

Bible Point ▶

Jesus Is With Us When We're Scared

Bible Verse

Jesus is with us (adapted from Matthew 28:20b).

Growing Closer to Jesus

- Children will
- learn that Jesus calmed a storm,
 - know that Jesus cares about their safety, and
 - realize that Jesus is with them all the time.

Teacher Enrichment

Bible Basis

- **Jesus is with us when we're scared of the dark.**

**Mark
4:35-41**



Imagine what it must have been like to be out in the middle of a big lake in the dark of night, with a big storm raging! Only the lightning would pierce the darkness, and that made it even more scary! Far from land, and with no moon showing through the heavy clouds, the darkness would have been oppressive. And the wind and the waves made the disciples fear for their lives. However, Jesus was in their boat, and when he calmed the waves, they realized they had nothing to fear.

Fear of darkness is common among children. However, you can help your toddlers put aside that fear through the promise that Jesus is with them always—even in the dark. Nothing that they think could lurk in that darkness can be stronger than Jesus!

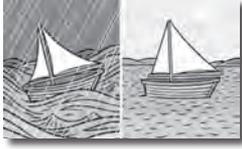
Prayer

- Read Isaiah 41:10.
- What does it mean to you that God is with you all the time?
- How can this message affect your toddlers' lives?
- **Pray:** God, help me to remember that you're always there, and help my toddlers to trust you when...

Before the Lesson

- Collect items for the activities you plan to use, referring to the Classroom Supplies and Learning Lab Supplies listed in the chart on the next page.
- Pray for the children in your class and for God's direction in teaching the lesson.

This Lesson at a Glance

	What Children Will Do	Classroom Supplies	Learning Lab Supplies
<p>Arrival Activities</p> <p>Direct children to one or more of the optional activities until everyone arrives.</p>	<p>Welcome Time—Receive a warm welcome from the teacher and Cuddles the Lamb.</p>	Name tags (p. 8), marker, tape or safety pins, CD player	
	<p>Option 1: Jack-in-the Boxes—Peek and pop out of boxes.</p>	Large boxes	
	<p>Option 2: Night Lights—Make pictures of the night sky with star stickers and moon shapes.</p>	Black and yellow construction paper, newspaper, self-adhesive foil stars, scissors, glue sticks	
	<p>Pick-Up Time—Sing a song as they help clean up the room.</p>	CD player	
<p>Bible Story Time</p>	<p>Bible Song—Sing a song about the Bible.</p>	Bible, CD player	
	<p>Jesus Is With Us When We're Scared—Interact with sensory items on the StoryBoard as they hear the story from Mark 4:35-41 about Jesus calming the storm.</p>	Dried banana chips, CD player, modeling clay	
	<p>Jesus Is With Us—Sing a song, and learn that Jesus is with us.</p>	Bible, CD player	
<p>Bible Activities</p>	<p>Interactive Bible Bulletin Board—Review the Bible Point with Cuddles the Lamb as they create a bulletin board together.</p>	Pillow and stuffed-animal patterns (p. 34), scissors, tape, doll blanket, facial tissue, crayons	
	<p>Sing It Out—Sing a song, and learn that Jesus is with us.</p>	CD player	
	<p>Bible Craft—Make peekaboo tubes to look through.</p>	Peekaboo circle pattern (p. 34), poster board or bathroom tissue tubes, tape, straight pin, crayons, scissors	
	<p>Bible Game—Play a fun game with shadows and a teaching picture.</p>	Flashlight, poster board, tape	
<p>Closing</p> 	<p>Dark 'n' Light Delight—Say a prayer, and have a snack.</p>	Sandwich cookies, paper cups, milk, napkins	

*See the end of this lesson for extra-time ideas and supplies.

Arrival Activities

Welcome Time

SUPPLIES: name tags (p. 8), marker, tape or safety pins, CD player



- Play “Jesus Is With Us” (adapted from Matthew 28:20b) (track 4) from the CD as children are arriving.
- Use Cuddles the Lamb to help you greet each child by name and with a warm smile.
- Tape or pin a name tag to each child’s clothing.
- Say: **Today we’re going to learn that ► Jesus is with us when we’re scared.**
- Place Cuddles out of sight so the children won’t be distracted by him during the next activity.

teacher tips

Consider laminating the name tags after the first week so they’ll last the entire quarter. Fasten the name tags to children’s clothing with tape or safety pins. You may want to put the name tags on the children’s backs because the children will be playing on the floor. You’ll find yourself referring to the name tags often.

