Growing Together

Inspired by the Christian Faith

Calming the storm

Read Together

It was the most precious of days, the kind you want to last forever. We had all been gathered by the lake, listening to Jesus. He told us story after story about the Kingdom of Heaven.

By evening our thoughts were full of beautiful images of seeds, fields of wheat, light and birds. We needed a quiet space to think and rest, so we left the crowds behind and got into a boat to cross the lake.

Jesus was worn out, he quickly fell asleep, his head resting on a cushion in the front of the boat.

Our rest didn't last long. An angry storm suddenly blew across the lake throwing huge waves over our boat, and all the other boats close by. We were soaked to the skin, all of us, sliding around the deck as we pulled on ropes and tried to gather up the sails. The boat was tossed about like a feather, even the fishermen among us began to feel seasick and everyone was frightened. What kind of strange sea monsters lurking in the deep was this storm going to disturb?

We looked at the front of the boat and there was Jesus, all snuggled up, still sound asleep! I can't remember who it was, but someone shook him awake and shouted over the noise of the storm, 'Teacher, don't you care if we drown?'

Jesus got up, looked out at the storm, and told it off like a naughty child, 'Quiet! Be still.'

The storm went just away and the water was calm. Jesus looked at us and asked. 'Why are you so scared – do you still not believe in me?'

Well now, we were really in awe, we knew Jesus was someone special, but we asked each other. 'Who is this? Even the wind and the waves obey him!'

JUMPINGFISH

DIOCESE OF GLOUCESTER

Prayer Spaces

Sometimes it is good to pause in prayer. One way to do this is to watch something calming like snowflakes falling or bubbles floating. You can find simple clips of these things on You Tube for example

https://www.youtube.com/watch?v=yamiiGk6aSs or https://www.youtube.com/watch?v=05EFBPe3qs0

Ignatian prayer is style of prayer where you imagine you are inside a Bible story. You may wish to try this with the story of the calming of the storm. To find a beautiful children's introduction to Ignatian prayer go to the Take Time website taketime.org.uk/journey-meditations/12-calming-a-storm/

Courageous Advocacy

Make a calm jar for someone who would be grateful to have more calm time. You could leave it on their doorstep for them with a note explaining what it is for.

You can make a calm jar using washing up liquid and liquid soap with glitter and a leak proof jar.

https://www.facebook.com/growingupbelieving

Family Fun

Can you re-enact the story together? You might want to create sound effects for the storm and costumes and props to add to the drama. Can you film your final version and enjoy watching your fun together?

Under 5s

Play games like row, row, row your boat together and talk about the story. Play sleeping lions and be still sleeping like Jesus. How good are adults at being still whilst they are watched?

Create and Make

Gather a calm kit, find a bag you like or can decorate and choose four or five things to put in it. You can choose things like a cushion to hold or lie on, a smooth stone to hold, something special that was given to you by someone who is important to you, the words of a favourite prayer, happy song or a poem that makes you feel positive .

When you feel under pressure, worried or upset choose one thing from your bag to hold while you breath slowly and remember a time when you felt safe and calm. When you are ready replace it and if you want to choose another. You can do this as many times as you like.

Can you make boats out of recycling materials can the boats survive your storms in the bath or paddling pool?

www.easypeasyandfun.com/how-to-make-a-paper-boat/

Did You Know?

The Sea of Galilee is nearly 700 feet below sea level, surrounded by some high hills and mountains. It is eight miles wide and more than twelve miles long from north to south. In places, it is 200 feet deep. There are sudden and violent storms on the lake because as the east wind comes over the eastern mountains it blows cool air over the warm air that covers the lake. As this cool air is heavier, it drops as the warm air rises, creating furious storms in a short time, just as it did in the time of Jesus.