

Discussion Questions:

1. What would you have thought if you saw Jesus sleeping through the storm that day?
 - a. Maybe Jesus sleeping made it look like He didn't care. Remember, even if God seems silent in our tough situations, He is always near and always working! Often in ways that we don't expect. He does everything for His glory and our good.
 - b. Read Acts 17:27
2. What can you do when you feel afraid of what is happening around you?
 - a. When the disciples were afraid, they turned to Jesus. We can do the same thing! We can look to Him for help and support. We can look to Him to rescue us from sin. Even when we feel afraid or doubt God, we can cry out to Him.
 - b. Read Isaiah 41:10
3. What do you know to be true about God that can help you have peace in hard situations?
 - a. We can trust that God is in control and has power over everything, even when things are hard! Trusting God gives us peace that can show the world that He is mighty. Jesus proved that He can be trusted. His miracles, teaching, death, and resurrection showed that He is who He says He is.
 - b. Read Psalm 56:3-4

Activities (find the printables at <https://orchardhill.org/bulletin/>)

1. Coloring Page
2. Make a calming jar
 - a. Supplies:
 - i. 8 oz water bottle
 - ii. Water
 - iii. Funnel
 - iv. Measuring cups and spoons
 - v. Glitter glue
 - vi. Craft glitter or confetti
 - vii. Hot glue or duct tape
 - b. Instructions
 - i. Put $\frac{1}{4}$ cup of water and $\frac{1}{4}$ cup glitter glue in the bottle and gently shake or mix.
 - ii. Add water until there is about $\frac{1}{2}$ inch of space at the top.
 - iii. Add 1 or 2 teaspoons of glitter to the bottle.
 - iv. Use hot glue or duct tape to seal the bottle shut.
 - c. When you are anxious or scared, shake the bottle. As the glitter settles, take deep breaths and pray to God asking for peace. The glitter settles down just like Jesus settled the storm.
3. Work on memorizing the key passage and what it means, and send a video to Ms. Miranda!