



## Peace, Be Still

### Objectives:

- Talk about how Christ will bring us peace during the storms of life if we have faith.
- Emphasize that the test of life is to be obedient to God's commandments even amidst life's storms.

### Reinforces Principles of:

- Peace
- Faith
- Prayer

### Each lesson contains 5 activities:

(Choose the activities that fit your family's schedule.  
Additional resources are provided as extra time may be available.)

- Reverence Time:** Song, prayer, scripture and video clip  
**Lesson Time:** Lesson summary and points to ponder  
**Story Time:** Story  
**Activity Time:** Object lesson or activity  
**Treat Time:** Prayer, theme related recipe & music video



# Reverence Time

Approximate Time: 5 minutes

**Sing Together:** Hymn #105 “Master, the Tempest Is Raging.”

If you wish to print sheet music or have an online music file to accompany you visit:  
<https://www.lds.org/music/library/hymns/master-the-tempest-is-raging>

**Prayer:**

**Scripture Time:** John 16:33

33. These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

**Video Clip:** Watch a clip (0:20 - 1:51) from the Living Scriptures Streaming Library, *The Miracles of Jesus (The Animated New Testament)*



## Lesson Time

Approximate Time: 10-15 minutes

### Lesson Summary:

**Why were Jesus' disciples frightened by the storm?** (Discuss ideas.)

"...insomuch that the ship was covered with the waves: but he was asleep. And his disciples came to him, and awoke him, saying, Lord, save us: we perish." (Matthew 8:24-25).

**How did Jesus calm their fears?** (Discuss ideas.)

"And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm." (Mark 4:39).

In the song, "Master the Tempest Is Raging" we sing: "...Whether the wrath of the storm-tossed sea Or demons or men or whatever it be..."

**What kinds of "storms and demons" might we face in our lives?** (Discuss ideas.)

Disease, disabilities, injuries, financial losses, death of a loved one, illness and disappointment from not receiving a hoped for opportunity or blessing that are not due to our own choices are just a few of the storms we might have to face in this life.

President Monson said, "As a boy, I could fathom somewhat the danger of a storm-tossed sea. However, I had but little understanding of other demons which can stalk our lives, destroy our dreams, smother our joys, and detour our journey toward the celestial kingdom of God. ... I'll name but a few: the Demon of Greed; the Demon of Dishonesty; the Demon of Debt; the Demon of Doubt; the Demon of Drugs; and those twin Demons of Immodesty and Immorality. Each of these demons can wreak havoc with our lives." *Thomas S. Monson, Liahona, Nov 2002 © Intellectual Reserve, Inc. All rights reserved.*

**How can we find peace during life's storms?** (Discuss ideas.)

"In our own storms in life the Savior is our solace and our sanctuary. If we seek peace, we must come unto Him, the Man who suffered for mankind, who committed His life to healing the sick and comforting the disconsolate, is mindful of your sufferings, doubts, and heartaches. ... The Savior's teachings and the Church constitute our best safe harbor—yes, our most secure 'refuge from the storm.' (D&C 115:6). ...Living the gospel does not mean the storms of life will pass us by, but we will be better prepared to face them with serenity and peace." *Joseph B. Wirthlin, Ensign, May 2000 © Intellectual Reserve, Inc. All rights reserved.*

"Choose to obey the Lord quickly, always, in quiet times and in storms. As we do, our faith will be strengthened, we will find peace in this life, and we will gain the assurance that we and our families can qualify for eternal life in the world to come." *Henry B. Eyring, Liahona, Nov 2005 © Intellectual Reserve, Inc. All rights reserved.*

**Points to Ponder:**

**Why did Jesus rebuke the disciples for their lack of faith?** (Discuss ideas. See Matthew 8:26)

“None of us would like to think we have *no* faith, but I suppose the Lord’s gentle rebuke here is largely deserved. This great Jehovah, in whom we say we trust and whose name we have taken upon us, is he who said, ‘Let there be a firmament in the midst of the waters, and let it divide the waters from the waters.’ (Gen. 1:6.) ... Furthermore, it was he who parted the Red Sea, allowing the Israelites to pass through on dry ground. (See Ex. 14:21–22.) Certainly it should be no surprise that he could command a few elements acting up on the Sea of Galilee. And our faith should remind us that he can calm the troubled waters of our lives.” *Howard W. Hunter, Ensign, Nov 1984 © Intellectual Reserve, Inc. All rights reserved.*

