

## Church at Home Family Pack – 21<sup>st</sup> June 2020

Join us for our online service, usual time of 10:30am on Sunday at [www.ccwsm.org.uk](http://www.ccwsm.org.uk) –

“see” you there!

If you like, join in with the discussion of Facebook with our church family (@ccwsm)!

In some sections we make several suggestions of ideas. Some may be more appropriate to the different people in your family than others. We're not expecting you to do all of them (although you are very welcome to!) Choose the ones which best suit your family.

### GATHER TOGETHER



#### A prayer to start –

Jesus who calmed the wind and waves,  
hold us in your heart with love as we learn to trust you in  
life's storms.

**Amen.**

#### Action reminder –

From the top of my head

*(Touch head)*

to the tips of my toes;

*(Touch toes)*

from the lobes of my ears

*(Touch ear lobes)*

to the end of my nose;

*(Touch nose)*

from my back, to my front

*(Turn round)*

to my wiggly fingers,

*(stretch out arms and wiggle fingers)*

God loves me!

*(jump up and down)*

## READ TOGETHER

### Mark 4: 35 – 41

#### International Children's Bible (ICB)



<sup>35</sup> That evening, Jesus said to his followers, "Come with me across the lake." <sup>36</sup> He and the followers left the people there. They went in the boat that Jesus was already sitting in. There were also other boats with them. <sup>37</sup> A very strong wind came up on the lake. The waves began coming over the sides and into the boat. It was almost full of water. <sup>38</sup> Jesus was at the back of the boat, sleeping with his head on a pillow. The followers went to him and woke him. They said, "Teacher, do you care about us? We will drown!"

<sup>39</sup> Jesus stood up and commanded the wind and the waves to stop. He said, "Quiet! Be still!" Then the wind stopped, and the lake became calm.

<sup>40</sup> Jesus said to his followers, "Why are you afraid? Do you still have no faith?"

<sup>41</sup> The followers were very afraid and asked each other, "What kind of man is this? Even the wind and the waves obey him!"

#### New International Version (NIV)

<sup>35</sup> That day when evening came, he said to his disciples, "Let us go over to the other side." <sup>36</sup> Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. <sup>37</sup> A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. <sup>38</sup> Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?"

<sup>39</sup> He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm.

<sup>40</sup> He said to his disciples, "Why are you so afraid? Do you still have no faith?"

<sup>41</sup> They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"

#### The Living Bible (TLB)



<sup>35</sup> As evening fell, Jesus said to his disciples, "Let's cross to the other side of the lake." <sup>36</sup> So they took him just as he was and started out, leaving the crowds behind (though other boats followed). <sup>37</sup> But soon a terrible storm arose. High waves began to break into the boat until it was nearly full of water and about to sink. <sup>38</sup> Jesus was asleep at the back of the boat with his head on a cushion. Frantically they wakened him, shouting, "Teacher, don't you even care that we are all about to drown?"

<sup>39</sup> Then he rebuked the wind and said to the sea, "Quiet down!" And the wind fell, and there was a great calm!

<sup>40</sup> And he asked them, "Why were you so fearful? Don't you even yet have confidence in me?"

<sup>41</sup> And they were filled with awe and said among themselves, "Who is this man, that even the winds and seas obey him?"

### **Action Story**

The disciples went in their boat across the lake (*mime rowing*).

Jesus was tired and went to sleep on a cushion (*head on one side on hands*).

The wind started to get stronger (*blow, or make 'wooh' noises*).

The boat started to rock and waves were coming into the boat (*rock back and forward and make splashing noises*).

The disciples were afraid (*heads in hands*).

They woke Jesus up. (*'Wake up Jesus!'*)

Jesus stood up and calmed the storm (*stand up and raise arms and lower gently*).

The lake is smooth again (*rowing gently*).

The disciples were amazed (*look amazed*).

### **WATCH TOGETHER**

Jesus Calms the Storm - <https://youtu.be/uYLHqdSO9OY>

### **TALK TOGETHER**

- Look up these verses to see what the Old Testament says about God and the sea:
  - o Genesis 1:1-10
  - o Exodus 14:21-29
  - o Job 38:4, 8-11
  - o Psalm 65:5-7
  - o Psalm 89:8-9
  - o Jonah 1:4

Does this background help you to understand the disciples' fear and amazement at what Jesus did and who he might be?

