

# SEA OF TRUST

## Disciples trust Jesus to help.

Matthew 8:23-27

Romans 15:13

John 14:1

### SESSION SUPPLIES

- ★ Bibles
- ★ a bouncy ball
- ★ small baby-food jars with lids
- ★ tacky craft glue
- ★ glitter and sparkly confetti pieces
- ★ corn syrup and plastic spoons
- ★ 2-inch plastic boats (party favors)
- ★ florists' clay
- ★ newsprint and markers
- ★ cranberry and apple juice concentrate
- ★ ginger ale and licorice sticks
- ★ self-sealing plastic bags and ice cubes
- ★ photocopies of the Power Page! (page 45)

### MIGHTY MEMORY VERSE

That at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord. Philippians 2:10, 11

### SESSION OBJECTIVES

During this session, children will

- ★ discover that Jesus is in control of everything
- ★ realize that disciples trust Jesus in all things
- ★ learn that trusting Jesus demonstrates love
- ★ thank Jesus that we can trust him

### BIBLE BACKGROUND

*Trust* is a word we tend to use so often in surface ways that we tend to forget the depth of its meaning. Synonyms for *trust* include *confidence*, *certainly*, *assurance*, and *faith*. These powerful words read like the character description of the only one worthy of our complete trust: Jesus! Perhaps that's why Jesus rebuked his disciples for their lack of confidence as they rode the stormy sea long ago. The tumultuous sea threatened their lives and created fear as turbulent as the pounding waves. In the midst of this, the disciples forgot one important fact that should have assuaged their fears and given them the certainty of a safe landing: *Jesus was with them!* When we truly place all our faith in Jesus, we begin to understand what it means to approach life with radical assurance of our Savior's loving help. It means . . . *trust!*

Kids often find it easy to place their trust in anyone and anything—after all, who would want to be mean to a kid? But they also need to recognize that false trust and security lie in things such as money, earthly heroes, and hollow words. Use this lesson to equip kids to recognize that the one true place to put our trust is in the saving grace and power of our Lord Jesus!

## POWER FOCUS

Clear a playing area in the center of the room or go to a place where kids can spread out, such as a yard, playground, or fellowship hall.

Greet kids warmly as they arrive and have them form two teams and stand on opposite sides of the room. Tell kids to find partners on their teams and explain that you're going to begin with a lively game of partner dodge ball. Say: **In this exciting game, you have an important job. You must guard your partner from being tagged by the ball. Decide in your pairs right now who will be the first guard and take guard duty!** Pause for kids to decide. **Guards can deflect the ball with arms or legs, but the partners being guarded cannot touch the ball at all. If a partner is tagged, he or she becomes the guard. If both partners are tagged, they must sit out on the sidelines. Whenever you hear me call “switch,” switch places so the guards become the guarded and vice versa! One more rule: please keep the ball at knee level or below when trying to tag someone!**

Begin the game by tossing the ball to a team. Continue playing for five minutes or until only one pair is left, then call time. Be sure to call out “switch” several times during the game. End the game with kids giving each other rousing high fives.

When the game is over, have kids take a breather and ask:

- ★ **How did trust play a part in this game?**
- ★ **Did you trust your partner to help? Why or why not?**
- ★ **How is this game like relying on Jesus' help?**
- ★ **In what areas of our lives do we rely on Jesus' help?**

Say: **Sometimes we need a helping hand, and it's important to be able to trust the one helping us. We rely on Jesus for so many things, including safety, helping in prayer, teaching us to obey God, and staying near us. If we didn't trust Jesus, we couldn't rely on him or feel secure in his**



care! Disciples especially must learn to trust Jesus, and that's what we'll be learning about today.

We'll discover how Jesus' first disciples learned to trust him with their very lives one dark, stormy night. We'll add another fun item to our Disciple Kits, and we'll also learn a new Mighty Memory Verse that helps us trust Jesus' power to help! Now let's sit in a circle on the floor and get ready to hear about a stormy night long ago. We'll even use our ball to help tell the Bible story!

