

Wow (Pre-K)

Week 2

BIG IDEA

Wow! Jesus has the power to calm our fears.

BIBLE

Jesus Calms the Storm: Luke 8:22–25

WELCOME TIME

MUSIC | Worship Playlist

- **INSTRUCTIONS:** *During free time, use one of our Spotify playlists for background worship music.*

PLAY | Free Time

- **INSTRUCTIONS:** *Tables will be set with toys and activities for kids to play until the lesson begins. This is a great opportunity to get to know kids and build relationships.*
 - *Get on the floor and be silly*
 - *Play along with what they're playing*
 - *Ask get-to-know-you questions*
 - *Learn names and use them as you interact*

CLEAN UP

- **INSTRUCTIONS:** *Before moving onto the lesson content, play the "Clean Up" song and work together as a class to put all toys and activities away.*
 - *Place all toys in labelled tubs.*
 - *Place all tubs away in labelled cabinets Invite kids to find a "sit spot"*

INTRO

ACTIVITY | Making Waves

- Welcome to church today, friends! Don't you think we live in an amazing and wonderful world?!?
- There are wonders all around us, but none of them are as amazing as Jesus! In our Bible story today, some of Jesus' friends got caught in a storm. Let's play a little game to see what that might be like.
- **INSTRUCTIONS:** *Use a large sheet or a parachute. Have all the kids holding on to the edge of the parachute. Encourage kids to make waves with the parachute by moving it up and down. When you say, "Stop!" everyone has to drop the parachute to the ground. Do this several times. Vary it by making big and small waves.*
- These are just pretend waves we are making with our parachute, but has anyone ever been on a boat with real waves in the water? Waves can be super small or incredibly big!
- In today's Bible story, Jesus and his friends come across some big waves and they were afraid! Let's see what Jesus did to calm their fears.

WORSHIP | Music Videos

- Now we get to do one of my favorite things! We are going to worship God together by singing and dancing.
- **Will you dance and sing to God with me?**
- **INSTRUCTIONS:** *Play the worship music videos on the TV. Invite kids to participate by dancing and singing along.*
- Thank you for worshipping God with me! You all have such beautiful voices and God loves to hear them!
- Let's head to our tables for a little snack before we get into our Bible story.

SNACK

- **INSTRUCTIONS:** *Gather kids around the tables and serve snacks, telling the story while they eat - OR - have kids find a sit-spot on the floor and pass out snacks to eat during story time.*
 - **IMPORTANT NOTE:** *Don't forget to check name tags for food allergies.*

PRAYER

- Before we enjoy our snack, let's pray together.
- **Can you show me you're ready to pray by folding your hands together and closing your eyes?**
 - Wow, Jesus! You have the power to calm our fears. Help us pray to you when we are afraid. Amen.

STORY TIME

(OPTIONAL) VIDEO | Wow!, Episode 2

- **INSTRUCTIONS:** *If you'd like, you can play this week's [Bible story video](#).*

SCRIPTURE | Luke 8:22–25 (Jesus Calms the Storm)

- **INSTRUCTIONS:** *Read this story out loud in a preschool-friendly translation or a preschool storybook Bible. You can also retell the story using the talking points below. Use the provided images as visuals while you tell the Bible story. Invite kids to say "Wow!" with you throughout the story.*
- **Who's ready to hear today's Bible story?**
 - **If you are, shout, "Wow!"**
- **Have you ever been afraid before?** Maybe during a thunderstorm, or you saw a spider or had a bad dream. In the Bible, there is a story when the disciples, Jesus' closest friends, were afraid, too.
- One day, Jesus and his friends got in a boat to sail across the lake.
 - **Let's pretend to stand up and climb into the boat. Is everyone in?** Great!
 - As Jesus and the disciples sailed away, **what do you think Jesus did?** Jesus fell asleep! I guess he was very tired.
 - **Wow!**
- While Jesus was sleeping, a storm came. The wind was blowing, and the waves were rocking their little boat back and forth and sideways!
 - **Let's rock back and forth in our seats to show what that must have felt like.**
 - **Now let's stomp our feet and slap our knees to make storm sounds.** The rain is coming down hard!
 - **Wow!**
- Now, the disciples were so afraid . . . they were worried the boat was going to sink! Oh, no!
 - **Who was in the boat with them?** Jesus! **But what was Jesus doing?** Sleeping.
 - The disciples had to wake Jesus up. **Let's do it together: "Jesus, wake up!"**
- Jesus woke up. Then he told the wind and waves to stop. That's right, he talked to the wind and the waves!
 - **Do you think they obeyed Jesus?** Yes, they did! They stopped, and the lake was completely calm.
 - **Wow!**
- The disciples were so afraid and full of fear during the storm, but Jesus calmed the storm. And now that the storm was calm, the disciples calmed down, too. They weren't afraid anymore.
 - **Wow!**
- That was an amazing true story of Jesus. Jesus is so powerful! **Wow!**

BIG IDEA | Wow! Jesus has the power to calm our fears.