- The Christian writer, Tom Wright, says:

'Imagine this as a blockbuster movie - it would need a big screen to do it justice - and audition for a part. Make it *your* story. Actually, if you sign on with Jesus for the kingdom of God, it will become your story whether you realize it, whether you like it, or not. Wind and storms will come your way.' (*Mark for Everyone, 2004, Tom Wright*).

- o Where do you see yourself in this story?
- o Would you have acted in the same way as the disciples?
- o What would you have thought of Jesus?
- o What "storms" have you faced in your life? How do you respond? Are you at peace, trusting that Jesus is with you and has the situation under control, or do you panic fearing what will happen?

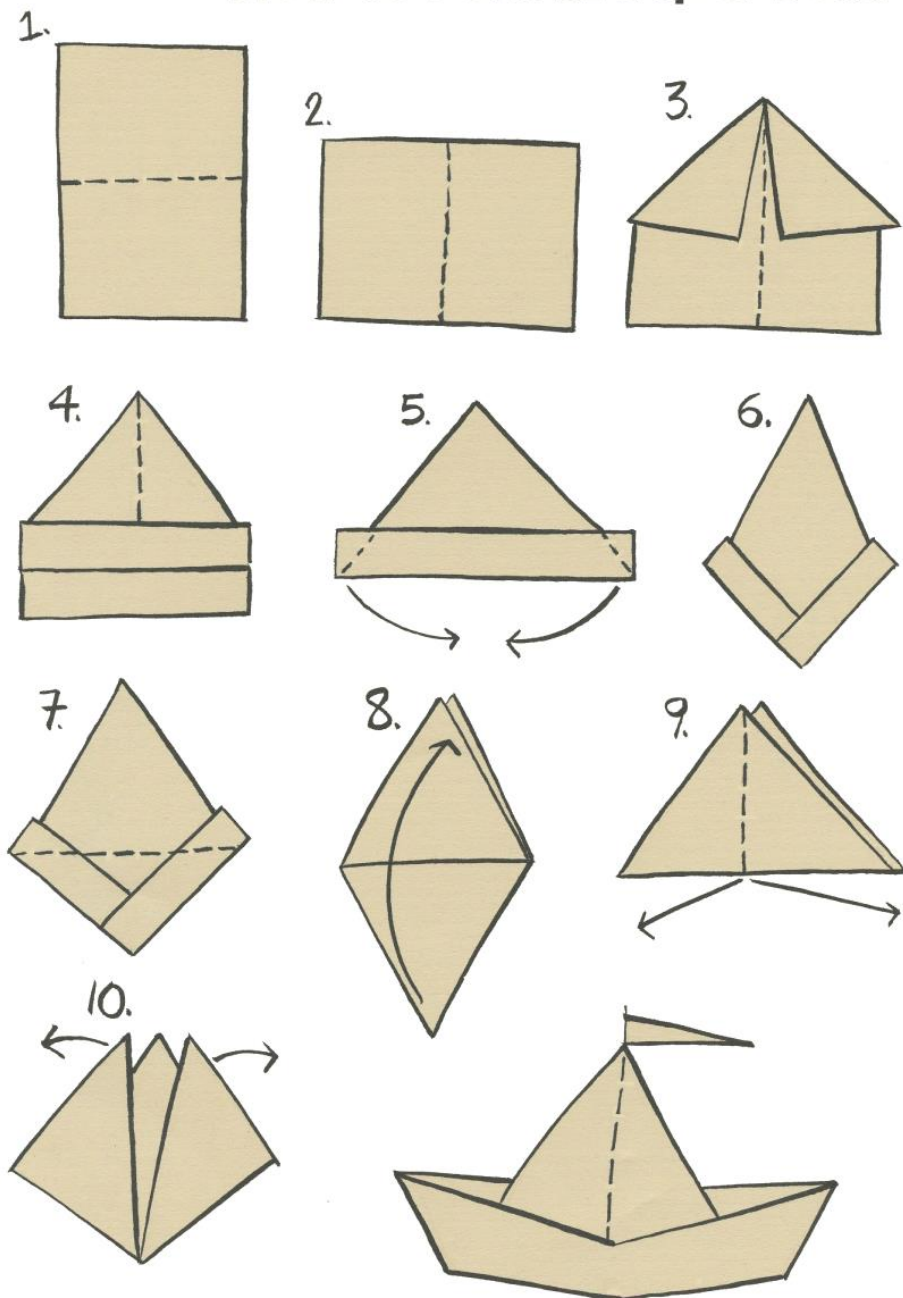
## PLAY TOGETHER

### *Blow the boat*

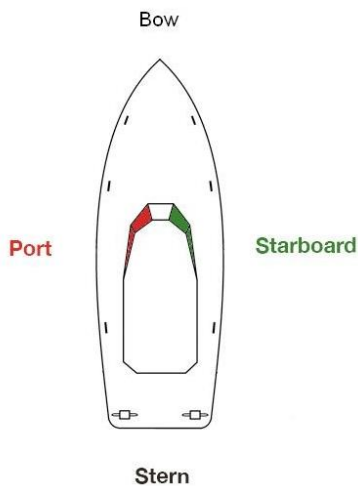
Make a simple folded paper boat (decorate it if you like) – folding instructions are below. Now you need large bowl of water to float your boat on – you could use a washing up bowl.... or a paddling pool! Use a straw or just blow with your mouth to move the boat across the water. If you make more than one you could have a race!

# MARITIME & MAKERS

## How to Fold A Paper Boat



## Port and Starboard



Pretend the whole room (or garden) is a boat. One side is **starboard**, the other **port**, the back is the **stern** and the front is the **bow**. You could put signs up if you like. One person is the captain and calls out the orders and the others have to either run to the part of the boat or do the action called out.

**Suggested actions** - Hoist the sails/Pull up the anchor/Scrub the decks/Bail out the water etc...

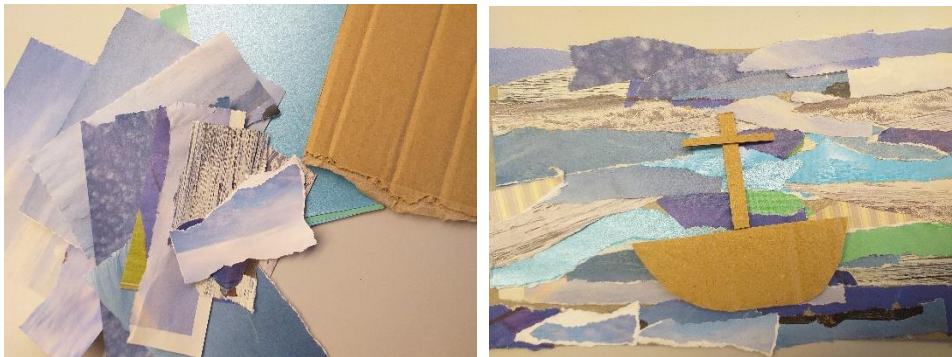
