BOTTOM LINE:
When we are in pain, God is there.

OBJECTIVE:
Kids will learn that God can comfort them no matter how painful life is.

KEY PASSAGE:
Mark 4:35-41. Jesus Calms the Storm

MEMORY VERSE:
“When I am afraid, I put my trust in you.” - Psalm 56:3 (NIV)

Have the kids practice saying their memory verse, then see who can say it backwards

SUMMARY:
Nobody wants to experience pain, suffering, or death. It’s scary to think about. But when you remember that Jesus is with you, you can handle any of life’s painful difficulties.

SIMPLE PRAYER:
Dear God,

Be near us when we are in pain, and give us comfort. Let us know that you are always near us.

In Jesus’ name,
Amen
ITEMS NEEDED:
Neosporin, Band Aids, other first aid supplies

*Set the first aid supplies in front of the kids.*

If you were to get hurt and get a bad scrape on your knee, which of these things would you use to help clean and treat your cut?

*Let the kids answer and walk you through a typical first aid routine, all the way through the kiss to make it better.*

*Let me ask you this. Which of these things, if any, will take away your pain?*

None of them will, will they? Cleaning the wound might make it a little more sore. So will the Neosporin. And covering it with the Band Aid will keep it clean, but it’ll still hurt for a bit. Even Mom’s magic kiss can’t always take away the pain.

But even though Mom can’t take the pain away, it helps to know she cares, doesn’t it? Knowing Mom loves you and feels your pain helps you get through the hurt faster.

Life can be pretty painful, and sometimes the pain doesn’t go away very quickly. But no matter how bad our pain may be, God cares and will be with us. He will be by our side, and he will comfort us.

Sometimes God takes away the bad things in our lives. Sometimes the bad thing remains, but God is there with us, helping us get through it. Whatever tough situation you are facing, tell Jesus about it, and he will be there.
SOUR FACE

ITEMS NEEDED:
Two lemons, sliced or lemon juice

INSTRUCTIONS:
This game is a simple endurance test. Everyone who wants to participate will put a lemon slice or a spoonful of lemon juice on their tongue. Whoever can hold the lemon the longest (or make it for 30 seconds) wins!

VARIATION:
You could also play the Beanboozled Jelly Bean game if you have that available.

WHAT’S THE POINT?
When we are in pain and life is sour, God will still be with us.
FAMILY BIBLE LESSON

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INTRO
Who here loves to go to the dentist? Who likes going to see their pediatrician? Who loves getting on that table, having them check all your vital signs, and then give you a finger stick? Or better yet, who loves getting a shot?

Would you rather go to the pediatrician, or the dentist? That’s a tough choice, isn’t it? If you go to the one, you might get a shot. Go to the other, you get a hook scraping your teeth. You get dental hygienists flossing and picking at your teeth. If you’re really lucky you might get a shot in your mouth and a drill. Fun stuff, right?

We don’t like things that are painful, do we? Sure, sometimes we endure pain if there’s fun involved. Wrestling with friends or family members, or maybe playing football. But for the most part, we tend to avoid things that can cause us pain.

The only thing worse than physical pain is emotional pain. As much as we fear being poked, bruised, scratched, or burned, that’s nothing compared to having our heart broken. When we lose a loved one, when a friend betrays us, when our world comes crumbling down, that’s a pain that no medicine can soothe and no bandaid can cover.

When life is painful, there’s one place we can turn. We can turn to Jesus. Jesus is the great physician, and he is the only one who can heal our deepest hurts.

Today’s scripture shows us just how powerful, and how loving, Jesus can be when life is painful.

READ MARK 4:35-41
MAIN POINT
The disciples were terrified when the storm hit their boat. Many of the disciples were former fishermen, and they knew how dangerous storms could be. If the boat went under, they were too far away from shore to swim to safety, especially with all the wind and the waves. They were sitting ducks, scared not just of being hurt, but of dying in the water.

The disciples didn’t realize they had no reason to be afraid. They had Jesus with them. They still didn’t fully realize that Jesus was God’s son, but when they woke him, Jesus gave them a sign of his power. Jesus spoke, and the storm went away. He calmed the waves with one command, leading them to wonder, “Who is this man?”

That man is the one who died for our sins. He did it so we could have a personal relationship with God. Jesus can be our comfort when we are hurting. When times are tough, he wants to be there. We just need to call his name, and he will be there to calm the storm - or ride it out with us.

DRIVE IT HOME
In this broken world we are all going to be hurt. We’re going to lose loved ones, we’re going to suffer disappointments, and we’re going to have our hearts broken.

Sometimes the pain goes away easily. Sometimes the pain lingers. Some pains can last for years, especially the pain of losing someone dear to us. But no matter what pain you are feeling, you don’t have to be afraid. Jesus will be there. He is always ready to comfort us and give us peace in our pain.

What’s truly amazing about God is that he can actually use our pain to spread his love to others. When we trust in Jesus and lean on him for comfort, the people we know and love can see what Jesus is able to do for us. Your pain can open the door for you to share Jesus with others who needs a little pain relief themselves.

Trusting God with our pain helps us to grow our faith. It also gives us a chance to share God’s love with others. No one likes to be in pain, but when you are hurt, be thankful you have a God who loves you. Place your trust in God, and no matter how painful things may be, remember that he will always be there for you.

CLOSE WITH A SIMPLE PRAYER
Dear God,
Be near us when we are in pain, and give us comfort. Let us know that you are always near us.
In Jesus’ name,
Amen
LESSON DISCUSSION QUESTIONS

ICEBREAKER
Which one is scarier: a shot at the doctor’s office or a cleaning at the dentist?

DISCUSSION QUESTIONS
Read Mark 4:35-41

What happened when the disciples went out on the boat?

Why were the disciples so afraid?

What was Jesus doing when the storm hit?

What did the disciples say to Jesus when they woke him?

What did Jesus do when they woke him up?

Why did Jesus scold the disciples for their fear?

How can Jesus help us when we are hurting or in pain?

How can God use our pain to share his love with others?

SIMPLE PRAYER
Dear God,

Teach us to trust you with our hurts so we will not be afraid when we are in pain.

In Jesus’ name,
Amen
Fill in the blank.

The disciples were in a _______ when they were caught in a storm.
BOAT

Jesus was ___________ when the storm hit.
ASLEEP/SLEEPING

The disciples said, “Teacher! Don’t you care if we ________?”
DROWN

Jesus said, “_______________” and the storm went away.
QUIET! BE STILL!

When we are hurting, the one person who can help us through our pain is ________. 
JESUS
CRAFT ACTIVITY

Have the kids draw a comic strip depicting today’s Bible story.