- In our Bible story today, Jesus made the waves settle down with just a word! Were the disciples afraid of the waves? Yes, but Jesus calmed the waves and he calmed their fears.
- Wow! He is so powerful. Did you know that whenever we feel afraid, Jesus can help us feel calm again, just like he did for his friends on the boat?
- That reminds me of our Big Idea today.
- **INSTRUCTIONS:** Show the Big Idea poster on the white board while you have kids repeat after you.
- **Let's say our Big Idea together!**
 - **Wow!** (Place hands on either side of your face.)
 - **Jesus** (Point up to the sky with both hands.)
 - **Has the power** (Flex biceps.)
 - **To calm our fears** (Slowly move both your hands down vertically, palms facing down.)

MEMORY VERSE | 1 Chronicles 29:12b (NIV)

- Ok, now everyone stand up on your feet. We have a brand new memory verse to learn together.
- We learn a verse together each month so that we can learn and know God's words! This verse reminds us that God is powerful and he can help us to be strong, too!
- Here's what it says:
 - **"In your hands are strength and power to exalt and give strength to all."**
- **INSTRUCTIONS:** Read the memory verse to the kids. Review the verse using the motions below.
 - **In your hands** (Hold out both hands in front of you.)
 - **Are strength** (Flex right arm.)
 - **And power** (Flex left arm.)
 - **To exalt** (Lifting motion.) This word, "exalt," means to lift up. Can you pretend you are lifting something up as you say this word with me?
 - **And give strength.** (Flex both arms.)
 - **To all.** (Sweep your arms out in front of you from your waist, palms facing up.)
 - **1 Chronicles 29:12b** (clap hands together, then open hands like a book)
- Great job, everyone!

SHARING TIME

ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Distribute the [coloring page](#) along with crayons or markers. As the kids color, you can review today's Bible story, Big Idea, and memory verse.

DISCUSSION | Circle Time

- **INSTRUCTIONS:** Review the memory verse, then award prizes to kids that can recite the verse.
- **Have any of you ever been on a boat? Did you like it? Where did you go?**
- **Who was on the boat with the disciples?** *Jesus.*
- **What was Jesus doing on the boat?** *Sleeping.*
- **Why were the disciples so afraid?** *There was a big storm.*
- **What did Jesus do when he saw the storm?** *He talked to the storm, and it calmed down.*
- **When we are afraid, who should we talk to?** *Jesus.*
- Remember, Jesus loves you! That's why we can pray to him when we are afraid. It makes me wanna say . . . **Wow! Jesus has the power to calm our fears.**

MEMORY VERSE | 1 Chronicles 29:12b (NIV)

- **INSTRUCTIONS:** Review the memory verse, then award prizes to kids that can recite the verse.
- Let's practice our new memory verse together.
- Here's what it says:
 - **"In your hands are strength and power to exalt and give strength to all."**
- **INSTRUCTIONS:** Read the memory verse to the kids. Review the verse using the motions below.
 - **In your hands** (*Hold out both hands in front of you.*)
 - **Are strength** (*Flex right arm.*)
 - **And power** (*Flex left arm.*)
 - **To exalt** (*Lifting motion.*) This word, "exalt," means to lift up. Can you pretend you are lifting something up as you say this word with me?
 - **And give strength.** (*Flex both arms.*)
 - **To all.** (*Sweep your arms out in front of you from your waist, palms facing up.*)
 - **1 Chronicles 29:12b** (*clap hands together, then open hands like a book*)
- Great job! You can keep practicing at home this week, too. Maybe you could teach the verse to your family!

PLAY TIME

EXTRA TIME ACTIVITY | Animal Freeze

- **INSTRUCTIONS:** Let kids know we are going to act out some animals that may be scary if we saw them in person (*shark, lion, spider, alligator, snake*). They can act out that animal around the room until you shout "stop," and then they have to freeze.
- Wow! Great job, everyone! Those were some pretty scary animals! Those animals can bring out my biggest fears.
- Let's try one more animal . . . a puppy! **Let's pretend this is a roomful of puppies!**
- Wow! A roomful of puppies makes me smile and calms me down.
- In today's Bible story, we saw that some of Jesus' friends were afraid, but Jesus calmed their fears. He can calm your fears, too!

