



Helping Kids Face Fear God's Way

When Fear Feels Big, God's Love Is Bigger

Lesson Aim

To show kids that fear is real, but Jesus is stronger—and to teach them how to call on Him for peace when they feel afraid.

Scripture Focus

- “He said to them, ‘Why are you so afraid? Have you still no faith?’” (Mark 4:40, *ESV*)
- “When I am afraid, I put my trust in you.” (Psalm 56:3, *ESV*)

Connect

- **Connection Point:** Ask: “What is something that makes you feel afraid—like storms, being alone, or trying something new?”

Teach

- Read or retell the story Jesus Calms the Storm (Mark 4:35-41).

One evening after a long day of teaching, Jesus said to His disciples, “Let’s go to the other side of the lake.” They climbed into the boat together, and as soon as they pushed off from shore, Jesus lay down on a cushion and fell asleep. The waves were gentle at first, but soon dark clouds rolled in and the wind began to roar. The small fishing boat rocked wildly as waves crashed over the sides. The disciples’ clothes were soaked. The harder they rowed, the higher the waves grew. They had seen storms before, but this one felt stronger and scarier. They were sure they were going to sink.

“Teacher! Don’t You care if we drown?” they shouted as they shook Jesus awake. Jesus stood up and faced the storm. With calm authority He said, “Peace! Be still!” In an instant, the wind stopped. The waves grew quiet. The water became smooth. The disciples stood in stunned silence, staring at Jesus and then at the peaceful sea.

Then Jesus looked at them and asked, “Why are you so afraid? Do you still have no faith?” The disciples asked each other, “Who is this man? Even the wind and the waves



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obey Him!” That day they learned that the One who made the storm is also the One who can calm it.

- **Discussion Questions:**

1. How did the disciples feel when the storm came? How did they feel when it stopped?
2. What did Jesus do to the storm?
3. What does this story show us about Jesus’ power?
4. When you feel afraid (at school, at night, in sports, etc.), how can you call on Jesus like the disciples did?

- **Explain:**

- Jesus is not just a great teacher. He is Lord over all creation, and He has power over everything. Even the wind and the waves obey His voice. When we feel afraid, we can remember that Jesus has the power to calm not only storms outside us but also the storms inside our hearts. Nothing is too strong or too scary for Him.
- Even when it feels like Jesus is “asleep” and not answering right away, He is still with us. The disciples thought He didn’t care, but He did. Sometimes God lets us go through storms so we can learn to trust Him more deeply. When we call on Him, He brings peace—not just around us, but within us.

Model

- **Teacher Shares:** a time you prayed when you were afraid and what happened.
- **Student Activity:** Kids role-play short scenarios of different “fear” situations (like hearing thunder, being alone in the dark, standing up to read in class). Or invite them to play Pictionary by drawing what might make them afraid (spiders, storms, school tests, etc.). After each drawing, discuss how we can call on Jesus in that moment.

Pray

- *“Jesus, when we feel afraid, help us remember you are with us. Calm our hearts like you calmed the storm. Amen.”*

Craft/Activity

Give each child a small clear plastic jar or bottle with a lid. Invite them to fill it halfway with water, add a spoonful of glitter, and a drop of blue food coloring. Secure the lid tightly (teachers can hot-glue if needed). Shake the jar and watch the glitter swirl like a storm. As it settles, talk about how Jesus brings calm when we pray and trust Him. Kids can write “Peace, Be Still” (Mark 4:39) on a label and tie it around the lid with string. Encourage them to take the jar home and shake it whenever they feel afraid, then watch it settle as they breathe and remember that Jesus calms both storms and hearts.

Takeaway

- Fear is real, but Jesus is stronger.