



## TODAY'S SUGGESTED SCHEDULE

### BIBLE STORY

Jesus can calm a storm.

### CALMING THE STORM MATTHEW 8:23-27;

MARK 4:35-41; LUKE 8:22-25

### MEMORY VERSE

"And the power of the Lord was with Jesus."

LUKE 5:17, NIV

### KEY QUESTION

Who can do anything?

### BOTTOM LINE

Jesus can do anything.

### BASIC TRUTH

Jesus wants to be my friend forever.

### PRELUDE: Setting the tone for the experience

See the **Getting Ready** pages at the end of this document for a detailed description of what you'll need for today.

In the **Prelude** folder of your curriculum, you'll find a variety of other resources to help you prepare.

### SMALL GROUP

15  
MIN

#### SOCIAL: Providing time for fun interaction

Offer one or more of these activities as preschoolers arrive.

Watch This!

Pool Noodle Boat Float

Build a Storm

### LARGE GROUP

20  
MIN

#### WORSHIP: Inviting people to respond to God

#### STORY: Communicating God's truth in engaging ways

"Nothing You Can't Do" and "Come On with Me"

Bible Story

Prayer

### SMALL GROUP

25  
MIN

#### GROUPS: Creating a safe place to connect

Offer as many of these activities as your time, facilities, resources, and leadership allow.

Memory Verse with Motions

Stormy Art

Rain Cloud

Calming the Storm

Storm in a Bottle

Journal and Prayer

### HOME: Prompting action beyond the experience

Going Home

Memory Verse Card

Parent Cue Card (print or email)

Parent Cue App



This symbol indicates an activity with potential allergens. Be sure to post allergy alert sign and inform parents at drop-off.



WEEK  
**ONE**  
MARCH 2025

SMALL GROUP  
**3-5** YEAR  
-OLDS

PRELUDE

SOCIAL

WORSHIP

STORY

GROUPS

HOME

PROVIDING TIME FOR FUN INTERACTION  
15 MINUTES

## MADE TO MOVE

an activity that uses a preschooler's natural desire to move to help them learn



### 1. WATCH THIS!

**WHAT YOU NEED:** Painter's tape

**WHAT YOU DO:**

**BEFORE THE ACTIVITY:** Create a "stage" by making a square or simple star shape on the floor with tape.

**DURING THE ACTIVITY:** Invite each child, one at a time, to stand on the "stage." Say, "Watch this!" and encourage the child to do something like a trick, dance, tell a joke, etc. After each child's turn, be sure to say: "Thank you for sharing." Repeat with each child.

**AFTER THE ACTIVITY:** Introduce the Bible Story.

**WHAT YOU SAY:**

**BEFORE THE ACTIVITY:** "Good morning, my friends! Can everyone look at the floor and tell me the shape you see? (Pause.) Yes! It's a star/square, and today we're going to pretend it's our stage! Everyone will get a turn to stand on it and show us something special you can do."

**DURING THE ACTIVITY:** "Okay friends, when I call your name, come up on stage and show us something special! You can tell a joke, sing a song, or do a special trick! Ready? [Child's name], would you like to go on the stage? (Wait for child to go on the stage.) Okay, friends. Watch this! (Pause for child.) Wow! (Clap.) Let's say thank you to [child's name]: 'Thank you for sharing!' (Repeat.) Great, you can come sit down! Would [child's name] like to go next? (Continue with each child.) Wow, wow, wow, friends! That was so fun getting to watch you do so many fantastic things."

**AFTER THE ACTIVITY:** "Today in our true story from the Bible, we're going to hear about something only Jesus can do. Let's go hear all about it."

**TRANSITION:** Move to Worship and Story by saying "Watch this!" and then having the children mimic an action you do (i.e., stomping feet, clapping hands, waving arms in the air, etc.).

## BIBLE STORY

Jesus can calm a storm.

**CALMING THE STORM**  
**MATTHEW 8:23-27;**  
**MARK 4:35-41; LUKE 8:22-25**

## MEMORY VERSE

"And the power of the Lord was with Jesus."