## THE MIGHTY MESSAGE

Say: **This is such an exciting story. Let's pretend that our circle is the sea and this ball is a boat on the sea. We'll begin by rolling the ball slowly to show that the little boat was sailing along and having a lovely time in the water.** Begin rolling the ball back and forth around the circle and continue as you retell the story of Jesus calming the sea from Matthew 8:23-27.

### POWER POINTERS

Help children remember the meaning of real trust in Jesus with this memorable acronym:

True  
Reliance  
Under  
Sticky  
Times!

**It was late at night, and Jesus had been teaching others to obey God. Jesus and his disciples climbed into a wooden boat and started out across the Sea of Galilee. The stars were out, the sea was calm, and the night was beautiful. Jesus, tired from his long day, lay down to rest and soon fell asleep.**

**While Jesus was sleeping, big storm clouds filled the sky, and a crashing storm came upon the sea! The wind blew, and the waves tossed the boat about on the sea! Roll the ball faster around the circle. The disciples looked at one another and were very afraid. "We'll drown!" they said. So they ran to wake Jesus. Jesus stood in the bow of the boat and asked his disciples, "Why do you have so little faith?" Then Jesus turned to face the wind and waves, and he spoke with authority. "Be still!" he said. The wind stopped blowing, and the waves stopped flowing! Stop and hold the ball.**

**The disciples looked at one another again. Who is this that even the wind and the waves obey him, they wondered. But the disciples had learned an important lesson, that we can trust Jesus with our lives when we know, love, and follow him!**

Say: **That was a great Bible story, and Jesus really did help his disciples in an amazing way. Let's see how much you learned from this story. I'll ask a question and bounce the ball to someone in the circle to answer. If you think you need help, simply roll the ball to someone else!** Ask these questions and roll the ball to a different child each time.

- ★ **Why was it wise for the disciples to ask Jesus to help them?**
- ★ **Why do you think Jesus said the disciples had no faith?**
- ★ **In what ways does trusting Jesus help us in times of trouble or worries?**
- ★ **How does it help us to know that Jesus is in control of everything?**
- ★ **What can we learn about trusting Jesus from this Bible story?**

Hold the ball and say: **Jesus is so powerful that he is in control of everything. And we can trust his power to help us at all times. Let's stand in the circle, and I'll bounce the ball to someone. That person can tell one thing to trust Jesus with, such as "I trust Jesus with my prayers" or "I trust Jesus to help me."**

Continue naming times and ways to trust Jesus, then say: **The first disciples trusted Jesus when a storm in their life seemed out of control. Let's make cool boats-in-a-bottle to remind us that we can trust Jesus when our own troubles and worries seem out of control!**

## THE MESSAGE IN MOTION

Before class, collect tiny boats from a party supply store or department store. If you can't find tiny plastic boats, let kids model their own from florists' clay.

Set out the baby-food jars and lids, florists' clay, glue, glitter, confetti, spoons, and corn syrup. Hand each child a small boat or a clump of clay to model a boat. Show kids how use clay to attach the boats to the insides of the lids, as in the illustration.

Then help kids fill the jars two-thirds full of corn syrup. Sprinkle in a teaspoon of confetti and glitter as "rain," then place glue around the inside of the lid. Screw the lids in place securely and set the jars upside down in the Disciple Kits to dry.

Say: **As our lids dry, we'll continue learning more about being disciples. You now have four things in your Disciple Kit, so let's review all four disciple truths together. Hold up each item as we repeat the truth.**



## Lesson 4

**Truth 1: A disciple has faith in God's promises.** (PVC pipe)

**Truth 2: A disciple celebrates Jesus.** (party horn)

**Truth 3: A disciple learns about God.** (phylactery box)

**Truth 4: A disciple trusts Jesus.** (boat-in-a-bottle)

Say: **Good for you! It's fun learning to be disciples, isn't it? And what a great teacher we have in Jesus! I know Jesus' first disciples were proud and excited to be disciples, and that's the same way I feel knowing I'm a disciple for Jesus. Jesus is in control of everything, and that makes trusting him feel so good. In fact, I feel good enough to rap out a rhythm, how about you? Let's repeat our disciple rap and clap along with the words!**

Lead kids in repeating the disciple rap you've been learning for the last couple of weeks. Add the new verse and repeat the rhyme once more.

