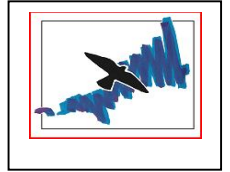


Week beginning: 8th February



THEME: What scares you?
CHRISTIAN VALUE: Trust

Trust is the very essence of faith; trust in the God who is trustworthy. Trust is essential to human life and lies at the heart of all relationships. Trust entails vulnerability, putting you in others' hands. *(Christian Values for Schools)*

Luke 8:22-25 Jesus said to his disciples, "Let's go over to the other side of the lake." So they got into a boat and set out. As they sailed, he fell asleep. A squall came down on the lake, so that the boat was being swamped, and they were in great danger. The disciples went and woke him, saying, "Master, Master, we're going to drown!" He got up and rebuked the wind and the raging waters; the storm subsided, and all was calm. "Where is your faith?" he asked his disciples. In fear and amazement they asked one another, "Who is this? He commands even the winds and the water, and they obey him."

INTRODUCTION TO THE THEME:

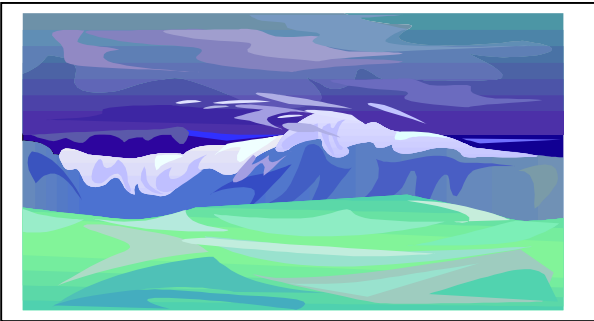
This is a wonderful Bible story which shows how Jesus' disciples lacked faith and that resulted in fear. Once Jesus calms the storm the disciples can see his power and might but they still don't realise fully who he is.


GATHERING / WELCOME (This can be said and signed)

Leader: Jesus is the light of the world

All: Shine in our darkness

WORSHIP SONG - Suggested songs: Our God is a Great Big God, I'm Special, Big man standing by the blue waters side; Lord the light of your love is shining (No Pianist for Assembly? No Problem 1)

Way in 1 - Who's afraid of.....	Idea 1 - INTRODUCING THE BIBLE STORY
<p>Warn the children that we are going to be thinking about things that scare them! Do the children know what some what some of these phobias or fears are? Angrophobia – fear of being angry Claustrophobia – fear of confined spaces Kymophobia – fear of waves Hydrophobia – fear of water Mycrophobia – fear of small things http://www.phobia-fear-release.com/list-of-phobias-and-their-meanings.html You may find some other suggestions on the link above. Ask the children if there is anything they are scared of – you can use the accompanying power-point for a few ideas.</p> 	<p>Many of us are scared of something or feel scared at some time in our lives. That is really normal. In the Bible we can read a story about a time when Jesus' disciples are really scared. That time was when Jesus and his disciples were crossing the sea of Galilee, which is a very large lake. They were crossing the lake in a fishing boat – remember that some of Jesus' disciples were experienced fisherman and used to these waters. Once they had set sail Jesus settled down at the back of the boat with a comfy cushion and we went to sleep. He had been working very hard and needed some time to rest so he went straight to sleep whilst his friends sailed the boat. Now the Sea of Galilee is renowned for sudden storms and squalls and as they were crossing the waves grew and a storm grew. The disciples fought with the boat trying to get to shore but the storm grew and grew. But still Jesus slept soundly in the back of the boat. Eventually the waves started to swamp the boat and the disciples were so scared that they would drown that they woke Jesus and shouted to him to save them. Jesus woke, stood up and raised his hands over the sea and calmed the wind and waves till all was still and peaceful. He then turned to his friends and said to them 'Where is your faith?' The disciples were stunned, they were amazed by Jesus' power and knew that he could command the wind and the seas – Jesus was showing everyone just how great and powerful God was.</p> <p>REFLECTION – Ask the children to think of something they are afraid of or a time when they have been scared. Remind the children that Jesus' friends were scared and Jesus looked after them. Jesus can look after us when we are scared if only we put our trust in him.</p> <p>RESPONSE – How would you have felt if you had been on that boat and it had started to sink? Would you have been scared?</p> <p>PRAYER – Loving God, we know that wherever we are you are there with us. When we feel scared you can help us because you love each and every one of us. Help us to learn to trust you and have faith in you.</p> <p>AMEN</p>

