



Helping Kids Face Fear God's Way

When Fear Feels Big, God's Love Is Bigger

Learning Objectives

By the end of this lesson students will be able to:

1. Understand that fear is a normal feeling, but Jesus is stronger.
2. Recall the story of Jesus calming the storm (Mark 4:35–41).
3. Practice calling on Jesus 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*)

Lesson Flow (25 min)

1. Connect (3 min)

- **Opening Thought:** Ask: “What is something that makes you feel afraid like storms, being alone, or trying something new?”
- **Assessment:** Teacher observes student attentiveness and willingness to share.

2. Teach (7 min)

- 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 and set sail. Jesus was so tired that He lay down on a cushion and quickly fell asleep.

Suddenly, a powerful storm swept across the water. The wind howled, and waves crashed into the boat. Water poured in, and the disciples were terrified. “We’re going to sink!” they cried as they struggled to stay afloat. Meanwhile, Jesus was still asleep. The disciples woke Him and shouted, “Teacher, don’t You care if we drown?” Jesus stood up and faced the storm. With calm authority He said, “Peace! Be still!”

At once, the wind stopped and the waves grew calm. The lake was completely still. Then Jesus looked at His disciples and asked, “Why are you so afraid and have such little faith? Don’t you trust Me?”

The disciples said, “Who is this man? Even the wind and the waves obey Him!” That day they learned that Jesus is stronger than any storm—and stronger than fear itself.

- **Discussion Questions:**

1. How did the disciples feel when the storm came? How did they feel when it stopped?
2. What can you do when you feel afraid, just 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.

- **Assessment:** Teacher checks comprehension through answers and engagement.

3. Model (7 min)

- **Teacher Shares:** a time when you prayed when you were afraid and what happened.
- **Student Activity**— Students 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.
- **Assessment:** Teacher notes if students can apply the lesson truth to situations.

4. Pray (2-3 min)

- *“Jesus, thank you that you are stronger than fear. When we feel afraid, help us call on you for peace. Amen.”*
- **Assessment:** Teacher observes participation and reverence during prayer.

5. Closing/Reflection (5 min)

- **Key Takeaway:** Fear is real, but Jesus is stronger.
- **Student Reflection:** Invite students to complete:
 1. One thing I learned about Jesus today is...
 2. When I feel afraid, I can...
- **Teacher Closes:** Jesus calmed the storm for His disciples, and He can calm the storms in our hearts too.
- **Assessment:** Teacher listens for understanding in student reflections and whether students can repeat the takeaway or verse.

Optional Extension

- **Independent Practice:** Fear-to-Faith Worksheet Write or draw one fear in a “storm cloud,” or draw a prayer/verse in a “calm sea.”