

Our Help in Trouble

OBJECTIVE: *To encourage each other to recognize that God helps us when we have troubles.*



WORSHIP

Sing praise and worship songs as well as songs about God's help in trouble. Here are some suggestions.

- "A Mighty Fortress Is Our God"
- "God Will Make a Way"
- "Greater Is He That Is in Me"
- "I Will Call Upon the Lord"
- "Jesus Is All the World to Me"
- "Jesus, Mighty God"
- "O Most High"
- "People Need the Lord"
- "The Battle Belongs to the Lord"
- "The Name of the Lord Is a Strong Tower"
- "Turn Your Eyes Upon Jesus"

STORY

Jesus Stills the Storm, Matthew 8:23-27

- Jesus is asleep in a boat when a storm begins.
- The disciples wake Jesus and ask for help.
- Jesus calms the wind and the waves.

Place a toy boat in a sink or pan of water. One child can switch the room lights on and off to make lightning. Others can drum their fingers on the floor or table to make rain sounds. Others can rub their hands together or blow to make wind sounds. Rock the pan back and forth to make waves as you tell or read the story.

MEMORY VERSE

"God is our refuge and strength, an ever-present help in trouble" (Psalm 46:1).

Discuss the meaning of the word *refuge*. Talk about what *ever present* means. Help people remember the verse by singing up the musical scale and back down again.

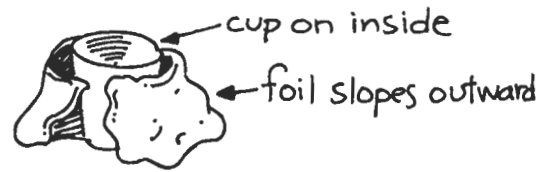


God is our ref - uge and strength, an ev - er - pres - ent help in trou - ble.

ACTIVITIES

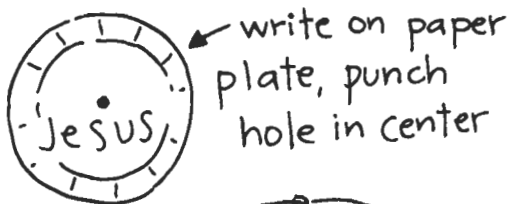
Choose one or more of the following activities to support the story or theme and to provide a springboard for discussion.

VOLCANO. Wrap foil around a short paper cup so that the foil slopes outward like the sides of a hill. Into the cup, place $\frac{1}{4}$ cup of baking soda. Pour vinegar over the soda, 1 tablespoon at a time. Read Psalm 46. Talk about God's help for us.



BUILD A FORT. For a large fort, use big boxes or pillows. For a small model fort, use blocks or paper cups for the walls. Or, for each person, cut a paper grocery sack down to 2 inches high. This is the fort area with walls. Turn paper cups upside down and cut them to different heights to make buildings. With markers or crayons, make windows and doors. Place them in the paper sack fort. Read Psalm 46, especially verse 7. Talk about how God is our fortress, our fort.

- add baking Soda
- pour in vinegar



rubber band or twist tie



rest plate on first band, add another band on top

UMBRELLA. On the bottom of a paper plate, write JESUS. Twist a rubber band or twist tie around a drinking straw about 1 inch from the end. Punch a hole in the center of the paper plate and insert the straw, letting the plate rest on the rubber band. Twist another rubber band or twist tie onto the straw above the plate. This makes an umbrella. An umbrella is a protection. Discuss how Jesus is our protection.

EARTHQUAKE TAG. One person is the geologist; the others are explorers. Explorers follow the geologist, who tells them what kind of terrain they are walking over (sand, mud, rivers, rocks, tall grass). When the geologist yells, "Earthquake!" the explorers must run from him.

Whoever the geologist tags becomes the geologist for the next round of play. Read Psalm 46. Talk about God's help for us.

STORM VIDEO. Make a video of Matthew 8:23-27 by setting up a sea model in a sink, tub, or pool. Place a toy boat in it (or make a boat of foil). Zoom in with the camera. Make a storm with special effects of lightning flashes and thunder. Have a narrator. Discuss the story. Discuss what people mean by storms of life.

QUESTIONS

1. Read Psalm 46. What are some names the writer uses for God? What does the psalm tell us about what God does?
2. Name some problems that children your age might have. How can God help? How can a problem make a person stronger?
3. How is God like a fort (fortress)? Can people expect to be helped and protected if they're not in the fort? Can people expect to be helped and protected by God if they're not in his kingdom? How can people become a part of God's kingdom?

4. What is a storm like? Sometimes people use the word *storm* to describe the problems or hard times they are having. Why?
5. Is there anything we can do to be protected from hard times or storms?
6. What does the story in Matthew 8:23-27 show us to do when we have hard times?

KIDS' COUNCIL

BRING IT HOME

- Tell about hard times that seem like storms in your life or in the life of someone you know. Are you going through storms right now?
- Why do we have problems and hard times?
- How will you help someone who has troubles this week?

SHARE AND PRAY

- Ask the children to share their concerns and pray for each other.
- Pray that God will help them get through hard times.
- Pray that God will make something good come from the hard times we have.
- Thank God for being our help when we have troubles.

ADULT STUDY QUESTIONS

- Talk about some people in the Bible who went through hard times. How intense were these troubles compared to our hard times today?
- Why does God allow hard times? Do these times get easier as a person becomes a stronger Christian?
- Read and discuss John 16:33; Hebrews 11:1-39; Hebrews 12:7; James 1:2-4.
- Are you going through storms right now? How has God been faithful to take you through hardships in the past? Did those hardships help you become wiser and more mature? What does God seem to be doing through this present "storm"?

SNACK AND FELLOWSHIP

Storm Dip. Mix blue food coloring into a dip for chips and/or vegetables. Spread the dip thickly across a salad plate and make peaks in it so that it looks like a lake with waves. Everyone can dip their chips in the "waves."