

**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 stopped a storm,
  - discover how Jesus helped the frightened disciples, and
  - realize that Jesus is always with them.

## Teacher Enrichment

### Bible Basis

- **Jesus is with us when we're scared of being alone.**

**Mark  
4:35-41**



Even though the disciples had each other out in the boat that night, they must have felt very alone in the midst of the storm on the Sea of Galilee. Jesus was there, but he was sleeping. Out of respect for their teacher, they likely didn't want to disturb him, knowing that he was exhausted from his teaching, healing, and travel. However, when the storm grew big enough and the loneliness strong enough, they finally woke Jesus up, and he took care of the storm—and the loneliness!

How often when we're feeling lonely do we just mope around and feel sorry for ourselves, when Jesus is right there waiting to provide the companionship we need if we'll just turn to him. He can even calm the storms that may be contributing to our loneliness! Through this lesson, your toddlers can begin to learn that Jesus is always there with them, and they never need to be lonely.

### Prayer

- Read Matthew 28:20.
- How does Jesus' presence in your life affect your feelings of loneliness?
- When do you need to rely more on God's presence?
- Pray: Lord, help me show my class how they can turn to you by the way I...

### 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
<b>Arrival Activities</b>  Direct children to one or more of the optional activities until everyone arrives.	<b>Welcome Time</b> —Receive a warm welcome from the teacher and Cuddles the Lamb.	Name tags (p. 8), marker, tape or safety pins, CD player	
	<b>Option 1: Peekaboo Blankets</b> —Play in snuggly blankets and discover they're not alone.	Several old blankets or large towels	
	<b>Option 2: Jump Up for Jesus</b> —Play an action game to get their wiggles out.	Paper, tape	
	<b>Pick-Up Time</b> —Sing a song as they help clean up the room.	CD player	
<b>Bible Story Time</b>	<b>Bible Song</b> —Sing a song about the Bible.	Bible, CD player	
	<b>Jesus Is With Us When We're Scared</b> —Interact with sensory items on the StoryBoard as they hear the story from Mark 4:35-41 about Jesus calming the storm.	Cotton balls, CD player, modeling clay	
	<b>Shout Hooray!</b> —Sing a lively song, and learn that Jesus is always with us.	CD player	
<b>Bible Activities</b>	<b>Interactive Bible Bulletin Board</b> —Review the Bible story with Cuddles the Lamb as they create a bulletin board together.	Door pattern (p. 45), stiff paper, scissors, tape, small teddy bear, box of graham cracker teddy bears	
	<b>Sing It Out</b> —Sing a lively song, and learn that Jesus is always with us.	CD player	
	<b>Bible Craft</b> —Make open and closed “doors,” and learn a new rhyme.	“Peekaboo Door” handout (p. 45), scissors, crayons, sandpaper, round stickers	
	<b>Bible Game</b> —Play an action game, and give a butterfly hugs.	Bible, Jesus pattern (p. 60), tape, scissors, newsprint, paper	
 <b>Closing</b>	<b>Mini-Boats</b> —Say a prayer, and have a snack.	Apple wedges, marshmallow creme, plastic knives, mini chocolate chips, 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.



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.



## Option 1: Peekaboo Blankets

**SUPPLIES:** several old blankets or large towels

Provide several soft, old blankets or large towels for the children to play with. Encourage children to play a game of Peekaboo with the blankets. Have one child hide behind a blanket while the rest of the children guess who’s hiding. Point out that even though we can’t see the person behind the blanket, we know he or she is there. Make comments such as “Sometimes feeling alone is like being hidden by a blanket—we don’t think anyone is with us” and “I’m glad that Jesus is always with us.” Tell children that today they’ll hear a Bible story about a time Jesus’ friends felt alone but that Jesus was with them. Remind children that ► Jesus is with us when we’re scared.