Option 1: Jack-in-the-Boxes

SUPPLIES: large boxes

Set several large boxes around the play area. As children arrive invite them to play Hide-and-Seek in the boxes and be pretend jack-in-the-boxes. Encourage children to say “Jesus is with us” each time they pop out of the boxes.

As children play, make comments such as “It’s dark like nighttime inside the boxes” and “I’m glad that Jesus is with us in the dark.” Point out that sometimes it’s scary being in the dark but that ► Jesus is with us when we’re scared. Explain that today they’ll hear a Bible story about a dark night when Jesus stopped a big storm.



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Option 2: Night Lights

SUPPLIES: black and yellow construction paper, newspaper, self-adhesive foil stars, scissors, glue sticks

Before class, cut crescent and circle moon shapes from yellow construction paper.

Cover a table with newspaper. Set out glue sticks, self-adhesive foil stars, and the paper moon cutouts. Hand each child a sheet of black construction paper. Explain that they’re going to make pictures of the night sky. Let children stick shiny stars and yellow moons on their pictures. As children work, mention that God created the moon and the stars to give light at night. Mention that today’s Bible story takes place during a night when storm clouds hid the stars and moon. Tell children that the disciples were scared of the dark and the storm but that ► Jesus is with us when we’re scared.

teacher tips

Have your Arrival Activities ready to go before children arrive. That way, you can warmly greet each child and direct children immediately to the activities.

Save the boxes from Option 1 to use again in Lessons 6 and 11.

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Pick-Up Time

SUPPLIES: CD player



As Arrival Activities draw to a close, gently mention that it will soon be time to clean up. Encourage children to help you pick up things in the room as you lead them in singing “Let’s Pick Up All Our Things” (track 2). Use the CD and sing the song to the tune of “Looby Loo.”



SING
 Let's pick up all our things.
 Let's pick up all our things.
 Let's pick up all our things
 And put them all away.

Everyone here can help.
 Everyone here can help.
 Everyone here can help.
 Let's put it all away.

Let's pick up all our things.
 Let's pick up all our things.
 Let's pick up all our things.
 It's time to stop our play.



It's important to say the Bible Point just as it's written in each activity. Repeating the Bible Point over and over throughout the lesson will help kids remember it and apply it to their lives.

Bible Story Time

■ Bible Song

SUPPLIES: Bible, CD player



Say: **Who's with us when we're scared? ► *Jesus is with us when we're scared.*** How do we know that? **The Bible tells us.** Show children the Bible. **The Bible is God's special book. The Bible tells us about God. Let's sing a song about the Bible.** Using the CD, lead children in singing "God's Special Book" (track 3) to the tune of "Row, Row, Row Your Boat."



SING
 This is God's special book.
 Yes, it's God's book you see!
 I learn about all God has done
 And his love for me!

(Repeat.)

Bible!



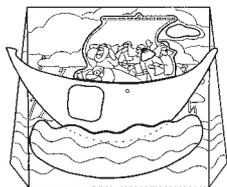
■ Bible Story: Jesus Is With Us When We're Scared

SUPPLIES: dried banana chips, CD player, modeling clay



Before class begins, please check to make sure the sensory items are still securely attached so the children can touch them without danger of pulling the items off or putting them into their mouths.

Scene 1



Set the dried banana chips and the CD player beside you, along with the punch-out figure of Jesus and the sheet of acetate from the Learning Lab box. Be sure to have the picture of the frightened disciples showing on the StoryBoard.

Have children put their hands over their eyes.

Ask: • **What is it like with your hands on your eyes?** (I can't see; it's dark.)

• **Is it scary?** (No, it's fun; yes, a little bit.)

Have children uncover their eyes, and say: **When we have our hands over our eyes, it looks dark and we can't see very well. Sometimes that can be scary. Today we're going to hear a Bible story about some men who were on a boat in the dark. And we're going to learn that ► Jesus is with us when we're scared.**

Place the StoryBoard boat in front of the children. Say: **One night Jesus and his friends climbed aboard their boat. It was dark outside, and clouds covered the stars and moon. Jesus and his friends wanted to sail across the lake. Up and down they sailed on the water. Let's sing a sailing song and row pretend boats.** Have children form pairs and sit facing each other with their feet touching. Tell them to hold hands and gently rock back and forth as if they're rowing boats. Without using the CD, lead children in singing "Jesus Is With Us" (adapted from Matthew 28:20b) to the tune of "The Mulberry Bush" twice.



SING

**Jesus is with us;
What a friend is he!
I don't have to be afraid
'Cuz Jesus is with me!**

**Jesus is with us;
I'm happy as can be!
I don't have to be afraid
'Cuz Jesus is with me!**

Say: **That was fun! Let's touch the disciples' boat and make it sail over the waves.** Let children take turns feeling the side of the StoryBoard boat and then gently rocking it back and forth.

