

# Thunder Night

A 20-minute lesson for Sunday school, VBS or midweek kids · Psalm 56:3

Questions or a church request: [hello@ljandfamily.com](mailto:hello@ljandfamily.com) · [ljandfamily.com](http://ljandfamily.com)

|                                     |                                                                                                                                                 |
|-------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>AGES</b>                         | 4–10 (adaptations for 3–5 and 10–12 at the end)                                                                                                 |
| <b>YOU NEED</b>                     | A screen for the episode · index cards and crayons or markers · a small flashlight · a blue sheet or blanket for the ‘lake’ · the coloring page |
| <b>EPISODE</b>                      | Ep 8, Thunder Night (3:32) · <a href="https://youtu.be/1SYU1pgF3g">youtu.be/1SYU1pgF3g</a>                                                      |
| <b>MEMORY VERSE</b>                 | “When I am afraid, I will put my trust in you.” Psalm 56:3                                                                                      |
| <b>BIBLE STORY</b>                  | Jesus calms the storm, Mark 4:35–41                                                                                                             |
| <b>THE ONE THING THEY TAKE HOME</b> | Being scared doesn’t go away all at once, but God is with us in every storm, and we can tell Him we trust Him.                                  |

## The class plan

| MIN   |                 | WHAT HAPPENS                                                                          |
|-------|-----------------|---------------------------------------------------------------------------------------|
| 0–2   | <b>Welcome</b>  | Dim the lights and click on a flashlight. Ask: “What do you do when a storm is loud?” |
| 2–6   | <b>Watch</b>    | Show Ep 8, Thunder Night (3:32).                                                      |
| 6–10  | <b>Talk</b>     | Three questions below. Let them answer before you do.                                 |
| 10–13 | <b>Bible</b>    | Tell Jesus calming the storm from Mark 4:35–41.                                       |
| 13–18 | <b>Activity</b> | Make a verse card (below).                                                            |
| 18–20 | <b>Pray</b>     | Close with the episode prayer.                                                        |

## Talk about it (5 minutes)

### 1. What makes you feel scared, like the thunder made LJ feel?

Listen without fixing. Name it: everyone gets scared sometimes, even grown-ups like LJ’s Dad.

### 2. What did Mom, Dad and Grandma each do to help LJ?

Mom: came right in, a nightlight, a verse card and a prayer. Dad: told his own story and taught the verse. Grandma: opened the Bible.

### 3. Jesus was in the boat the whole time. How can remembering that help us when we’re afraid?

Listen for “we’re not alone.” Jesus didn’t leave His friends in the storm, and He doesn’t leave us.

## Open the Bible (4 minutes)

“When I am afraid, I will put my trust in you.” Psalm 56:3 (WEB)

### How to tell it

Spread the blue sheet on the floor as the lake and have the children sit around it as the boat. Jesus and His friends set off across the lake, and Jesus fell asleep. Then the wind and waves came: let the children shake the sheet. Pause there. Read Mark 4:38: “Teacher, don’t you care that we are dying?” Then read Mark 4:39 and have everyone stop shaking the sheet at “Peace! Be still!” Ask: who was in the boat the whole time?

### Going deeper with older kids

With older kids, read Mark 4:40–41 and ask what Jesus’ question means: “Why are you so afraid? How is it that you have no faith?” Then read Psalm 56:3–4 and talk about how David chose to trust God when he was afraid.

## Activity: Make a verse card (4 minutes)

- Give each child an index card. Help them write or trace “When I am afraid, I will trust in You.”
- Decorate it with stars, a nightlight, a boat, or anything that helps them feel safe.
- Practise together: shake hands like thunder, then hold the card and say the verse slowly.
- Send the cards home to keep by their beds.

### A WORD OF CARE

Some children carry real fears: storms, the dark, separation, or things that have happened at home. Never tease or push a child to be ‘brave’. Let them name the fear, and if a child shares something worrying, thank them gently and follow up privately with a parent.

## Close in prayer (2 minutes)

Have the children fold their hands and repeat after you, one line at a time:

*God, when I am afraid, I will trust in You. Thank You for being with me in every storm, even in the dark. Help me remember that You are always near. Amen.*

## Adaptations

### Ages 3–5

Skip question 3. Use a pre-printed verse card to color, and say just “I will trust in You.”

### Ages 10–12

Do the Going Deeper section. Ask them to write their own short prayer for a scary night.

### Large group

Use two or three sheets for ‘boats’ in small groups. Take three answers to each question.

### Short on time (10 minutes)

Watch from Dad’s story to the end of the Bible story (4), one question (2), tell the storm with the sheet (2), say the verse and pray (2).

**A note for teachers**

Keep the tone gentle. The point is not that faith makes fear vanish instantly, but that we can be scared and still trust God, because He is with us.

Send the family guide home with every child so families can watch and talk about it together. It is free to print and share at [ljandfamily.com](http://ljandfamily.com).