## Option 2: Jump Up for Jesus

**SUPPLIES:** paper, tape

Before class, tape squares of paper to the floor in a circle. Space the squares a foot apart. As children arrive, invite them to play a game of “Jump Up for Jesus.” Tell children to find a paper square to stand on. When you say “go,” have children hop from square to square. When you say, “I feel alone,” have children crouch down and cover their eyes until you say, “But Jesus is with me!” Then have children jump into the air and clap. Alternate saying “go,” “I feel alone,” and “But Jesus is with me” as children hop around the circle. If you have older toddlers, let them take turns being the Caller.

Mention that the disciples in the Bible story felt alone in the storm, but that ► Jesus is with us when we’re scared.



Leave the paper squares taped to the floor for use in the Bible Game.

## 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.”


**teacher tips**

Try one or more of the following techniques if children in your class experience separation anxiety.

- Allow the child to bring a security object from home.
- Invite one of the parents to help in the classroom for a couple of weeks.
- Have parents tell the child matter-of-factly when they will return and then leave promptly.
- Have one of the adult helpers pick up the child and get him or her involved immediately in one of the Arrival Activities.

**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.

## Bible Story Time

### ■ Bible Song

SUPPLIES: Bible, CD player



### BIBLE POINT



track 3

Say: **Who is 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

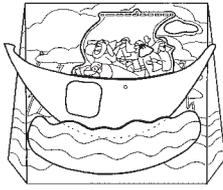
SUPPLIES: cotton balls, CD player, modeling clay



track 5

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



Place cotton balls, the punch-out figure of Jesus, the sheet of acetate from the Learning Lab box, and the CD player beside you. You'll need a cotton ball for each child. Be sure to have the picture of the frightened disciples showing on the StoryBoard.

Place the StoryBoard in front of the children. Say: **We're going to hear an exciting Bible story and learn that**

► ***Jesus is with us when we're scared.***

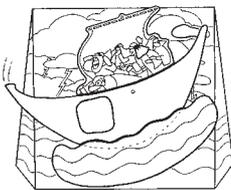
**One night Jesus and his friends climbed aboard their boat. It was dark outside, and clouds covered the sky. Let's play a hide-and-seek game with our StoryBoard. I'll ask if you can find something on the StoryBoard. If you see what I name, put your finger on your nose.** Name the following objects, and choose children to come to the StoryBoard and touch those items. Be sure everyone has a chance to touch at least one item.

- the boat
- the waves
- the clouds
- the disciples
- Jesus
- the sail

Say: **You did a fine job finding all those things. Now I have something for you. It's a pretend boat, and you can use it to help tell the Bible story.** Hand each child a cotton ball. **This is your pretend boat. Put it in the palm of your hand, and we'll make believe we're sailing.** Demonstrate how to hold the cotton ball. Then say: **Jesus and his friends sailed across the lake. Up and down they sailed on the water. Make your boat go up and down on the pretend waves.** Slowly lift your palm up and down while balancing the cotton ball "boat."

**As the boat sailed along, Jesus became sleepy so he lay down for a nap. Keep sailing your boats—up and down, up and down. Oh, oh! Then what happened?**

Scene 2



Shake the sheet of acetate from the Learning Lab box. Say: **What was that sound? It was thunder! A big storm crashed down, and the waves became sooo big! Show me how the boat sailed over the big waves.** Show children how to sail their cotton-ball boats over "big waves."

**The thunder crashed.** Shake the acetate. **The lightning flashed. And the wind blew and blew. Set your pretend boats on the floor and blow them around and around. We can listen to a pretend storm while you blow like the wind.** Listen to the "Storm Sounds" segment on the CD (track 5). When the storm sounds end, turn off the CD player.

**Now hold your pretend boats. We'll make the StoryBoard boat sail up and down the big waves, too.** Let each child tip the boat up and down on the StoryBoard. Encourage children to find the lightning and blow on the disciple's headdress like gusty wind.