The captain gives the orders calmly at first then after shouting 'Storm!' the orders get louder and faster until the Captain says 'Jesus is here' and everyone sits down and rests.

## MAKE TOGETHER

### Stormy Collage

Make a picture that reflects the peace of the boat even though the storm surrounds it.

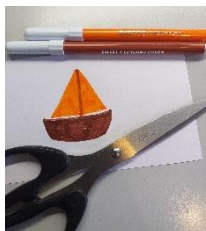
You can do this any way you want to. One suggestion is to use torn coloured paper as the white rough edges look like waves. You can use wrapping paper, craft paper or photographs in magazines/leaflets.



### Storm Bottle

Use a clean plastic bottle and fill with water and some glitter OR Fill 2 thirds full with water and add a little vegetable/sunflower oil.

\* You can add blue food colouring too if you have some!



Seal the bottle well and tape closed to ensure that it doesn't leak when shaken!

Draw a picture of a boat or cut out a boat shape from coloured card and stick it to the side of the bottle.

Give the bottle a good shake and watch the 'storm' as the boat stays calm and still.



### Story Treasure Box

Treasure boxes are a great way to involve babies and young children in a story. Why not gather some rough and smooth things from around the house for them to play with and feel?

## **SING TOGETHER**

*(Sit on the floor in a pair, facing each other, holding hands, and sing to the tune, 'Row, row, row the boat'.)*

Row, row, row the boat,  
gently on the lake,  
shh, shh, shh, shh,  
Jesus is asleep.

*(Row gently backwards and forwards, fingers on lips for 'shh'.)*

Row, row, row the boat,  
strongly on the lake,  
Even though the storm does blow (*whooo, whooo*),  
Jesus won't awake.

Row, row, row the boat,  
in a scary storm (*rock sideways*).  
Jesus stands and lifts his hands,  
now the lake is calm (*be still*).

