

Before serving any food, always check with caregivers for kids who have food allergies. Provide an alternative if necessary.

Age-Level Overview

	Open the Bible	Activate Faith
Lower Elementary		
WORKSHOP FOCUS: All of creation obeys Jesus.	SPARK RESOURCES: Spark Story Bibles	SPARK RESOURCES: None
BOATS IN A STORM: Kids review the story as they make ice cream.	SUPPLIES: None	SUPPLIES: Resealable freezer bags, resealable sandwich bags, gloves or mittens, spoons, bowls, paper towels, measuring cups, measuring spoons, water, filled ice cube trays, freezer, pens, half and half, sugar, vanilla, ice cubes, rock salt
Upper Elementary		
WORKSHOP FOCUS: Jesus can handle anything!	SPARK RESOURCES: Spark Bibles, Spark Bible Stickers	SPARK RESOURCES: Spark Bibles
JESUS PRETZELS: Kids review the story as they make pretzels.	SUPPLIES: Pencils	SUPPLIES: Bowls, spoons, baking sheets, pastry brush, measuring spoons, measuring cups, oven mitts, oven, warm water, yeast, honey, flour, egg, table salt, coarse salt, cooking spray
All Kids		
WORKSHOP FOCUS: Jesus is always with us.	SPARK RESOURCES: Spark Story Bibles, Spark Bibles, Spark Bible Stickers	SPARK RESOURCES: None
BAKED FRUIT BOATS: Kids review the story as they make fruit boats.	SUPPLIES: Pencils	SUPPLIES: Plastic knives, aluminum foil, bowls, spoons, electric mixer, measuring cups, measuring spoons, refrigerator, oven mitts, oven, plates, napkins, flour tortillas, bananas, strawberries, brown sugar, cinnamon, butter or margarine, whipping cream, sugar, vanilla, sour cream



Visit www.sparksundayschool.org for more Spark content. Watch a short Lesson Prep Video that will prepare you and give you confidence to explore this Bible story with the kids you are leading. You will also find a downloadable Family Page for this rotation's story filled with ideas for families to use to explore this story and live out their faith at home.

Workshop Focus: All of creation obeys Jesus.

Keep these tips in mind as you welcome kids to the workshop and explore the story together.

- Each week, remember to welcome kids to the rotation. Keep in mind that for some kids it may be the first time they are visiting your workshop!
- If kids have heard the story several times during previous weeks, read it again! Kids learn through repetition, and every workshop will explore the Bible story in a slightly different way.
- Remember that the Shepherds are there to support you as they accompany kids each week.
- Be sure to visit www.sparksundayschool.org to download the Family Page for this story. Make copies of it and ask Shepherds to distribute it during the Wrap Up.

Open the Bible (10 minutes)

A Storm Storytelling

Welcome to Cooking! What is the largest thing God made in the world? Allow kids to respond to this and the following questions. **What is the smallest? What is the fastest? God created an amazing world. Today we are going to hear a story of who is in charge of everything God created!**

Hand a Spark Story Bible out to each of the kids. Help kids find A Storm on pages 286-289. Encourage kids to follow along as you read the story. **There is a lot of action in this story. Use your bodies to show what is happening as we read A Storm.**

Let's talk about the story. Where were Jesus and the disciples? (*on a boat in the lake*) **What happened to frighten the disciples?** (*A storm came up.*) Point to the picture on page 289. **What did Jesus do?** (*told the storm to stop*) **The wind and rain obeyed Jesus! What else do you think obeys Jesus?** Allow kids to respond. **Just like the wind and the rain, all of creation obeys Jesus!**

Let's make a tasty treat as we retell this story.

Spark Resources
Spark Story Bibles

Supplies
None

Activate Faith (25 minutes)

Boats in a Storm

Before serving any food, check with caregivers for kids with food allergies. Provide an alternative if necessary.

Set Up: Prepare one tray of ice per kid. For best results, use high-quality name-brand zipper type bags for this activity.