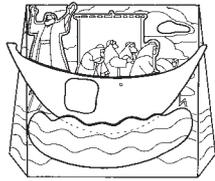
Then say: **The disciples were very afraid. They felt all alone, but we know that ► *Jesus is with us when we're scared.* The disciples hurried to wake Jesus. Let's see what happened next.**




**teacher tips**

**Important:** When you finish the Bible Story, return the StoryBoard and the sheet of acetate to the Learning Lab box.


**BIBLE POINT** ▶

**Scene 3**


Rock the StoryBoard boat quickly back and forth. Say: **Rock your pretend boats back and forth and up and down. Good! The frightened disciples said, “Jesus! Jesus! Wake up! Please help us. Don’t you care if we drown?” And guess what Jesus did?** Continue rocking the StoryBoard boat. **Jesus stood up in the boat.** Fasten the punch-out figure of Jesus to the StoryBoard. **Jesus talked to the wind and waves. Jesus said, “Quiet. Be still.” And the wind and the waves became quiet and still.** Stop rocking the StoryBoard boat and return it to a level position. Have children hold their hands still. Whisper: **Everything became quiet and calm.** Rotate the picture of the frightened disciples to reveal the picture of the happy disciples. **Look how happy and surprised the disciples were. The disciples had been scared, but ▶ Jesus is with us when we’re scared. Jesus is with us even when we feel alone. Isn’t that wonderful? Let’s sing a song about how Jesus is with us all the time.**

**Shout Hooray!**

**SUPPLIES:** CD player



Using the CD, lead the children in singing “Shout Hooray!” to the tune of “This Old Man.” For extra fun, do the motions in parentheses.


**SING**

**Jump up high; then bend low.** (*Jump up, and then bend low.*)

**Jesus is with me I know.** (*March in place.*)

**I’m so glad he’s with me ev’ry day.** (*Turn around in place.*)

**Clap your hands and shout “hooray!”** (*Clap three times; then say “hooray.”*)  
(Repeat.)

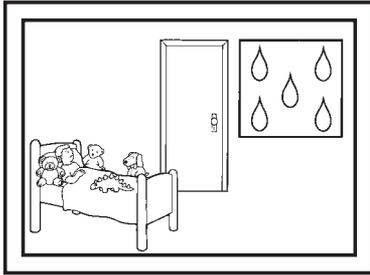

**BIBLE POINT** ▶

Say: **That’s a fun song, and you look happy when you sing it! I think you know that ▶ Jesus is with us when we’re scared—and when we feel alone. Let’s see if Cuddles knows who’s with us all the time, shall we?**

# Bible Activities

## Interactive Bible Bulletin Board

**SUPPLIES:** door pattern (p. 45), stiff paper, scissors, tape, small teddy bear, box of graham cracker teddy bears



Before class, photocopy the door pattern onto stiff paper. Place the door cutout over the figure of Jesus which is already on the bulletin board. Position the door so that the figure of Jesus is in the doorway. Tape the door down the left side so it will open and close. You'll need a box of graham cracker teddy bears and a small stuffed teddy bear for Cuddles to hold.



*Have children wash their hands; then lead them to the bulletin board. Bring out Cuddles the Lamb. Have Cuddles hold the stuffed teddy bear but keep the teddy bear crackers behind you. Go through the following puppet script, and then put Cuddles away out of sight.*

**Cuddles:** Hi, boys and girls! I have a special friend for you to meet. This is Teddy, my stuffed bear.

**Teacher:** Hello, Teddy. Glad to meet you. Why is Teddy your special friend, Cuddles?

**Cuddles:** Teddy keeps me company if I feel alone or sad. I like my teddy bear so much that I brought teddy bears for everyone! *(Have Cuddles hand a few graham cracker teddy bears to each child. Encourage children to thank Cuddles for the treats.)*

**Teacher:** That was a nice treat, Cuddles. But you don't need a toy bear to keep you company. We know someone who's real, and he's with us all the time. Children, can you tell Cuddles who's with us when we're scared? *(Lead children in saying the Bible Point.)* We never have to feel alone or scared because Jesus is with us.