Rescue me – *Lifetree Kids*: [https://www.youtube.com/watch?v=aJes6qZMGBc&list=PL\\_k-IsPh7WyOqI0nJRmqN7yXi\\_SU\\_1O5b&index=6&t=0s](https://www.youtube.com/watch?v=aJes6qZMGBc&list=PL_k-IsPh7WyOqI0nJRmqN7yXi_SU_1O5b&index=6&t=0s)

Never let go of me – *Lifetree Kids*: [https://www.youtube.com/watch?v=WJgIPk\\_NkZY&list=PL\\_k-IsPh7WyOqI0nJRmqN7yXi\\_SU\\_1O5b&index=1](https://www.youtube.com/watch?v=WJgIPk_NkZY&list=PL_k-IsPh7WyOqI0nJRmqN7yXi_SU_1O5b&index=1)

The man who calmed the sea – *Stuart Townend*: <https://www.youtube.com/watch?v=Zcgr-oPpUEU>

Stronger than the storm – *Vicky Beeching*: <https://www.youtube.com/watch?v=suKxQfEmR8w>

## **REFLECT TOGETHER**

***A child's poem retelling this week's Gospel story, and encouraging faith in Jesus***

One summer night, by the moon's great light,  
on the Galilean sea,  
a tiny boat on the water did float  
and all was as calm as could be.

Jesus lay sleeping as stars were peeping  
when suddenly came a gale.  
A great wind blew and the poor ship's crew  
were afraid that the ship would fail.

Jesus awoke. To the waves he spoke,  
'Peace, be still,' said he.  
And there in the night, round his head shone a light  
and all was as calm as can be.

Now your life like a boat, on the waters you float  
and the world is that troubled sea.  
Just let Christ come in, and clean your sin  
and all will be as calm as can be.

**Find a comfortable spot to sit, be still and quiet - think about these things...**

There's a huge contrast in this story. On the one hand, there is the agitation of the sea and the wind, the buffeting of the boat, the fear of the disciples. On the other hand, there is Jesus 'just as he was', perfectly relaxed, asleep on a cushion, and there is the dead calm that follows what he says to the wind and the sea. We can see the sleeping Jesus as a symbol of his presence within us at all times. Even when things are tough, we can be at peace because we are not alone. And that deep peace and relaxation can be cultivated as we daily pray and live our lives in his presence.



**PRAY TOGETHER**

*Pray for Jesus' presence in the boat of your life –*

*You may be feeling some or all of these things... say the words in bold to yourself as you remember Jesus' promise to you.*

I feel lost...

I feel lonely...

I am hurting...

**Be calm,  
be still,  
for I am with you always.**

I feel unloved...

I feel isolated...

I feel misunderstood...

**Be calm,  
be still,  
for I am with you always.**

Everything is getting on top of me...

I don't know which way to turn...

I am scared...

**Be calm,  
be still,  
for I am with you always.**

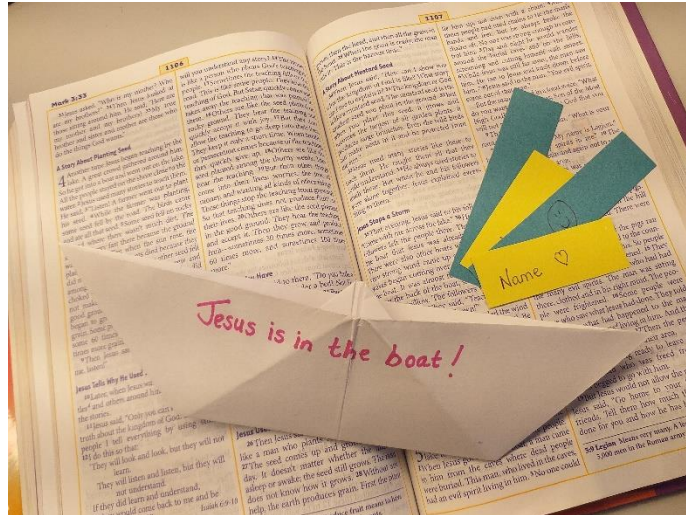
## DO IT TOGETHER

Think of people who might be going through a stormy time and pray for Jesus to be with them.

Make a paper boat to keep in your Bible. (*instructions can be found in the 'Play Together' section*).

Write along the side of your boat - **'Jesus is in the boat'**.

Write the names of those you are praying for on small slips of paper and put them inside the boat.



Email: [family.ministry@ccwsm.org.uk](mailto:family.ministry@ccwsm.org.uk)

Action Reminder, Action Story & Row the boat song taken from -  
Reflect together and Pray together ideas taken and adapted from -  
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Storm Bottle and Story Treasure Box ideas taken and adapted from Flame Creative Ministry  
<http://flamecreativekids.blogspot.com/>