

REFLECTION IDEAS

Hope in the Storm (Jesus Calms the Storm)

Luke chapter 8 verses 22 to 25

Reflection

- Are you facing difficult storms in your life? Write or draw one thing you are afraid of – it can help us to acknowledge our fears. Perhaps you can talk to someone about it and ask God to help you have courage and to bring you hope and peace?
- What are you hoping for right now?
- How can you bring hope and peace to other people through what you say and do, like Jesus was for his friends in the boat?

Story Link

A cartoon version of this story is here:

<https://www.youtube.com/watch?v=uYLHqdSO9OY>

Inspire Prayer Space Activity – Calm Jar

Equipment

- Jar (a thick jam jar with a good lid), water, glitter, glycerine, food colouring. The glycerine can be omitted if not available.
- Alternatively, use an oil and water drip toy.

Set up

- Mix the ingredients together to create a jar of glitter. Do this before the activity.

Instructions

- What are the things on your mind at the moment? Pick up the jar and shake it. Watch the glitter or oil swirl around and settle. Imagine the things on your mind slowly settling down.
- You might like to pray to God to help you with this. In the Bible, we are told in Psalm 46 verse 10 'Be still and know that I am God'.

inspire
prayer spaces



Adapted from a Prayer Spaces in Schools resource

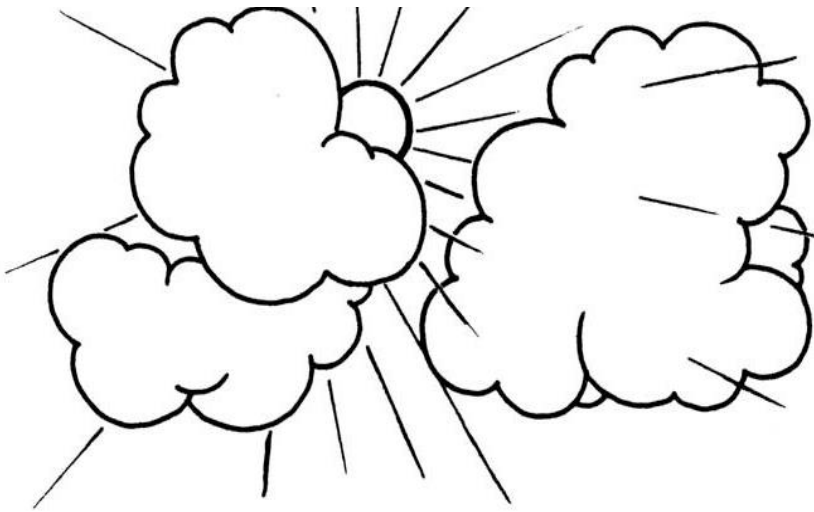


See below for activity sheet

Hope in the Storm – acrostic

An acrostic is a poem in which the first letter of each line or word spells another word.

Look at the letters below. Each word or line should begin with the letter provided. The poems do not need to rhyme.



C

A

L

M

T

H

E

S

T

O

R

M

Handwriting practice lines for the acrostic poem. Each letter on the left is followed by a set of four wavy lines for writing.

In the boat with Jesus

Luke chapter 8 verses 22 to 25

Imagine what it was like in the boat with the disciples. How do you think you would feel in that storm? Draw yourself into the picture (at the front of the boat). How would your face look? Where would your arms be? Would you be holding on to something? Would you be hiding?