<p>Way in 2 – lets make waves!</p>	<p>Idea 2 - INTRODUCING THE BIBLE STORY</p>
<p>There are two ways that you can create an illusion of a storm with the children.</p> <p>Create a mexican wave with the children – practice this several times with the children and see if you can change the speed of the wave and the intensity of the storm by the children lifting their arms higher or lower.</p> <p>Try conducting the storm (Mexican wave) – practise this so that you can tell the story and allow the children to be the sea.</p>	<p>One day Jesus and his friends climbed on board a boat to sail to the other side of the lake. The water was calm and all was well. (Children perform a gentle mexican wave)</p> <p>Jesus was tired and went to the back of the boat where he slept. As they crossed the lake and Jesus slept a storm grew (Children perform a faster mexican wave)</p> <p>The storm grew and grew and the disciples were scared but still Jesus slept in the back of the boat. (Children perform an even faster mexican wave)</p> <p>Eventually the storm was so fierce that Jesus' friends were scared for their lives but still Jesus slept in the back of the boat. The disciples called out to Jesus 'Save us Jesus – the boat is sinking!!' Ask the children to repeat those words loudly! (Children perform an even faster mexican wave)</p> <p>Jesus awoke and slowly rose to his feet and placed his hands over the raging seas – slowly the seas calmed (bring the children's mexican wave to a gentle wave) He turned to his friends and said 'Where is your faith in me?' His friends were amazed as they saw the signs of Jesus' power.</p> <p>REFLECTION – Jesus was showing his friends how powerful he was and teaching them to trust him with everything, even their lives. This is hard to do sometimes – to trust someone with our lives. Today we trust our doctors, nurses, paramedics and emergency service with our lives. We can also trust Jesus with our lives.</p> <p>RESPONSE – If we put our trust in Jesus he can calm the storms in our lives. Every time something happens that scares us, upsets us or worries us we can talk to Jesus and he will help us – he can calm us just as he calmed that storm.</p> <p>PRAYER-</p>
	

<p>Way in 3 –</p>	<p>Idea 3 - INTRODUCING THE BIBLE STORY</p>
<p>Using two long strips of blue fabric with a child at each end and they simulate the sea, the growing storm and the calming of the sea, by shaking the fabric.</p> <p>You could introduce the use of a few percussion instruments to simulate the sounds of a growing and then subsiding storm.</p> <p>The children also need to practise showing Jesus sleeping by putting their heads on their hands which they will need to do when they hear the words: '.....and Jesus slept in the back of the boat'</p>	<p>Jesus and his friends climbed on board to sail to the other side of the lake. The water was calm and all was well. Jesus was very tired and Jesus slept in the back of the boat'.</p> <p>They crossed the lake and Jesus slept in the back of the boat' (Gentle wave the cloths)</p> <p>The storm grew and Jesus slept in the back of the boat' (Increase the intensity of the waving cloths)</p> <p>The storm grew and grew and Jesus slept in the back of the boat' (Increase the intensity of the waving cloths)</p> <p>The disciples were scared and Jesus slept in the back of the boat' (Increase the intensity of the waving cloths)</p> <p>The storm was so fierce and Jesus slept in the back of the boat' (Increase the intensity of the waving cloths)</p> <p>Jesus' friends were scared for their lives and Jesus slept in the back of the boat' (Increase the intensity of the waving cloths)</p> <p>The disciples called out to Jesus 'Save us Jesus – the boat is sinking!!' Jesus awoke and slowly rose to his feet and placed his hands over the raging seas – slowly the seas calmed (Decrease the intensity of the waving cloths) He turned to his friends and said 'Where is your faith in me?' His friends were amazed as they saw the signs of Jesus' power.</p>
