

## REFLECTION IDEAS

### **A Time To... - Jesus calms the storm and a look at Ecclesiastes Matthew chapter 8 verses 23-27 and Ecclesiastes chapter 3 verses 1-8**

This GenR8 Connect addresses the fact that bad things happen in life, often through nobody's fault. How we cope with these events and the emotions they make us feel is important. Christians believe that God understands the way we feel and can be present in the midst of our storms, bringing peace and calm to how we are feeling.

We look at two Bible passages. The first is from the book of Ecclesiastes which is in the Old Testament. It is a philosophical book that contains wise sayings, which may have been written by King Solomon. The most famous part is in chapter 3, where the writer says that in our lives there will be times, or seasons, when we experience all sorts of different emotions and events; this is OK and to be expected. (You might recognise the words from the song Turn! Turn! Turn! by the Byrds.) The second Bible passage is from the New Testament when Jesus calms a storm on Lake Galilee. We looked at this story last summer, but this time we will be thinking about the difficult emotions that the disciples felt and how Jesus brought calm.

#### **Reflection**

- Have you experienced any difficult situations recently that have made you feel angry, scared or frustrated? How were you able to change those difficult emotions into good ones, or are you still feeling that way?
- It's OK to feel difficult emotions, but it's not good to hold on to them or let them make us behave badly. Christians believe that if we tell God how we feel he can bring peace and calm. If you feel difficult emotions, try telling another person or God about it.

#### **Story Links**

A short animated version of the calming of the storm can be found here: <https://youtu.be/ZzPwRXytr7U>.

A reminder of the words from Ecclesiastes can be found here: <https://youtu.be/4-P5G21tj8>.

Please check that they are suitable for your group.

#### **Inspire Prayer Space Activity – Our Anchor**

##### **Equipment**

An outline of an anchor, pens and paper

##### **Description**

An anchor keeps a boat from drifting away due to a current, wind or a storm. It can hold fast when the weather is stormy. In the Bible, in Hebrews chapter 9 verse 19 it says that the hope we have in Jesus is like a firm and steady anchor for our souls. Christians believe that if we look towards God, we can rely on him to support us and carry us when life is difficult - just like an anchor keeps a ship held firm during a storm.

When life is 'stormy', what or who is your anchor? Who can you rely on? What can you always trust?

##### **Instructions**

On a piece of paper draw an anchor. Write on it some of the people or things that you can rely on and trust when life is 'stormy'. As you do this, you may like to say a prayer to God asking him to be with you - during the good times and the 'stormy'.

**inspire**  
prayer spaces



**See below for activity sheet**

# A Time To... – Colour and tell the story of Jesus calming the storm

Matthew chapter 8 verses 23-27

Colour in the pictures. Write what is happening next to each picture – think about how Jesus' friends are feeling in each one. There are suggested words after the pictures which you can copy or cut out and stick on if you want.

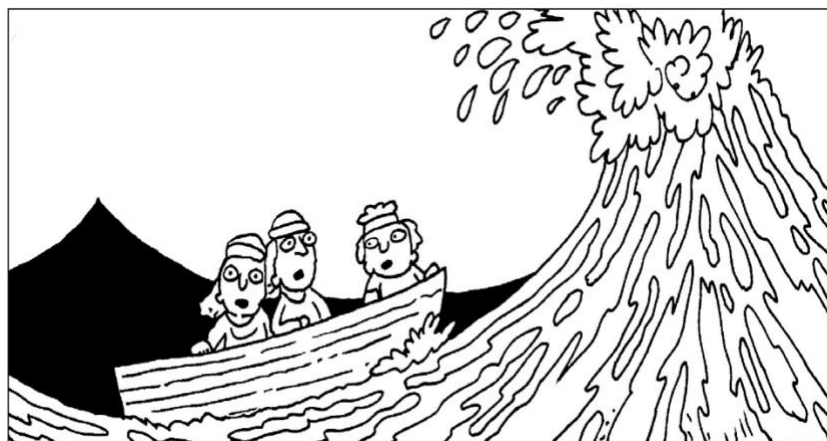
1.



2.



3.



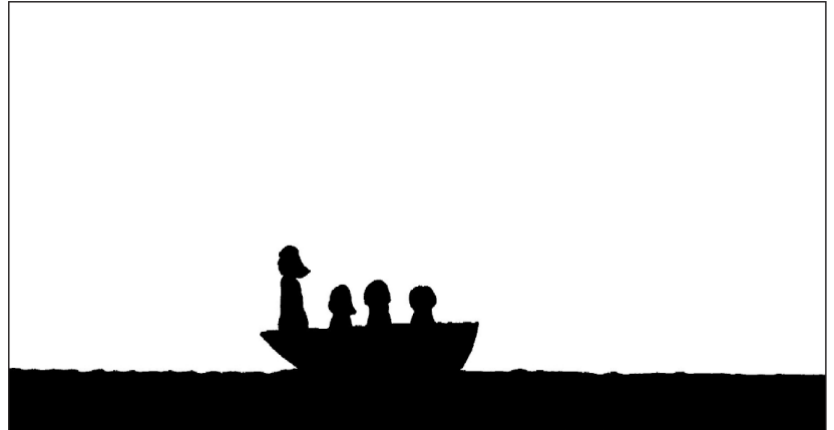
4.



5.



6.



1. One lovely evening Jesus and some of his friends got into a boat to go across the lake. They were happy and relaxed.

2. Jesus had been very busy and was tired so he fell asleep in the back of the boat.

3. The wind began to blow strongly and the waves got bigger and bigger – too big for the little boat. Jesus’ friends were scared.

4. Jesus friends were frightened of the storm and this made them annoyed that Jesus was asleep. They woke Jesus up, asking him to help them.

5. Jesus stood up in the boat and told the wind and the waves to be still. Straight away the wind and waves stopped. Jesus’ friends were amazed!

6. They continued their journey across the lake – all was peaceful and calm. Jesus’ friends felt safe again.

### Word Ladders

Solve these word ladders and change *hate* into *love*, and *tear* into *mend*.

*hate*

— — — — not on time

— — — — small road

— — — — solitary

*love*

*hate*

— — — — possess or hold

— — — — a place for honey bees

— — — — home is where you

*love*

*tear*

— — — — teddy

— — — — a necklace can be made of these

— — — — shape into a curve ...

*mend*

## Four seasons tree

Ecclesiastes 3 v 1 says: 'There is a time for everything, and a season for every activity under the heavens.'

You will need:

Template below printed on paper or thin card

Pens, pencils, crayons, finger paints

Scissors

Glue stick

Other items to decorate the 'seasons' e.g. tissue to create flowers; cotton wool snow; green, orange, yellow, brown paper to create leaves.



Winter and spring

The template below can be printed on paper or thin card then used to create a tree showing the four seasons. You will need four trees for each child. The children should colour and decorate one tree for each season. Once decorated the trees need to be cut out and then folded in half, with the decorated side inwards. The trees can then be stuck together with a glue stick and should be able to stand alone.

The finished tree could be used to talk and reflect on the different emotions we can feel at different times, or seasons, in our lives.