***I'm not just a follower—that couldn't be much hollower!***

***I'm not just a sin-quitter, quiet Christian, pew-sitter!***

***I'M A DISCIPLE! A DISCIPLE OF JESUS!***

***I learn the lessons Jesus taught;***

***I know my life by him was bought;***

***Jesus is my every thought—***

***I'M A DISCIPLE! A DISCIPLE OF JESUS!***

***I trust in help that Jesus brings;***

***He's in control of everything;***

***I'll praise his name and shout and sing—***

***I'M A DISCIPLE! A DISCIPLE OF JESUS!***

Say: **I'm so glad we're disciples! And as disciples, we have the responsibility to learn all we can about Jesus, God, and God's Word. So let's begin learning a new Mighty Memory Verse that tells why we can trust Jesus.**

## **SUPER SCRIPTURE**

Purchase large cans of juice concentrate, but don't mix the juice with water. You'll need a large can of cranberry and one of apple for every ten kids. You'll also need a two-liter bottle of ginger ale and lots of ice cubes and chewy licorice sticks.

Gather kids, have them open their Bibles to Philippians 2:10, 11, and read the following: **"That at the name of Jesus every knee should bow, in**

heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord.” (Kids will learn the rest of verse 11 next week.) Then say: **What a powerful verse telling us of Jesus’ authority! Just think, at the name of Jesus, everyone on, above, and under the earth will do two things: go down on bended knee and admit that Jesus is Lord! Let’s do that right now. When I say Jesus’ name, you kneel and say, “Jesus Christ is Lord!” If I say any other name, stand still and remain quiet.**

Alternate saying Jesus’ name and naming other names. After several calls, invite a child to call out either Jesus’ name or some other name. When you’re through playing, repeat the Mighty Memory Verse two more times, then say: **This Mighty Memory Verse tells us that Jesus is so powerful that everyone will know that he is Lord. It’s wonderful to be Jesus’ disciples who can confess and tell others that he is our all-powerful Lord whom we trust with our lives! Let’s celebrate our trust with a treat, but you have to trust me that it will taste good and trust yourselves to follow directions in preparing it!**

Open the concentrated juices and the ginger ale. Hand each child a self-sealing plastic sandwich bag and say: **First we’ll place three ice cubes in our bags, then add one spoon full of each juice and squish them gently together.** Pause while kids add the ice and frozen juice to their bags. **Now we’ll fill our bags half full of ginger ale, then pop in a licorice straw for sweet sipping!** Have kids seal their bags after they add the ginger ale, then open one end to slip in the licorice straws.



As kids sip, read aloud Romans 15:13 and John 14:1. Then ask:

- ★ **How does it help to obey Jesus, just as we obeyed the directions for our treats?**
- ★ **In what ways does trusting Jesus demonstrate our love for him?**
- ★ **Why are you glad you’re a disciple who trusts and obeys Jesus?**

Say: **Mmm, these treats are great, and so is trusting Jesus! Let’s end by offering a prayer thanking Jesus for his power, love, and trustworthiness.** Toss the plastic bags in the trash.

## A POWERFUL PROMISE

Before class, write the words to the marching song in this activity on newsprint and tape the newsprint to a wall or door for kids to read. Keep the words for the next few weeks until kids know the words.

Have kids sit in a circle and ask for a moment of silence, then say:  
**We've learned today that Jesus is in control of everything, even the wind and waves. We've discovered that disciples trust Jesus with their lives. And we've started to learn a new Mighty Memory Verse that teaches us that everyone will know Jesus'**

**power. Philippians 2:10, 11 says** (pause and encourage kids to repeat the verse with you), **"That at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord."**

Hold the Bible and say: **As disciples, we know we can trust Jesus to help us because Jesus is in control of everything. Just as Jesus wanted his first disciples to trust him on the stormy sea that night long ago, Jesus wants his disciples today to trust him. Let's promise to trust Jesus even more this week. Let's pass the Bible around our circle and say, "I will put my trust in you, Jesus."** Pass the Bible until everyone has had a chance to make a promise.