Ingredients (makes 1 serving of soft serve ice cream per kid)

- Half and half (½ cup [118 ml] per kid)
- Sugar (1 Tbs. [15 ml] per kid)
- Vanilla (¼ tsp. [1.25 ml] per kid)
- Ice cubes (1 tray per kid)
- Rock salt (5 Tbs. [75 ml] per kid)

Activity Instructions

It must have been very wild on that little fishing boat in the storm. No wonder the disciples were frightened. We're going to recreate that storm using little boats of our own. When everything finally calms down, we'll have a tasty treat to eat! Remind kids to wash their hands before starting the activity.

1. Give each kid a gallon (3.8 liter) sized bag. Help kids write their names on the bags and then open them. **Where was the boat in our story? (on a lake) Let's make a lake in this bag.** Help each kid dump one tray of ice into the bag.
2. **We'll need something to help the ice melt into a lake inside of our bag.** Have kids add salt to their bags and set them aside.
3. **Now it's time to make our boats.** Give each kid a bowl and a sandwich-sized bag. **Pretend this bowl is the dock and this bag is the boat. Let's get our boats ready to board.** Help kids open and stand their bags upright inside the bowls.
4. **Who all got into the boat in our story? (Jesus, disciples) Let's put everyone inside the boat together.** Have kids add half and half, sugar, and vanilla to their baggies.
5. **Now it's time to put our boats in the water. Close the top tightly so no one falls out.** Assure each sandwich bag is closed securely! Direct kids to put their "boats" into their "lakes" and seal the top of the large bag, as well.
6. **What happened when the boat was on the lake? (a storm came up) Let's get prepared for the storm!** Give kids mittens or gloves to put on.
7. **I think the storm is starting!** Demonstrate how to shake and slosh the bag around. **The wind is getting stronger, and the rain is coming faster!** Encourage kids to shake and slosh their bags more frantically.

Spark Resources

None

Supplies

Resealable freezer bags (1 gallon [3.8 liters] bag per kid)
Resealable sandwich bags (1 bag per kid)
Gloves or mittens (1 pair per kid)
Spoons
Bowls
Paper towels
Measuring cups
Measuring spoons
Water
Filled ice cube trays
Freezer
Pens

- a. Continue with storm descriptions for five minutes while kids shake their bags.
 - b. For variety, have kids sit in a circle and pass their bags around while shaking.
8. **What was Jesus doing during the storm?** (*sleeping*) **What did the disciples do?** (*woke Jesus up*) **What did Jesus tell the storm?** (*Be still!*) **Did the wind and rain obey Jesus?** (*yes*) Direct kids to stop shaking their bags.
 9. **Jesus took care of the disciples. Everyone on the boat was safe. Let's see how things turned out inside our boats.** Hand out spoons and paper towels. Help kids remove the small bags from inside of the larger ones. Carefully wipe off the outside of the small bags, open and eat!
 10. **The disciples obeyed Jesus by following him onto the boat. The wind and rain obeyed Jesus when Jesus told the storm to be still. All of creation obeys Jesus!** Remind kids to wash their hands before Wrap Up.

Send (5 minutes)

Wrap Up

Remind the Shepherds to distribute the Family Page for this story if the kids haven't already received it, and come together for Wrap Up.

Thanks for coming to Cooking today! We read a story about Jesus and the disciples on a boat. We made boats that got tossed around in a storm. Jesus told the storm to be still. The wind and rain obeyed Jesus. Let's think of other things Jesus can do. Jesus can . . . encourage kids to complete the statement. **All of creation obeys Jesus!**

Spark Resources
Family Pages



Supplies
None

Prayer Time

Invite kids to stand for the closing prayer. **Turn your bodies around like a storm during our prayer. Stand still at the end just like the storm did!**

Dear Jesus,
Storms are big, (Turn.)
But you are bigger. (Turn.)
I am big, (Turn.)
But you are bigger. (Turn.)
I'm glad (Stop.)
All of creation obeys you!
Amen.

