

# Jesus Calms the Storm

## Allelu!

*Growing and Celebrating with Jesus*

### Lesson 20, ages 3-4

#### Lesson 20 Goal

- Your child will hear the story of Jesus calming the storm, and will learn that we don't have to be afraid because God is with us even when scary things happen.

#### Key Points

- Jesus kept his disciples safe during a storm.
- God is with us, even when scary things happen.



#### Parent Reflection

The phrase “Do not be afraid,” or something close to it, appears in the Bible over three hundred times. Perhaps this is because God knew we would need to hear it so many times, for fear is one of our earliest companions on the journey of life. Even in infants, we see fear of new environments, persons, and things. Yet, God never calls us to something we can't handle.

When you feel anxious or afraid, first, call on God, and trust that he is with you. Second, use effective, God-given coping techniques. It may be helpful for us to pause and consider the questions “What's the worst that could really happen?” or “Is that likely to happen?”

Finally, go forward in courage. If God tells us so many times not to be afraid, he does not want us to let fear decide things for us. Research in psychology tells us that anxiety is strengthened when we let ourselves escape situations out of fear, but fear dissipates considerably when we face the feared situation head-on, and see that it is not as bad as we might have imagined.

#### Reflection Question

What fears in my life is God calling me to let go of right now? What does it mean to “go forward in courage,” trusting that God will care for me?

## Lesson Preparation

Before inviting your child to sit with you for lesson time, prepare all materials.

### Materials

- Family Activity Sheet
  - Crayons or colored pencils
  - children's story books with themes of overcoming fear (optional)
  - Lesson 20 Activity Master – Saint Page (included with this lesson)
- (Keep the saint page from each lesson to gather together a Communion of Saints Book created by your child.)

## Gathering

Create a prayerful space. You might place a candle on the table, or set a cross in front of you. Invite your child to join you in quietly preparing for prayer.

### Begin in prayer:

Make the Sign of the Cross together or bless your child by tracing a cross on his or her forehead: "In the name of the Father, and of the Son, and of the Holy Spirit. Amen."

Pray together: *"Jesus, please be with us when we are afraid. We love you and we trust in you. Amen."*

## Discovering

**Don't Be Afraid.** Turn to the first page of the Activity Sheet and read about Jesus calming the storm.

Ask your child, "How would you feel if you were on the boat with Jesus and his friends?"

Turn to the second page of the Activity Sheet. Ask your child the "Ask Me!" questions and review the answers.

## Exploring

Use the following activities to enrich your child's understanding of the lesson and of our Catholic faith.

**1. The Wind and Sea Obey Jesus.** Turn to the

drawing in the main activity of the Activity Sheet (center pages) and invite your child to describe what he or she sees. Give your child crayons or colored pencils. Explain the activity and have your child complete it.

**2. Tell stories about being afraid.** Using either children's book or events from your own experience, tell your child stories about being afraid. Be sure the stories you tell have a positive outcome. After each story, talk with your child about what made the character (or you) afraid, how God helps in times like these, and how things turned out. Encourage questions and discussion.

**3. The Communion of Saints: Saint Faustina Kowalska.** Show your child the picture of Saint Faustina on the Family Activity page and read about her. Then read more about Saint Faustina to your child (see page 3).

Ask your child, "How can you show mercy to other people?"

Have your child write and draw about Saint Faustina Kowalska using the Lesson 20 Activity Master.

## Sending

**Pray with your child.** Begin by making the Sign of the Cross together, or bless your child by tracing a cross on his or her forehead. Pray aloud with your child:

*"Dear Jesus, you are so strong and powerful that even the storms listen to you! Help us to be brave when storms come, and know that you are with us. Amen."*

## Saint Faustina Kowalska

### Trusted by Jesus

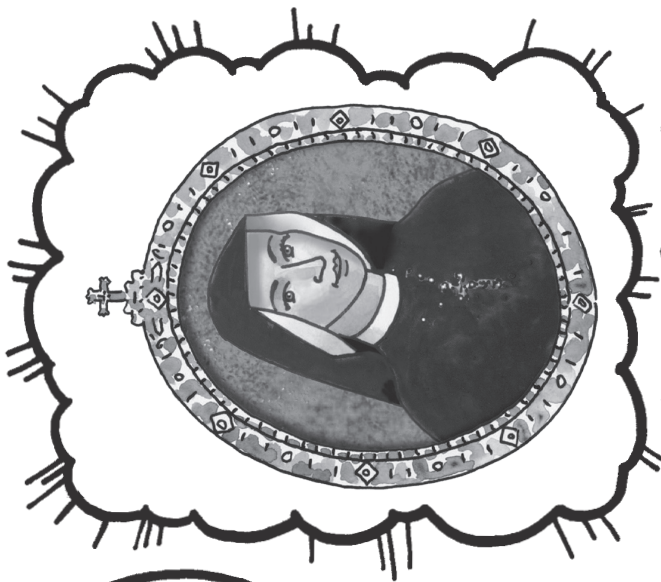
It had been another long, hard day of work. But Faustina didn't mind. She worked cleaning people's houses. She also cooked, and took care of plants in their gardens. Sometimes she even had to carry very heavy things while she worked. But Faustina did not complain. She knew that Jesus wanted her to live her life in a certain way. He wanted her to make sacrifices, which meant that she should give up things that make her comfortable. By doing this she could teach other people what Jesus meant when he told us to serve our neighbors.

As Faustina grew older, she decided she wanted to become a nun. In time, Faustina began to

experience visions about Jesus. Although he had died long ago, she was able to see him and to listen to his advice. She wrote down everything she could remember in her journal. She looked forward to writing down what she had learned from Jesus each day.

Jesus explained the idea of mercy to Faustina so that she could help people grow closer to God. He also explained that he would like her to find an artist to paint a picture of him. The picture showed red and white light flowing from Jesus' heart. It also had the words, "Jesus, I Trust in You." Many people still look at this painting and pray this prayer today.

**DRAW**



**Saint  
Faustina  
Kowalska,  
pray for us!**