**LUKE 5:17, NIV**

## KEY QUESTION

Who can do anything?

## BOTTOM LINE

Jesus can do anything.

## BASIC TRUTH

Jesus wants to be my friend forever.



WEEK  
**ONE**  
MARCH 2025

SMALL GROUP  
**3-5** YEAR  
-OLDS

PRELUDE      SOCIAL      WORSHIP      STORY      GROUPS      HOME

CREATING A SAFE PLACE TO CONNECT  
25 MINUTES

## MADE TO MOVE

an activity that uses a preschooler's natural desire to move to help them learn



### 1. MEMORY VERSE WITH MOTIONS

[HEAR FROM GOD | MEMORY VERSE REVIEW]

**WHAT YOU NEED:** No supplies needed

*Note: You can find examples of hand motions in the "Memory Verse Hand Motions" PDF and video, included in the Prelude folder and on Pinterest.*

### BIBLE STORY

Jesus can calm a storm.

### WHAT YOU DO:

**BEFORE THE ACTIVITY:** Say the Memory Verse and demonstrate the motions for the children.

### CALMING THE STORM MATTHEW 8:23-27;

MARK 4:35-41; LUKE 8:22-25

**DURING THE ACTIVITY:** Teach the Memory Verse motions. Invite the children to do them with you several times.

**AFTER THE ACTIVITY:** Connect the Memory Verse to the Bottom Line.

### MEMORY VERSE

"And the power of the Lord was with Jesus."

### WHAT YOU SAY:

**BEFORE THE ACTIVITY:** "Friends, come stand with me! Let me tell you our brand-new Memory Verse! Ready to hear it? It goes like this. 'And the power (*muscle arms*) of the Lord (*point up*) was with Jesus,' (*tap finger to middle of each palm*) Luke 5:17." (*Open hands like a book.*)

### LUKE 5:17, NIV

**DURING THE ACTIVITY:** "Now, let's learn the motions. The first part of our verse says: 'And the power!' (*Muscle arms.*) Make a muscle pose with both arms like this (*muscle arms*) and say: 'And the power!' (*With children.*) 'And the power!' (*Muscle arms.*) Great job!

### KEY QUESTION

Who can do anything?

"The next part of our verse says: 'Of the Lord!' (*Point up.*) Pointer finger up, and point up to the sky like this, (*point up*) and say: 'Of the Lord!' (*With children.*) 'Of the Lord!' (*Point up.*) Wonderful! Now let's put that together. 'And the power (*muscle arms*) of the Lord!' (*Point up.*) Great job!

### BOTTOM LINE

Jesus can do anything.

"The next part says: 'Was with Jesus!' (*Tap finger to middle of each palm.*) Tap this finger to your palm. (*Hold up your right middle finger and tap the middle of your left palm.*) Then, tap this finger to your other palm. (*Hold up your left middle finger and tap the middle of your right palm.*) Let's do it again, like this (*tap finger to the middle of each palm*), and say: 'Was with Jesus!' (*With children.*) 'Was with Jesus!' (*Tap finger to the middle of each palm.*) Can we do all three together? 'And the power (*muscle arms*) of the Lord (*point up*) was with Jesus!' (*Tap finger to the middle of each palm.*) Nice job!

### BASIC TRUTH

Jesus wants to be my friend forever.



WEEK  
**ONE**  
MARCH 2025

SMALL GROUP  
**3-5** YEAR  
-OLDS

PRELUDE      SOCIAL      WORSHIP      STORY      **GROUPS**      HOME

CREATING A SAFE PLACE TO CONNECT  
25 MINUTES

"Now the last part is: 'Luke 5:17!' (*Open hands like a book.*) Put your hands together in front of you and open them like you're opening a book (*open hands like a book*) Now say: 'Luke 5:17!' (*With children.*) 'Luke 5:17!' (*Open hands like a book.*) Great job! I think we're ready to do it all together! Ready, friends? 'And the power (*muscle arms*) of the Lord (*point up*) was with Jesus;' (*tap finger to the middle of each palm*) Luke 5:17. (*Open hands like a book.*) Nice job. Let's do it again!" (*Repeat several times.*)