Jesus was sleepy. Show me a big stretch and yawn. Pause while children respond. **Jesus lay down in the boat and went to sleep.** Point to the picture of Jesus sleeping on the boat.

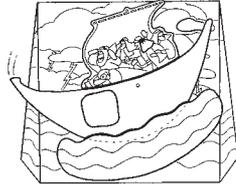
Shhh. Jesus is asleep—but what's that sound?



Safety is essential when working with young children. The U.S. Consumer Product Safety Commission suggests craft supplies and toys should be no smaller than a 50-cent piece (to avoid choking). Make sure electrical outlets are covered, electrical cords are hidden, and all chemicals are out of reach of the children.



Scene 2



Say: **Listen—could that be thunder?** Play the “Storm Sounds” on the CD (track 5). When the thundering sounds end, turn off the CD player. Then ask:

- **What was that sound?** (Thunder; rain; a storm.)

Say: **Oh, my! A big storm came upon the sea.** Slowly say the following action rhyme, and then encourage children to repeat the rhyme with you.

The thunder said, “Boom!” (*Clap.*)

The wind said, “Zoom!” (*Rub your palms together.*)

And the rain said, “Whoosh, whoosh, whoosh!” (*Sweep your arms back and forth.*)

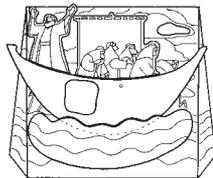
It was a storm with big, puffy clouds! Can you find the storm clouds? Let children find and touch the clouds on the StoryBoard. **We can taste delicious make-believe clouds.** Hand each child a few banana chips to nibble. **Mmm. Rub your tummies if you like to eat pretend clouds.** Pause for responses.

Rock the StoryBoard boat back and forth. Say: **The waves made the boat tip back and forth. The wind blew and blew, and the thunder boomed. You blow like the wind, and I’ll make thunder sounds.** Let the children blow on the disciple’s headdress on the StoryBoard as you shake the sheet of acetate to make “thunder.”

The disciples were afraid so they hurried to wake Jesus. Close your eyes and pretend you’re asleep. I’ll tap you on the head and say, “Wake up,” and then you can open your eyes.

When all of the children are “awake,” say: **The disciples woke Jesus from his nap. What do you think they said?**

Scene 3



The frightened disciples said, “Jesus! Jesus! Please help us. Don’t you care if we drown?” Rock the Storyboard boat back and forth. Encourage children to make “boats” with their cupped hands and rock them back and forth as you rock the StoryBoard boat. **Guess what Jesus did then. Jesus stood up in the boat.** Fasten the punch-out figure of Jesus to the

StoryBoard. **Jesus talked to the wind and said, “Quiet!” Jesus talked to the waves and said, “Be still!” And the wind and the waves became quiet and still.** Stop rocking the boat and return it to a level position. Have children hold their hands still. **Everything became quiet and calm. Look how happy and surprised the disciples are now.** Rotate the picture of the frightened disciples to reveal the picture of the happy disciples. **The disciples had been scared, but ► Jesus is with us when we’re scared. Jesus is with us in storms and even in the dark. Isn’t that wonderful? Let’s sing a song about how Jesus is with us all the time.**


teacher tips

Important: When you finish the Bible Story, put the StoryBoard and the sheet of acetate back in the Learning Lab box.


BIBLE POINT ►

■ Jesus Is With Us

SUPPLIES: Bible, CD player



Open your Bible to **Matthew 28:20b**, and say: **The Bible says that ► Jesus is with us.**

Using the *CD*, lead children in singing “Jesus Is With Us” (adapted from Matthew 28:20b) to the tune of “The Mulberry Bush.” For extra fun, do the motions in parentheses.

◀ **BIBLE VERSE**



Jesus is with us (*point upward*);
What a friend is he! (*Give yourself a hug.*)
I don't have to be afraid (*shake your finger*)
'Cuz Jesus is with me! (*Point upward and then at yourself.*)

Jesus is with us (*point upward*);
I'm happy as can be! (*Smile, and then point to your mouth.*)
I don't have to be afraid (*shake your finger*)
'Cuz Jesus is with me! (*Point upward and then at yourself.*)

Say: **Sometimes it's scary to be in the dark, but we know that ► Jesus is with us when we're scared. Jesus is with us all day and all night. Let's add some nighttime pictures to our bulletin board.**

