



Posted on May 26, 2024
Written by Nathanael Vissia

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An rfour.org Children's Time Message

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Written for June 23, 2024

Fifth Sunday after Pentecost

Lectionary Year B

Scripture: [Mark 4:35-41](#) [**Summary:** *Jesus Calms Our Inside Storms*]

Supplies Needed: A towel or blanket – you'll want to have it nicely folded to begin with.

ASK (a.k.a. [The On-Ramp](#))

- Good morning!
- I have a VERY nicely folded towel here – if I might say so myself. I spent a LOT of time folding it – to get it nice and neat just for you today.
- In what ways, do you think, could we use this towel? (*to dry off with, cover up with, maybe mop up something, maybe to use as a pillow or something to sit on*)
- It's odd that none of you said "Put it where everyone can see it, admire how nicely it is folded, but do NOT TOUCH IT" – because that's how *I'm* thinking it should be used.
- See ... all of your suggestions sound like really good things to do with a *someone else's* towel.
- Because if we did those things you were suggesting with *this* towel, then it would get all messed up and wrinkled and that would be really really sad, don't you think? (*Hopefully the kids will all yell "NO!" at your ridiculousness, but if they don't – whisper to them "Say NOOOOO"*)
- Wait – is it possible that you are telling me that the towel can be *re-folded* after we use it!?!?!
- Hmm. Do you think you could show me how to do that? [*Mess up the towel and let the kids refold the towel for you and then thank them for their help!*]

TELL (a.k.a. [The Freeway](#))

- There are no towels in today's scripture story, but there IS a storm.
- And the disciples are really worried about it.
- In a lot of ways, the disciples are a lot like my towel – they started the day nicely folded and presentable to the world.

- But when the storm showed up – they got so worried about the storm and the waves, that the disciples get all wavy and stormy inside of *themselves*.
- Sort of like this – [*unfold the towel again and bunch it up a little bit to make it look like waves*].
- But, once the disciples got all stirred up and twisted on the inside, they then did something really smart – they asked Jesus for help.
- Do you remember what happened once they asked Jesus for help?
- That’s right – Jesus calmed the storm.
- [*smooth out the towel*] Jesus smoothed out the waves.

SHARE the Good News (a.k.a. *The Destination*)

- Just like the disciples in today’s story, we too have moments where our lives get stormy and twisted up [*bunch up the towel yet again*] which then causes us to worry so much that we feel like this towel looks [*hold up or point to the bunched-up towel*]
- This story is a good reminder, then, that when those moments happen, we don’t have to **stay** stormy and twisted up on the inside.
- Instead, we can do like the disciples did and ask for Jesus’ help.
- And when we ask Jesus for help, Jesus will do what Jesus always does – he will help us see and know how to let God’s love, light, and life into us – which will do what, do you think?
- That’s right! Letting in God’s love, light, and possibilities will help us smooth out the stormy waves that we often feel on the inside [*smooth out the towel one more time*] which then helps us respond to others in a better way during that stormy time.
- That’s the good news for today.
- Let’s pray. This is a repeat-after-me prayer.

CLOSING Prayer

Dear God,

Dear God,

Thank you for Jesus...

Thank you for Jesus...

...who teaches us...

...who teaches us...

...how to pay attention to you...

...how to pay attention to you...

...so that the storms on our insides...

...so that the storms on our insides...

...can be calmed.

...can be calmed.

Thank you and Amen