**AFTER THE ACTIVITY:** "The Bible teaches us that God gave Jesus the power to do some really amazing things that only He could do. **Jesus can do anything.** That's right, friends! **Who can do anything? Jesus can do anything.** Let's say that one more time, friends. **Who can do anything? Jesus can do anything."**



WEEK  
**ONE**  
MARCH 2025

SMALL GROUP  
**3-5** YEAR  
-OLDS

PRELUDE      SOCIAL      WORSHIP      STORY      GROUPS      HOME

CREATING A SAFE PLACE TO CONNECT  
25 MINUTES

## MADE TO MOVE

an activity that uses a preschooler's natural desire to move to help them learn



## 4. CALMING THE STORM

[LIVE FOR GOD | APPLICATION ACTIVITY]

**WHAT YOU NEED:** Blue flat sheet or tablecloth, and plastic toy boat

**WHAT YOU DO:**

**BEFORE THE ACTIVITY:** Spread out the sheet on the floor in an open area.

**DURING THE ACTIVITY:** Encourage children to shake the sheet when you say "Storm" and "Wind" and stop shaking the sheet when you say "Stop." After a few rounds, place the plastic boat on top of the sheet and repeat.

**AFTER THE ACTIVITY:** Review the Bible Story.

**WHAT YOU SAY:**

**BEFORE THE ACTIVITY:** "Friends, come and sit in a circle here around this sheet with me. It reminds me of water. We can use it to review today's Bible Story."

**DURING THE ACTIVITY:** "Everyone, pick up the edge of the sheet in front of you. Hold it very still for me while I tell you what we're going to do. (Pause.) When you hear me say the words 'storm' or 'wind,' I want everyone to shake, shake, shake, the sheet. But when you hear me say the word 'Stop,' I want everyone to stop shaking the sheet and let it become still."

"Okay, here we go! One day Jesus and His friends were in a boat on the lake. Jesus was asleep on the boat when the wind started to blow. But it wasn't just a little wind, it was a big STORM. Okay, friends let's shake the sheet. The WIND blew the boat this way and that way and all over the place. Keep shaking. The waves grew bigger and bigger, and the disciples were afraid, so they woke Jesus up and asked Him for help. Jesus stood up and told the storm to STOP. Okay friends, stop shaking. (Pause.) Good job! The disciples were AMAZED! Let's do it again, but this time, I'm going to add a toy boat on top of the sheet. Let's be careful when shaking this time so no one gets hurt. (Repeat the activity.) Wow, that was fun!"

**AFTER THE ACTIVITY:** "Jesus could stop the wind and waves, because Jesus is God's Son and **Jesus can do anything! Who can do anything? Jesus can do anything!**"

## BIBLE STORY

Jesus can calm a storm.

### CALMING THE STORM

**MATTHEW 8:23-27;**

**MARK 4:35-41; LUKE 8:22-25**

## MEMORY VERSE

"And the power of the Lord was with Jesus."

**LUKE 5:17, NIV**

## KEY QUESTION

Who can do anything?

## BOTTOM LINE

Jesus can do anything.

## BASIC TRUTH

Jesus wants to be my friend forever.



WEEK  
**ONE**  
MARCH 2025

SMALL GROUP  
**3-5** YEAR  
-OLDS

PRELUDE      SOCIAL      WORSHIP      STORY      GROUPS      HOME

CREATING A SAFE PLACE TO CONNECT  
25 MINUTES

## MADE TO REFLECT

an activity that encourages personal application and prayer



## 6. JOURNAL AND PRAYER

[PRAY TO GOD | PRAYER ACTIVITY]

**WHAT YOU NEED:** "Memory Verse Card" Activity Page, cardstock, scissors, Bible, journal, and a fun-shaped pen

*Note: You can find examples of hand motions in the "Memory Verse Hand Motions" PDF and video, included in the Prelude folder and on Pinterest.*

### BIBLE STORY

Jesus can calm a storm.

