

The Safe Place: God is my strength

Mark 4:36–41

DAY 1

Trust God in the Storm

Read Mark 4:35-41

Have you ever been outside during a huge thunderstorm? Maybe lightning flashed, thunder BOOMED, and the wind shook the windows. Storms can feel scary! Jesus' disciples felt that way too when a giant storm rocked their boat. Waves crashed in, water filled the boat, and the disciples panicked.

Meanwhile, Jesus was asleep!

The disciples woke Him up, and Jesus spoke to the wind and waves. Instantly, everything became calm. That showed the disciples something amazing: Jesus is stronger than any storm.

Sometimes we face storms too. Maybe you feel worried, overwhelmed, lonely, or nervous about something happening in your life. But God is always in control, and you can trust Him no matter what.

God is in control, so you can trust Him.

DAY 2

God is with Me

Read Psalm 56:3

The disciples were terrified during the storm. Even though they had seen Jesus do miracles before, fear made them forget that Jesus was with them in the boat.

That happens to us too sometimes. When we feel nervous or upset, it can be hard to remember that God is still with us. But fear does not change who God is. He is still loving, powerful, and in control.

God wants us to bring our worries to Him instead of carrying them all by ourselves. We can talk to Him anytime about what scares us or makes us anxious.

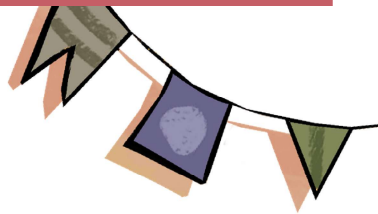


Activity:

Draw three waves on a piece of paper.

Inside each wave, write or draw something you are worried about. Then draw a big heart over the waves and write: "God is with me."

No matter what kind of storm you face, God cares about you.



DAY 3

God is Near

Read Joshua 1:9

Sometimes God calms storms right away, like He did for the disciples. Other times, God helps us stay strong while we walk through hard situations. Either way, God is always with us.

Maybe you are dealing with friendship problems, lots of homework, family struggles, or something that feels really difficult right now. You can trust that God sees you and cares about every part of your life.

The disciples learned that Jesus was more powerful than the wind and waves. We can trust Him with our “storms” too.

With an adult, place a small paper boat or toy boat in water. Blow gently to make waves. Then stop blowing and watch the water calm down. Talk about how Jesus brings peace during life’s storms.

Even when life feels rough, God stays close to you.

DAY 4

Peace in the Storm

Read Philippians 4:6-7

Jesus’ disciples thought the storm was going to sink their boat. But Jesus showed them that He was completely in control the whole time. The storm did not surprise Him at all.

Sometimes our problems feel really big too. We may wonder if things will ever get better. But God promises to give us peace when we trust Him and talk to Him about what we are feeling.

Prayer helps us remember that we are never alone. God listens when we pray, and He can calm our hearts even when life feels stormy around us.

Fill a clear water bottle with water and sprinkle in glitter. Put the lid on tight, shake it up, and watch the glitter swirl around like a storm. Then, watch it slowly settle and become calm again

Prayer:

“Dear God, thank You for being with me in every storm. Help me trust You when I feel worried or afraid. Please fill my heart with Your peace. In Jesus’ name, Amen.”

God is in control,
so I can trust Him.