Workshop Focus: Jesus can handle anything.

Keep these tips in mind as you welcome kids to the workshop and explore the story together.

- Each week, remember to welcome kids to the rotation. Keep in mind that for some kids it may be the first time they are visiting your workshop!
- If kids have heard the story several times during previous weeks, read it again! Kids learn through repetition, and every workshop will explore the Bible story in a slightly different way.
- Remember that the Shepherds are there to support you as they accompany kids each week.
- Be sure to visit www.sparksundayschool.org to download the Family Page for this story. Make copies of it and ask Shepherds to distribute it during the Wrap Up.

Open the Bible (10 minutes)

A Storm Storytelling

Welcome to Cooking! What if you promised to babysit for your niece and nephew one night, and your school's basketball team is in the final game for the state championship that evening and you want to go. What should you do? Allow kids to respond. **Sometimes we face situations that are tough to handle. Let's read about another tough situation.**

Direct kids to find Matthew 8:23-27 on page 1067 of their Spark Bibles. **Let's take turns reading this passage one verse at a time. If you do not care to read, say, "Pass."** Read the passage.

Let's review. What happened while the disciples were on the boat? (*A storm came up.*) **What did the disciples do?** (*woke Jesus up, asked Jesus to save them*) Have kids read verse 26 again. Encourage kids to mark the passage with an I Read It, Something I Like, or Makes Me Wonder Spark Bible Sticker, using a pencil to write their responses in the margin. **What did Jesus do?** (*rebuked the winds and sea*) **What do you think the disciples thought when they saw this?** Allow kids to respond. **Even though the storm frightened the disciples, Jesus wasn't worried. Jesus can handle anything!**

Let's make something to show how strong Jesus is!

Spark Resources
Spark Bibles
Spark Bible Stickers

Supplies
Pencils

Activate Faith (25 minutes)

Jesus Pretzels

Before serving any food, check with caregivers for kids with food allergies. Provide an alternative if necessary.

Set Up: Preheat the oven to 350°F (177° C). Spray the baking sheets with cooking spray. Dust the kids' work surfaces with flour.

Ingredients (makes 12 medium soft pretzels)

- Warm water (½ cup [118 ml] plus 1 Tbs. [15 ml])
- Yeast (1 Tbs. [15 ml])
- Honey (1 tsp. [5 ml])
- Flour (1¼ cup [300 ml])
- Egg (1 large)
- Table salt (1 tsp. [5 ml])
- Coarse salt (2 tbs. [30 ml])
- Cooking spray

Activity Instructions

The disciples were frightened by the storm on the boat, but what was Jesus doing? (sleeping) Jesus wasn't worried about the storm because Jesus can handle anything. Let's make something to see just how tough Jesus is! Remind kids to wash their hands before the activity.

1. **What was going on when the disciples were in the boat on the lake?** (A storm was raging.) **Let's create a small storm in a bowl.** Invite volunteers to pour ½ cup (118 ml) water into a bowl and add the yeast and honey. Let the mixture stand for 5 minutes.
2. **While that storm is brewing, let's get everyone into the boat.** Place a medium-sized mixing bowl in front of the kids.
3. **Name four disciples you think may have been in the boat that day.** Invite kids to add ¼ of the flour to the bowl for each of the four disciples named.
4. **Who else was in the boat?** (Jesus) Add the salt to the flour.
5. **Let's help everyone find the right seat in the boat.** Mix the flour and salt.
6. **Look out! I think the storm is coming!** Have a volunteer add the yeast mixture to the flour.
7. **What's happening to the boat in the storm?** (It's getting twirled around.) Invite kids to mix the dough, first with a spoon, then with hands.
8. **What did Jesus command the storm to do?** (be still, stop) Stop mixing the dough. Break off a golf-ball-sized piece for each kid.