**Cuddles:** That's a lot better than Teddy can do. Teddy is only a toy—but Jesus is real!

**Teacher:** That's right, Cuddles. Now you can help us with the bulletin board. Our pretend friend is all alone, but...wait...is that a knock I hear? *(Make a knocking sound like someone is at the door on the bulletin board.)*

**Cuddles:** Yes, yes, I think someone is at the door. Who can it be? Who is it?

**Teacher:** Let's look and see.

*Have Cuddles help each child peek behind the door on the bulletin board. Each time a child opens the door, lead him or her in saying, "Hello, Jesus," and repeating the Bible Point. Be sure everyone has a turn to open the door and peek inside.*

**Teacher:** We never have to feel alone because Jesus is with us all the time. Let's sing a song to show how happy we are that **▶ Jesus is with us when we're scared.**



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## ■ Sing It Out

SUPPLIES: CD player



Using the CD, lead the children in singing “Shout Hooray!” to the tune of “This Old Man.” For extra fun, do the motions in parentheses.



**Jump up high; then bend low.** (*Jump up, and then bend low.*)

**Jesus is with me I know.** (*March in place.*)

**I’m so glad he’s with me ev’ry day.** (*Turn around in place.*)

**Clap your hands and shout “hooray!”** (*Clap three times; then say “hooray.”*)  
(*Repeat.*)

Say: **Sometimes we feel alone and afraid, but it’s important to know we’re never really alone because Jesus is with us. Let’s make pretend doors that open and close to remind us that ► Jesus is with us when we’re scared.**



## ■ Bible Craft

SUPPLIES: “Peekaboo Door” handout (p. 45), scissors, crayons, sandpaper, round stickers

Before class, photocopy the “Peekaboo Door” handout for each child. You’ll also need to cut several 5x5-inch squares of sandpaper.

Set out crayons, round stickers, and the pieces of sandpaper. Distribute the handouts, and help children fold the door flap to conceal the picture of Jesus. Show each child how to lay a piece of sandpaper over the picture of Jesus and then close the paper door and color it with brown or gray crayons. The door will have a textured appearance. Add round stickers for doorknobs. Encourage children to color the pictures of Jesus and the child.

When everyone has finished, have children close their paper doors and then say the following rhyme using their pictures.

**Knock, knock. Who can it be?** (*Pretend to knock at the paper door.*)

**It’s Jesus, and he’s here with me.** (*Open the door and reveal the picture of Jesus.*)

► **Jesus is with us when we’re scared, just as Jesus was with the disciples on their boat. Let’s play a game with pretend boats.**



## ■ Bible Game

SUPPLIES: Bible, Jesus pattern (p. 60), tape, scissors, newsprint, paper



Before class, photocopy the Jesus pattern. Cut out the pattern, and tape it to a sheet of newsprint. Tape squares of paper to the floor in a large circle, and then tape the newsprint to the floor in the center of the circle.

Have each child stand on a paper square. Say: **Let’s pretend we’re in boats like the one the disciples were in. Each of us is alone in our own boat. Do you feel lonesome? When I say,**

**“Jesus is with us,” hop to the picture of Jesus, and give someone a nice pat or smile. When I say, “All alone,” hop back to your boats.**

If you have older toddlers, let them take turns being the Caller. After a few minutes of play, ask children to sit down “in their boats.”

Hold up the *plush butterfly* from the Learning Lab. Say: **Now that you're back in your boats, let's pretend it's a stormy night in the ocean. On stormy nights, Jesus is with us. And on sunny days, Jesus is with us, too.**

**Sometimes on sunny days, we see beautiful butterflies.** Hold up the *plush butterfly*. **When I call out the color of shirt or dress you're wearing, skip up to the butterfly, give it a hug, and say “Jesus is with us when we're scared.”** Play until each child has had a chance to hug the butterfly and say the Bible Point.



If you chose to do Option 2, use the papers already on the floor. Be sure there's a square of paper for each child.



