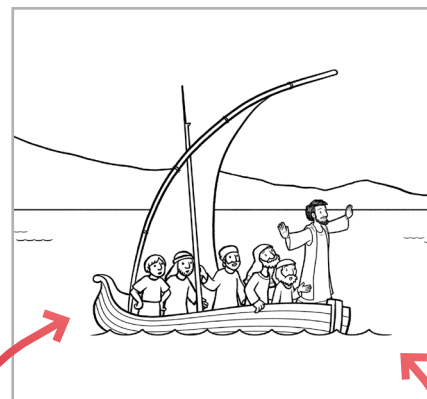
Heart & Hands Chat Time



Did you spot it?



Why were the disciples afraid of the storm?



What did Jesus show he had power over?



Work it out

If you had been in the boat, how would you have felt at the end?

Why do you think the disciples were afraid of Jesus when he had just saved their lives?

The disciples weren't sure who Jesus was. Who do you think he is?



Live it out

How could remembering that Jesus rules over all things help you the next time you feel afraid?



When do you need to keep trusting that Jesus cares for you?



GOOD NEWS
from Mark

JESUS IS HERE!

Take Home Sheet

Carry on the conversation at home and build faith with us!



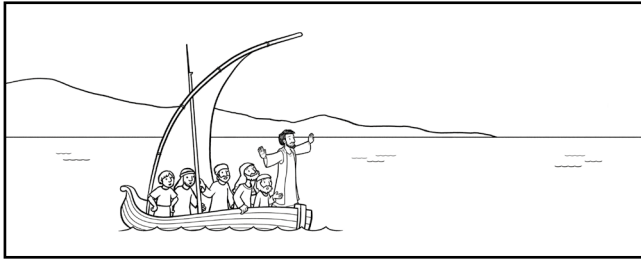
Truth that changes me:

Good news! Jesus rules over all creation, we are safe with him.



Faith in Kids looks like:

Children who feel safe because they know that Jesus is in charge.



Look at the picture from today's story – you could colour it in, then choose a path to follow:

- "Talk together" gently starts a conversation about today's big truth.
- "Open the Bible" encourages you to read and apply the truth together.

Talk Together

Read the verses: *"Jesus stood up and commanded the wind and waves to stop. He said, 'Quiet! Be still!' Then the wind stopped, and the lake became calm. Jesus said to his followers, 'Why are you afraid? Do you still have no faith?' The followers were very afraid and asked each other, 'What kind of man is this? Even the wind and waves obey him!'"* Mark 4:39–41.

Use the picture and verses to answer:

- How did Jesus stop the storm?
- Why were his followers still afraid?
- What kind of man do you think Jesus is?

Jesus had the power to control the scary storm. When we are afraid, we can know that Jesus is with us, he is in control and we can trust him.

Tell me:

- 3 things that make you feel afraid.
- 2 people you can go to when you feel afraid.
- 1 thing you could say to yourself the next time you feel afraid.

Live it out: This week, look out for people who are in control. Who can tell your class to stop talking? Who controls the car? Can anyone tell the weather what to do? What does it tell you about Jesus that he can stop a storm?

A prayer to pray: Dear God, thank you that Jesus has control over everything. Help us to trust him when we feel afraid. Amen.

Open the Bible

Read Mark 4:35–41 and use the picture to talk about some of the following questions:

7s and under

- What were the disciples afraid of during the storm?
- How did Jesus show that he had control over even the scary storm?
- Why were the disciples still afraid after the storm had stopped?

8s and over

- What is Jesus able to control?
- What does that tell you about him?
- The disciples felt afraid when they saw Jesus' power. How does it make you feel to know that Jesus rules over everything?

Live it out: The disciples were afraid of a terrifying storm they couldn't control. It is really normal to feel afraid when things feel out of control.

Make a list of some of the things that make you feel worried or afraid. What could you do at those times? Write those down too. This week, if any of those things happen - or you think they are about to - try to do one of the things that you thought would help. What could you say to yourself from this story that could help you?

Pray: Thank God that Jesus rules all things. Ask him to help you trust in his care for you and his control over all things when you next feel afraid.





Faith in Kids exists to encourage, inspire and equip influencers of faith in children with support, training and resources.

Partner with us

We can offer this resource free of charge to churches everywhere because of the generosity of our supporters – people like you! Please consider partnering with us by giving monthly so that we can continue writing new resources.

To support us, please **click the link** or email us at **info@faithinkids.org**



www.faithinkids.org

© 2025 Faith in Kids

