



# JESUS CALMS THE STORM

## THE SEA OF GALILEE



Hello Explorers! My name is Zach and I am your faithful guide for your adventure today. Are you afraid of thunder and lightning? I know that I am! As an explorer, I sometimes have to face scary things! When I am afraid, I try to remember that God is with me and that I can trust God. You can trust God too! God tells us many times in the Bible, "Do not be afraid!" Do you remember when the angel said that to Mary? In today's adventure we will see how Jesus handles scary things.

A good explorer pays close attention, there is always something new to discover. Let's explore!

### PRACTICE YOUR PRAYERS

Let's get our Prayer Guide and practice our prayers! Let's start with the Sign of the Cross and the Hail Mary. Then we can pick other prayers to practice.

#### The Hail Mary

Hail Mary full of Grace,  
the Lord is with thee.

Blessed are thou amongst women  
and blessed is the fruit of thy womb Jesus.

Holy Mary Mother of God,  
pray for us sinners

now and at the hour of our death. Amen.

After a long day of teaching people about God, Jesus and the Apostles set out on the Sea of Galilee to head to the next town. Jesus was sleeping on the boat when they were caught in a terrible storm. The boat was rocking and the Apostles were afraid that the boat would tip over and that they would drown in the sea.

Let's listen to the story and see how the Apostles reacted when they were afraid. Let's also see how Jesus reacted.

## JESUS CALMS THE STORM

Jesus got into a boat and his disciples followed him. Suddenly a violent storm came up on the sea, so that the boat was being swamped by waves; but Jesus was asleep.

They came and woke him, saying, "Lord, save us! We are going to die!" Jesus said to them, "Why are you terrified, you of little faith?"

Then he got up, yelled at the winds and the sea, and there was great calm. The men were amazed and said, "What sort of man is this, whom even the winds and the sea obey?"



## SHARE YOUR IDEAS

When the Apostles were afraid of the storm, Jesus was surprised. He asked, "Why are you terrified?" Then he told them to have faith. He told them to trust and believe in Him. Jesus showed them the power of God by calming the storm. The power of God can protect us and solve many problems that we can't solve for ourselves. Next time you are afraid, pray, "Jesus I have trust in you," and believe that God will protect you.



1. What is something that you are afraid of? (Storms, bugs, darkness?)
2. What is something that you used to be afraid of, that you aren't afraid of anymore?
3. It is important to try to keep ourselves safe, so God wants us to practice safety! What are some safety rules you need to follow?
4. When we forget to follow safety rules or we don't know them, how do grown ups help us?

God helps us just like grown ups do. Even though we trust in God to keep us safe, sometimes we get hurt. But God acts the same as parents do, He will love you and try to make you feel better.

## SPECIAL PROJECT

It is time to complete our special project for the day and then we can collect our Hope Gem by checking it off on our Adventure Map. Find the special project with the number 4 label and follow the instructions inside! Great job Explorer!