Open your Bible to **Matthew 28:20b**, and show children the words. Say: **I'm so glad the Bible tells us that ► Jesus is with us. He is with us day or night, dark or light. If we believe in Jesus, someday we will live forever with him in heaven. Let's pass the butterfly around the circle again and give it another big hug! Hugs can remind us that Jesus is with us. Jesus is our best friend!**



After everyone has hugged the *plush butterfly* again, say: **Now let's fly like butterflies over to the snack table and enjoy a snack together.**

## Closing

### ■ Mini-Boats

**SUPPLIES:** apple wedges, marshmallow creme, plastic knives, mini chocolate chips, napkins

Before class, cut apples into thin wedges. Cut one wedge “boat” for each child. You may wish to rub a bit of lemon juice over the apples to prevent them from turning brown.

After helping them wash their hands, gather children at the snack table.

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

Say: **We've been learning that ► Jesus is with us when we're scared. In fact, we know that Jesus is with us all the time. Let's pray and thank God that Jesus is always with us.** Pray: **Dear God, we thank you for Jesus and that he's always with us. In Jesus' name, amen.**

Set out a jar of marshmallow creme, mini chocolate chips, and plastic knives. Hand each child a napkin with an apple wedge on it. Say: **Let's pretend that our apples are boats like the disciples' boat in the Bible story. We can add disciples to our boats.** Let children use plastic knives to spread a bit of marshmallow creme in the centers of their apple boats. Invite children to put a few chocolate chip “disciples” in their boats. Point out that the disciples may have felt alone in the storm but that Jesus was with them just as Jesus is with us.

When children have finished their treats, have them throw their napkins in the wastebasket. Remind children to take home their peekaboo doors.





## 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.

### ■ Friendly Butterfly



Gather children in a circle on the floor. You'll need the *plush butterfly* from the Learning Lab for this game. Let children take turns tossing the butterfly or sliding it across the circle to another child. The child with the butterfly may tell one thing he or she is afraid of and then lead the rest of children in repeating the Bible Point. Remind children that Jesus is always with us no matter when or where. Young toddlers may enjoy simply sliding the butterfly around the circle and repeating the Bible Point with you.

### ■ Sing-Along Song

Without 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.