Spark Resources

Spark Bibles

Supplies

Bowls
Spoons
Baking sheets
Pastry brush
Measuring spoons
Measuring cups
Oven mitts
Oven

9. **Pretend this piece of dough is Jesus. What was Jesus doing on the boat in the storm? (sleeping) Do you think Jesus was worried about the storm? (no) Jesus can handle anything, even storms. Let's see how tough Jesus is!** Invite kids to begin squishing, pulling squeezing and otherwise manipulating their dough.
10. **Jesus hasn't fallen apart yet. What other tough situations do you think Jesus can handle?** Allow kids to respond while manipulating their dough.
11. **The disciples knew they could ask Jesus to take care of them and their tough situation. We can trust Jesus to take care of us and our tough situations, too. Jesus can handle anything! It's time for a hug from Jesus!** Demonstrate how to roll the dough into a pencil thin rope. Cross both ends of the rope over the middle as if these were Jesus' arms hugging you.
12. Have kids place their pretzels on the baking sheet. **There's one more thing to do to make the pretzels tasty.** Mix the egg with the remaining water. Invite kids to brush their pretzels with the egg wash and sprinkle them with coarse salt.
13. Bake pretzels for 10 minutes. Have kids help clean up while the pretzels are baking and cooling. Remind kids to wash their hands before Wrap Up.
14. If you have time, invite kids to look at the map on page M-16 in their Spark Bibles. **Find Lake Tiberius. (Section B2) What surrounds the lake on the Northeast side? (Golan Mountains) This lake was known as the Sea of Galilee in Jesus' times. This was probably where our story took place. It doesn't seem like a large lake, but downdrafts and air currents from the mountains have been known to create sudden violent storms.**

Send (5 minutes)

Wrap Up

Remind the Shepherds to distribute the Family Page for this story if the kids haven't already received it, and come together for Wrap Up.

Thanks for coming to Cooking! We learned about the disciples and Jesus being caught in a storm. The disciples called out to Jesus, and Jesus calmed the storm. We squished some pretzel dough to show Jesus can handle anything! What are some "storms" in your life that Jesus can handle? Allow kids to respond.

Spark Resources

Family Pages



Supplies

None

Prayer Time

Invite kids to close in prayer. **During our prayer, I'll pause, and you can quietly tell Jesus what you would like him to handle for you.**

Dear Jesus,

You are so powerful. You weren't worried on the boat, and you aren't worried now. I want to give you this "storm" in my life to handle because you can handle anything. Pause.

Amen.

Workshop Focus: Jesus is always with us.

Keep these tips in mind as you welcome kids to the workshop and explore the story together.

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Open the Bible (10 minutes)

A Storm Storytelling

Welcome to Cooking! What is the farthest place you have ever traveled? Allow kids to respond to this and the following question. **How did you get there? Who was with you? Let's read a story about a boat trip.**

Hand Spark Story Bibles out to the younger kids. Help kids find A Storm on pages 286-289. Encourage kids to follow along as you read. **There are some fun sounds and words that you can help make while we read.** Encourage kids to mimic the storm sounds by clapping, stamping, and blowing.

Direct the older kids to find Matthew 8:23-27 on page 1067 of their Spark Bibles. Invite kids to follow along as best they can. Encourage kids to mark the passage with a Spark Bible sticker of their choice, using a pencil to write their responses in the margin.

Let's talk about the story. Who went on the boat? (*Jesus and the disciples*) Point to the picture on page 287. **What happened?** (*A storm came up.*) **What did Jesus do?** (*calmed the storm*) **Would you have wanted to be on that boat in the storm?** Allow kids' responses. **It must have been scary for the disciples in the storm, but they weren't alone. Jesus was there to help them. Jesus is always with us.**

Let's make some fruity boats while we tell that story again!

Spark Resources
Spark Story Bible
Spark Bibles
Spark Bible Stickers

Supplies
Pencils

Activate Faith (25 minutes)

Baked Fruit Boats

Before serving any food, check with caregivers for kids with food allergies. Provide an alternative if necessary.

