

Family Devotional

From April 3, 2016

Rehearse: We are all going to help tell the story this week. Let's practice each of these cues and responses before we start:

- Whenever I say "boat" everyone say "creeeak" and pretend you're pulling hard on the oars
- Whenever I say "disciples," or "friends" count to 12 really fast
- Whenever I say "wind," cup their hands around their mouths and blow.
- Whenever I say "waves," put your hands side by side and make waves in front of you.
- Whenever I say "Jesus," point to upward and say, "Christ, is Lord."

As you read, be sure to put an emphasis on each of the bold words, then pause for group to respond.*

Read: If you have a copy of The Jesus Storybook Bible read: "The Captain of the Storm" on page 236 or read Luke 8: 22-25 from your Bible.

Reflect: How many of you have ever been caught out at sea during a storm? What do you think it would feel like? Have you ever felt that way even when you are not on a boat? Jesus can calm our stormy emotions just like he calmed the waves.

Emotions are feelings caused by things that happen around us or things that happen to us. Some situations can make us feel peaceful and happy; others make us feel sad, embarrassed, angry or afraid.

On a windless day, a sailing boat goes nowhere. A boat needs some wind to take it from one point to another. But wild storms can cause a boat to be tossed around like a cork.

At times you may feel as though you are in a storm because of something that has shaken your confidence or is out of your control. It may be a problem at school, or maybe there are changes happening in your life. Jesus calms the helpless feeling of being tossed about by waves of trouble!

Although your situation may not change straight away, Jesus can bring peace to the stormy feeling in your heart. You can trust that God will take care of you. The disciples had Jesus in their boat-you can have Jesus in your heart! Knowing that He is with you can help you get to the other side more easily.**

Remember: Work together as a family to memorize/meditate on Philippians 4:7 this week.

*And the peace of God, which transcends all understanding,
will guard your hearts and your minds in Christ Jesus.*

Ideas: Write this passage down and hang it on the refrigerator. Say it together as a family during meal time each day. Write it on a chalk or white board and erase a couple of words each day until you can say it by memory.

Respond: "Dear Jesus, thank you for leading me and loving me. Help me remember to call on you when my situations and feelings seem out of my control. You are the God of Peace. Help me hold on to your peace even in the midst craziness. Help me listen and obey your voice just like the wind and waves did..... Amen!"