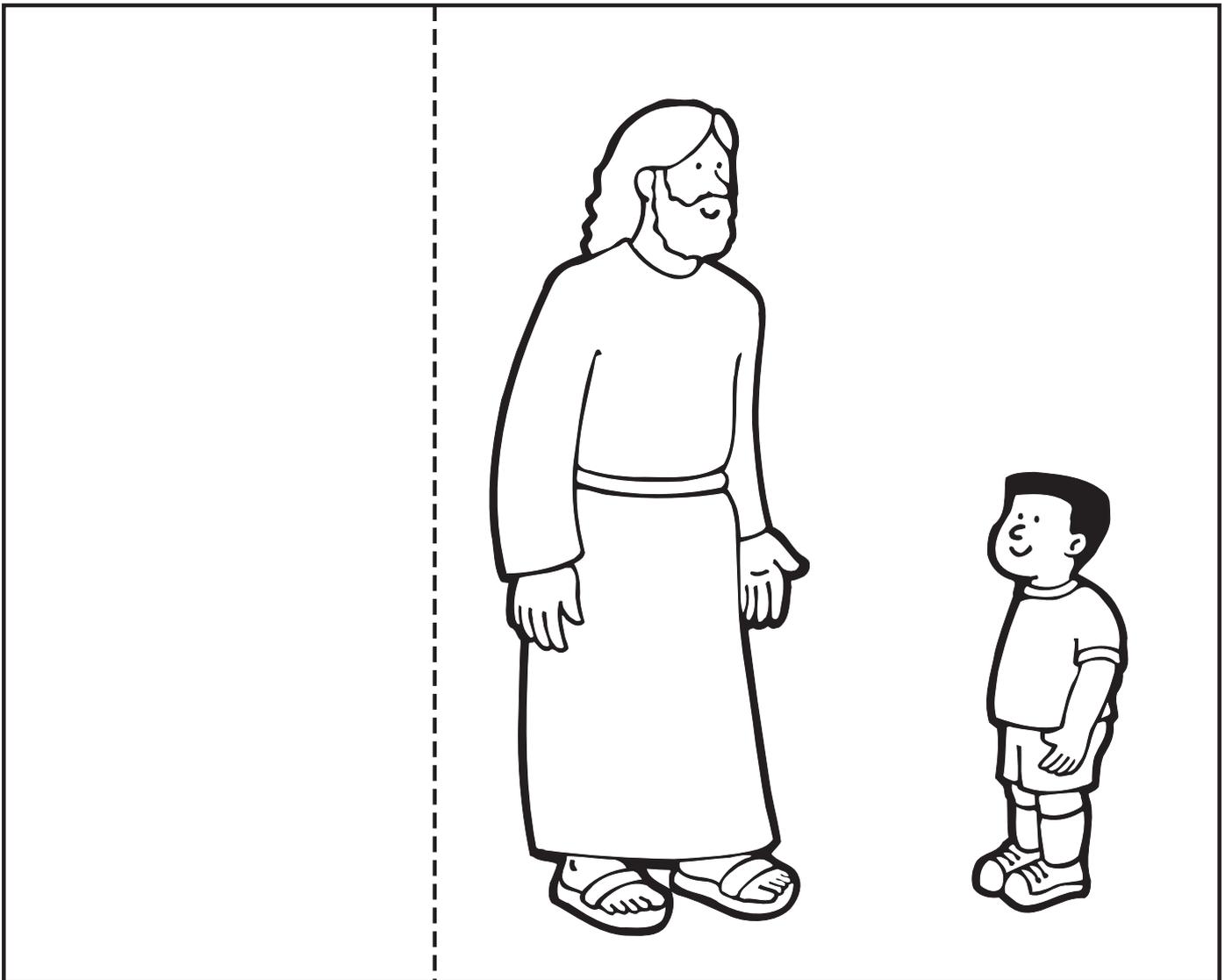
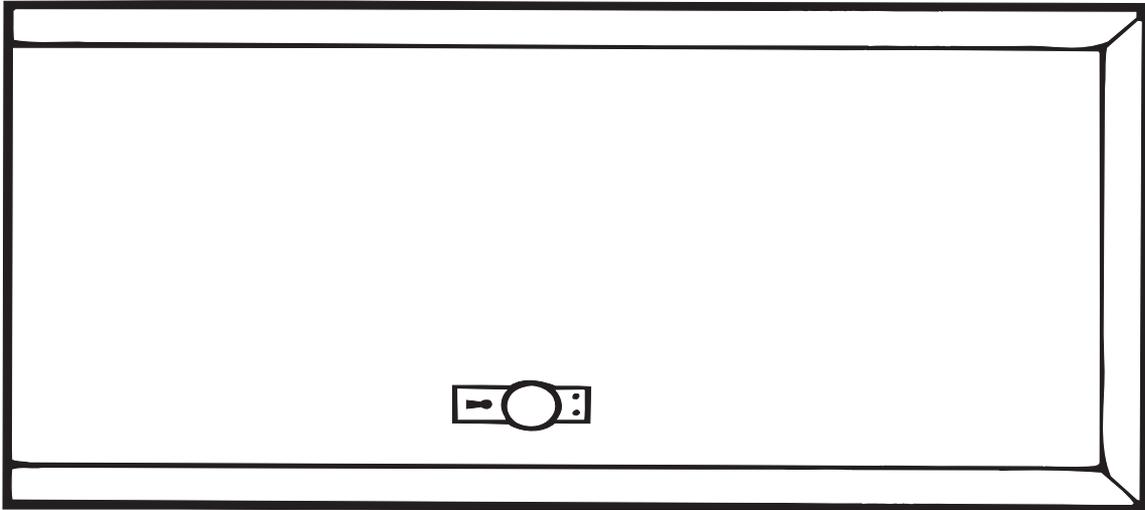


**SING**

**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.*)

# Patterns



"Peekaboo Door"