Then say: **Let's end by learning a new marching song about being a powerful disciple of Jesus. Here are the words** (point to the newsprint), **and they go like this!** As kids read the words, sing them to the tune of the old camp favorite, "The Ants Go Marching One-By-One." Clap on the Xs.

*Oh, I'm a disciple of the Lord, burrab! (XX), burrab! (XX)*

*Oh, I'm a disciple of the Lord, burrab! (XX), burrab! (XX)*

*J-E-S-U-S is his name.*

*His power and glory I'll always proclaim.*

*I'm a d-i-s-c-i (XX) p-l-e (XX) that's all I (XX) want to be!*

*Boom, boom, boom, boom! Boom, boom, boom ...* (repeat the song)



End with this responsive good-bye:

Leader: **May you always trust Jesus.**

Children: **And also you!**

Distribute the Power Page! take-home papers as kids are leaving. Thank kids for coming and encourage them to keep their promises this week.

# POWER PAGE!

## WHATTA STORY!

Number the events in their correct order to retell how Jesus calmed the storm from Matthew 8:23-27. Then illustrate your favorite story scene.

- A mighty storm came upon the sea.
- The disciples were amazed!
- Jesus was sleeping in the boat.
- Jesus calmed the wind and waves.
- The disciples woke Jesus.



Use the word bank to complete  
*Philippians 2:10, 11a.*

That at \_\_\_\_\_ of  
 \_\_\_\_\_ every \_\_\_\_\_ should  
 bow, in \_\_\_\_\_ and on  
 \_\_\_\_\_ and \_\_\_\_\_ the  
 earth, and \_\_\_\_\_  
 \_\_\_\_\_ that Jesus \_\_\_\_\_ is  
 \_\_\_\_\_, \_\_\_\_\_ *Philippians 2:10, 11a*

## Stormy Sea Sippers

Sip this sparkling delight as you read Matthew 8:23-27 and praise Jesus for his power and loving care!

### You'll need:

- ★ a clear bottle or glass
- ★ sparkling apple juice
- ★ blue food coloring
- ★ a straw
- ★ a large peanut "boat"

### Directions:

Mix the sparkling apple juice and a few drops of blue food coloring in a clear bottle or glass. Drop in your peanut boat and watch it float! Sip away but save the boat for last!



## Word Bank Wonder



- Jesus
- heaven
- Christ
- knee
- Lord
- the
- under
- every
- confess
- tongue
- name
- earth

# WHIZ QUIZ

Color in T (true) or F (false) to answer the questions.

- Disciples trust Jesus. ( T ) ( F )
- Disciples serve Jesus but not others. ( T ) ( F )
- We can seek Jesus through prayer. ( T ) ( F )
- Only one leper thanked Jesus for his help. ( T ) ( F )
- Jesus healed people and made them well. ( T ) ( F )
- Disciples only have faith in Jesus sometimes. ( T ) ( F )
- Being a disciple means thinking of others first. ( T ) ( F )

## WORD BANK

should  
heaven  
Jesus  
earth  
tongue  
earth  
Father  
glory

Use the words from the word banks to complete the **MIGHTY MEMORY VERSE**.

\_\_\_\_\_ at the \_\_\_\_\_  
every \_\_\_\_\_ bow, in  
\_\_\_\_\_ and on \_\_\_\_\_ and  
\_\_\_\_\_ the \_\_\_\_\_, and every  
\_\_\_\_\_ that Jesus  
\_\_\_\_\_ is \_\_\_\_\_ to the \_\_\_\_\_  
of God the \_\_\_\_\_.

**Philippians 2:10, 11**

## WORD BANK

That  
knee  
name  
of  
confess  
under  
Christ  
Lord