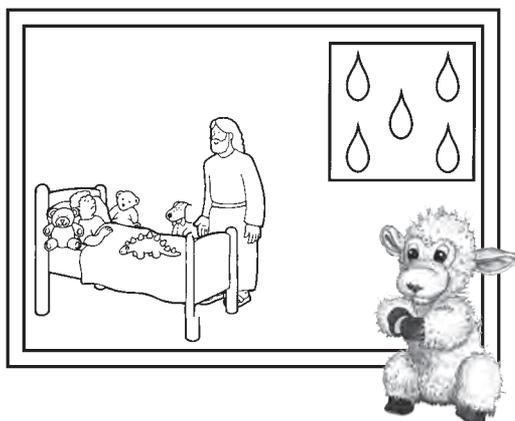
◀ **BIBLE POINT**



Bible Activities

■ Interactive Bible Bulletin Board

SUPPLIES: pillow and stuffed-animal patterns (p. 34), scissors, tape, doll blanket, facial tissue, crayons



Before class, photocopy the pillow and stuffed-animal patterns. Color the patterns, and cut them out. Be sure there's a cutout for each child. You'll also need a doll blanket and a facial tissue. Gently remove the figure of Jesus that was placed during Lesson 1, and set it aside.



Lead children to the bulletin board, and bring out Cuddles the Lamb holding the doll blanket. Go through the following script, and then put Cuddles away out of sight.

Teacher: (Have Cuddles snuggle his blanket.) Hello, Cuddles. What are you holding?

Cuddles: My boo-boo blanket.

Teacher: Oh, you have a special blanket you like to carry. It looks very soft.

Cuddles: Boo-boo blanket is really soft! Would you like to give my blanket a cuddle? (Let each child give the blanket a hug; then return it to Cuddles.)

Teacher: Thank you for sharing boo-boo blanket with us, Cuddles. Do you sleep with your blanket?

Cuddles: Yes, I sleep with boo-boo blanket because sometimes I feel alone and scared of the dark.

Teacher: We've been learning that ► Jesus is with us when we're scared. In fact, Jesus is with us all the time, isn't that right, children? We're going to put some nighttime pictures on the bulletin board, and you can help, Cuddles.

Cuddles: That will be fun!

Have Cuddles hand each child a picture of a pillow or a stuffed animal. Help children tape the pictures around the figure of the child in bed. Each time a child places a picture, lead him or her in saying the Bible Point. Tape a facial tissue on the bed for a blanket.

Teacher: Sometimes we feel alone in the night and we like pillows and blankets and stuffed-animal friends around us. But it's important to know that ► Jesus is with us when we're scared. (Retape the figure of Jesus beside the figure of the child in the bed.)

Let's sing a song to show how glad we are that Jesus is with us all the time.

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■ Sing It Out

SUPPLIES: CD player



Using the CD, lead children in singing "Jesus Is With Us" (adapted from Matthew 28:20b) to the tune of "The Mulberry Bush." For extra fun, do the motions in parentheses.



Jesus is with us (point upward);

What a friend is he! (Give yourself a hug.)

I don't have to be afraid (shake your finger)

'Cuz Jesus is with me! (Point upward and then at yourself.)

Jesus is with us (*point upward*);
I'm happy as can be! (*Smile, and then point to your mouth.*)
I don't have to be afraid (*shake your finger*)
'Cuz Jesus is with me! (*Point upward and then at yourself.*)

Say: **The disciples were afraid of the dark night and the storm, but Jesus helped them because ► Jesus is with us when we're scared. Even in the dark, Jesus is with us and ready to help. Let's make peekaboo tubes to peek through the dark.**



■ Bible Craft

SUPPLIES: peekaboo circle pattern (p. 34), poster board or bathroom tissue tubes, tape, straight pin, crayons, scissors

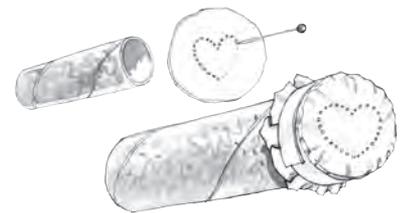
Before class, photocopy the peekaboo circle pattern for each child. Cut out the patterns; then carefully use a straight pin to poke holes on the dotted heart outline. Then place the pin out of reach. You'll also need a sturdy paper tube for each child. Make 2x5-inch tubes from poster board or use bathroom tissue tubes.

Set out the peekaboo circles, paper tubes, crayons or markers, and tape. Invite toddlers to scribble-color their paper tubes. Then help each child tape a paper circle to the end of his or her tube. Be sure to tape securely around the edges of the paper circle so there are no gaps.