Set Up: Wash and hull strawberries. Cut bananas and tortillas in half. Preheat oven to 350° F [177° C].

Ingredients (makes eight boats with whipped topping)

- Flour tortillas (four 10" [25 cm])
- Bananas (4 medium)
- Strawberries (8)
- Brown sugar (½ cup [79 ml])
- Cinnamon (2 tsp. [10 ml])
- Butter or margarine (4 Tbs. [60 ml])
- Whipping cream (¾ cup [158 ml])
- Sugar (4 Tbs. [60 ml])
- Vanilla (1 tsp. [5 ml])
- Sour cream (½ cup [118 ml])

Activity Instructions

Even though the disciples were in a terrible storm on the boat, Jesus was with them! Let's make some fruity boats and retell that story! Remind kids to wash their hands before starting the activity.

1. **What did everyone climb into on the lake?** (*a boat*) Give each kid half of a tortilla for a boat. Have kids put their tortillas on a piece of aluminum foil.
2. **Who all got onto the boat?** (*disciples, Jesus*) **Let's put some disciples into the boat.** Help kids slice half a banana and put the slices onto the tortillas.
3. **Who went with the disciples on the boat?** (*Jesus*) **Let's put Jesus into the boat.** Help kids cut a strawberry in half. Kids put half the strawberry on their boat and eat the other half.
4. **What is wet and brown and sometimes squishes between your toes when you go to a lake?** (*sand*) **Let's make some sand to sprinkle on our boats!** Invite volunteers to combine the brown sugar, cinnamon and margarine. Direct kids to sprinkle some of the mixture on their boats.
5. **Where did the boat go?** (*in the lake*) Have kids put their boats on baking sheets. Put the pans in the oven. Bake for 10 minutes.

Spark Resources

None

Supplies

Plastic knives
Aluminum foil
Bowls
Spoons
Electric mixer
Measuring cups
Measuring spoons
Refrigerator
Oven mitts
Oven
Plates
Napkins

6. Gather kids near the electric mixer. **What happened when the boat was in the lake?** (*A storm came.*) **I see a storm coming on the horizon!**
 - a. Have volunteers pour the whipping cream, sugar, and vanilla into the mixing bowl.
 - b. Beat the mixture until stiff peaks form.
7. **What did the disciples do during the storm?** (*woke Jesus up, asked Jesus to save them*) **What did Jesus do to the storm?** (*rebuked it; said, "Be still;" made it stop*)
Turn off the mixer.
8. **The disciples were scared, but they were not alone. Jesus was always with them.** Gently fold the sour cream into the mixture and chill.
9. Place the tortilla boats on plates while the whipped topping is cooling. Invite kids to help clean up.
10. Place a spoon of whipped topping on the tortilla boats and enjoy! **The disciples were probably very scared in the storm. But they knew one thing: they could trust Jesus to help them. Jesus was always with them. Just like the disciples, when we're at home or on a trip, having fun or feeling scared, Jesus is always with us!** Remind kids to wash their hands before Wrap Up.

Send (5 minutes)

Wrap Up

Remind the Shepherds to distribute the Family Page for this story if the kids haven't already received it, and come together for Wrap Up.

Thanks for coming to Cooking! We read a story about a storm. We made boats with the disciples and Jesus in them. Even though the storm was scary, Jesus was with the disciples. Jesus stopped the storm. Name some times in your life when you are glad Jesus is always with you. Allow kids to respond.

Spark Resources
Family Pages



Supplies
None

Prayer Time

Invite kids to stand. **Let's cheer for Jesus. After each line of our closing prayer, cheer, "Jesus is always with us!"**

Dear Jesus,
Thank you for calming the storm. (*Jesus is always with us!*)
Thank you for staying with me. (*Jesus is always with us!*)
Help me not to worry. (*Jesus is always with us!*)
Thanks, Jesus! (*Jesus is always with us!*)
Amen.