**CALMING THE STORM**  
**MATTHEW 8:23-27;**

**MARK 4:35-41; LUKE 8:22-25**

### WHAT YOU DO:

**BEFORE THE ACTIVITY:** Copy "Memory Verse Card" on cardstock and cut, one per Small Group. Place one card in your Bible at Luke 5:17. *Note: Keep this card in your Bible all month long.*

Show the children how to rub their hands together to make a wind sound as you lead them to your Small Group spot. Sit down and gather the children around you.

**DURING THE ACTIVITY:** Review the Bible Story and Memory Verse Hand Motions, then encourage the children to help you make a list in the journal of emotions we feel.

**AFTER THE ACTIVITY:** Pray with the children using the list you made in the journal.

### MEMORY VERSE

"And the power of the Lord was with Jesus."

**LUKE 5:17, NIV**

### WHAT YOU SAY:

**BEFORE THE ACTIVITY:** "It's Small Group time! Today we're going to make it windy, like in a windstorm! Or at least we're going to make it sound like wind. Just do what I do and follow me! (*Show the children how to make a wind sound by rubbing your hands together as you lead them to your Small Group spot.*)

"When I say 'stop,' you can stop rubbing your hands. Okay . . . stop! Now we can sit down and talk about today's Bible Story. One, two, three, sit down with me!"

### KEY QUESTION

Who can do anything?

**DURING THE ACTIVITY:** (*Open the Bible and lay it in front of the children.*) "In our Bible Story today, a big storm came while Jesus and His disciples were in a boat. The disciples were very afraid of the wind and waves, so they asked Jesus to help them. What did Jesus do when the disciples asked Him for help? (*Pause for response.*) You're right! Jesus told the storm to stop, and it stopped! Jesus can make a storm stop because **Jesus can do anything.** That's why every time I ask you, '**Who can do anything?**' I want you to say, '**Jesus can do anything!**' Ready? **Who can do anything? Jesus can do anything!** Yay! (*Clap.*) **Jesus can do anything!**

### BOTTOM LINE

Jesus can do anything.

### BASIC TRUTH

Jesus wants to be my friend forever.



WEEK  
**ONE**  
MARCH 2025

SMALL GROUP  
**3-5** YEAR  
-OLDS

PRELUDE      SOCIAL      WORSHIP      STORY      GROUPS      HOME

CREATING A SAFE PLACE TO CONNECT  
25 MINUTES

"We're going to start learning a Bible verse that tells us how **Jesus can do anything**. It says: 'And the power (*muscle arms*) of the Lord (*point up*) was with Jesus,' (*tap finger to middle of each palm*) Luke 5:17. (*Open hands like a book.*) Let's stand up and say that Bible verse together! Just say what I say and do what I do! 'And the power (*muscle arms*) of the Lord (*point up*) was with Jesus,' (*tap finger to middle of each palm*) Luke 5:17. (*Open hands like a book.*)

"Wow! You sound great! Way to go! (*Give fist bumps.*) Now let's sit down so we can write in our prayer journal and talk to God. (*Open journal.*) Jesus' friends, the disciples, felt afraid because of the storm. We feel afraid sometimes. We feel lots of emotions. I thought we could make a list of emotions in our journal, and then we can use the list when we pray. When I say your name, tell me an emotion that you have felt, and I will write it in our journal. (*Remember to print as you write in the journal, so the children can recognize their names and the letters.*)

**AFTER THE ACTIVITY:** "Thank you for making this list with me. (*Hold up journal.*) Would anyone like to pray before I pray? (*Give each child who wants to pray the opportunity to do so.*) Dear God, sometimes we feel afraid like the disciples, and sometimes we feel (*read the list the children made*). Thank You for hearing us when we pray. We know we can talk to you about anything. Thank You for loving us and always being with us. Help us remember that **Jesus can do anything** and that He wants to be our friend forever. We love You, God. In Jesus' name. Amen."