When everyone has finished, let children hold their peekaboo tubes up to a window or the ceiling lights and then peek through them.

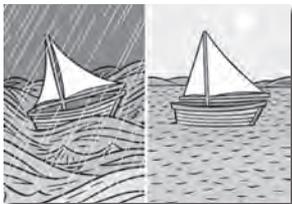
Ask: • **What do you see?** (A heart; dots.)

Say: **We look through the dark tubes and see bright hearts. The hearts remind us of Jesus' love and that ► Jesus is with us when we're scared. Now let's peek at a different kind of light.**



■ Bible Game

SUPPLIES: flashlight, poster board, tape



Before this activity, tape a sheet of white poster board to the wall. Darken the room as much as possible.

Gather children in front of the poster board. Turn on the flashlight, and make a shadow on the paper with your hand. Say: **Let's take turns making funny shadows on the wall.** Choose a pair of children to stand close to the poster board. Hold the flashlight and encourage the pair to make shadows with their hands. Be sure each child has a turn. If you have older toddlers, you may wish to let them hold the flashlight as they "shadow play." For extra fun, make animal shadows and imitate their sounds. Let children have fun guessing what animals you're making.

Say: **We're having fun making shadows on the wall! Now let's use this flashlight to do something else.**

Ask: • **What are some things that make you afraid?** (Storms; the dark; being alone.)



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• **What are some things that make you happy?** (Jesus; playing outside; being with my friends.)

Say: **We don't have to be afraid because ► Jesus is with us when we're scared.** I'm going to hold up a picture. On one side is a picture of a storm. When I point the flashlight at the storm, cover your eyes and pretend you're scared.

With the room still dim, point the beam of the flashlight at the stormy side of the "Stormy and Sunny" teaching picture and encourage children to cover their eyes and pretend they're afraid.

Say: **Now let's pray and ask Jesus to help us not be afraid the next time we're in a storm.** Say a short prayer. Then move the beam of the flashlight to point at the sunny picture. Encourage children to open their eyes.

Look! Our picture has a sunny side, too! Whenever we're afraid, it helps to remember that ► Jesus is with us when we're scared. But whether it's a stormy day or a sunny day, we can be happy because Jesus is with us all the time! Now let's pretend we're happy little sunbeams and fly over to the snack table.



BIBLE POINT ►

Closing

■ Dark 'n' Light Delight

SUPPLIES: sandwich cookies, paper cups, milk, napkins

Before class, purchase sandwich cookies that have filling between one chocolate cookie and one vanilla cookie.

After they've washed their hands, gather children at the snack table.

Ask: • **Who is with us when we're scared?** (Jesus.)



BIBLE POINT ►



See page 5.



Say: **Jesus loves us so much that he stays with us day or night, in the dark or in the light. And we don't have to be afraid because ► Jesus is with us when we're scared.** He is our very best friend. Someday, if we believe in Jesus, we will live with him forever in heaven. Let's say a prayer and thank God for Jesus. Fold your hands. Pray: **Dear God, thank you for Jesus. Help us remember that we don't have to be afraid because Jesus is always with us. In Jesus' name, amen.**

Hand each child a paper cup half-filled with milk and a napkin with three sandwich cookies. Say: **Our cookies are light and dark. Can you point to the dark cookie?** Pause. **Can you point to the light-colored cookie?** Have children point to the vanilla cookies. **Whether it's dark or light, day or night, Jesus is with us. Now let's nibble the cookies and drink our milk.**

When children have finished, remind them to throw their napkins in the wastebasket. Have children take their peekaboo tubes home. Also, have children take their night sky pictures home if they chose to do Option 2.



For Extra Time

If you have a long class time or want to add additional elements to your lesson, try one of the following activities.

■ *Flashlight Delight*

Drape a white bedsheet over a table. Have toddlers sit in front of the table. Hand a flashlight to a child, and invite him or her to crawl under the table and flash the light on the bedsheet “walls.” The light will shine through so all the children can enjoy a “light show.” For an exciting touch, tape colored cellophane over the flashlight lens. Be sure each child has a turn holding the flashlight. When the show is over, encourage children to clap, and lead them in saying:

**Jesus is the light; he's with me in the night.
I don't have to be afraid 'cuz Jesus is the light.**

■ *Boats-Afloat*

Use the boxes from Option 1 as pretend boats. Invite children to climb aboard the boats and pretend to be the scared disciples. Encourage children to act out the Bible story. Have them make storm sounds and rock back and forth to show how the storm tossed the boat over the waves. Let children say, “Be still,” and then stop rocking their boats.

Patterns

Cut loosely around each pattern instead of cutting exactly on the outlines.