**How does Jesus Christ’s peace differ from the world’s definition of peace?** (Discuss ideas.)

“‘Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.’ (John 14:27.) ... This peace is of a special kind. With Christ’s peace comes the deep, inner assurance that all things, even our greatest sufferings, will be for our good. ... Such peace does not depend on external circumstance but grows as we become one with Christ.” *George S. Tate, Ensign, Apr 1978 © Intellectual Reserve, Inc. All rights reserved.*

**Quote:**

“The great test of life is to see whether we will hearken to and obey God’s commands in the midst of the storms of life. It is not to endure storms, but to choose the right while they rage.” *Henry B. Eyring*

“Stand fast, ye Saints of God, hold on a little while longer, and the storm of life will be past, and you will be rewarded by that God whose servants you are, and who will duly appreciate all your toils and afflictions for Christ’s sake and the Gospel’s. Your names will be handed down to posterity as Saints of God.” *Joseph Smith*



## Story Time

(Approximate Time: 3 minutes)

Jessie quietly sang, “Rain falls, sweet rain on my window and the columbine are bending their heads in the rain,” as she listened to the sound of the rain falling on the trailer roof, mingled with the sound of bacon sizzling.

“What are you so cheerful for?” Austin grumbled. “Now I can’t go fishing this morning. We’ll probably be *stuck* inside the trailer our *whole* vacation.”

“I like the sound of the rain,” Jessie answered. “Plus, Mom’s cooking my favorite. Mmmmm, bacon. I am sorry, you don’t get to go fishing, though.”

“We can still go fishing after breakfast,” Mother interjected. “I brought the *Go Fish* game.”

“Oh, Mom,” Austin groaned, pulling his sleeping bag over his head. “It’s just not fair. What did I do so wrong that Heavenly Father has to punish me like this?”

“Come on, Champ,” Father said, pulling the sleeping bag away from Austin’s face. “You know that’s not how the Lord works. Think of it as a *test*, not a punishment.”

“A test *is* punishment,” Austin complained.

Father brushed Austin’s hair out of his eyes. “Son, do you remember what Elder Eyring taught us during General Conference last October? ‘The great test of life is to see whether we will *obey* God’s commands in the midst of the storms of life.’”

Austin thought about what Elder Eyring had said. “Like when we have a test at school! No matter how hard it is, you don’t cheat?”

Father smiled at his son’s analogy. “That’s right. Now, think about how you might feel when you get a ‘B’ on a test you did your best on, opposed to getting an ‘A’ on a test you cheated on.”

“I’d feel good about a ‘B,’ but, I’d feel guilty if I cheated, even if I did get an ‘A,’” Austin concluded. “But, *what* does all of this have to do with *our vacation being ruined?*” Austin grumbled.

“If this is a test and we spend the whole time moping around and blaming God we’ll be miserable.”

“But,” Jessie responded, “If we make the best of it. We can still have a good time. Rain or no rain. Right, Dad?”

“That’s right, Sweetie!” Father agreed. “Did I ever tell you about when I was a kid and we were on vacation in this exact same spot?”

“Here we go again,” Austin teased sarcastically.

“It was raining cats and dogs, just like it is today. But, instead of being in a nice warm trailer we were in a leaky tent.”

“Even *I* don’t like the rain *that* much,” Jessie said, rolling her eyes.

“Well, Uncle Rhett’s family felt the same way, Jessie. They packed up and went home and spent their vacation cleaning out their garage. How would you like to spend your vacation doing that?” Father asked.

Jessie and Austin both shook their head, “Not at all!”

“If you ask my cousin Ken, he’ll tell you it was the *worst* vacation they ever had. But, it was one of the best vacations our family ever had!” Dad reminisced.

“Why? What did you do?” Austin, curiously asked.

“Well, we all bundled up in our sleeping bags in a circle and played games, munched on Grandma’s homemade caramel corn and drank homemade root beer.”

“You ate caramel corn for dinner?” Jessie asked.

“No, at dinner time we made ponchos out of black garbage bags. Then Grandpa built a bonfire with the dry firewood we had brought from home and we roasted hot dogs and drank hot chocolate. Mmmmm.” Father closed his eyes and smiled at the memory, “It was the best meal I’ve ever had up camping.”

“Can *we* roast hot dogs in the rain for dinner?” Austin asked.

Mother laughed, “We have a warm trailer and a nice stove to cook on.”

Father winked at Austin. “But, Honey, roasting hot dogs in the rain makes memories.”

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After dinner when the kids were asleep, Mother and Father huddled under a tarp by the cozy fire. “Thanks for *helping* the Savior calm the storm,” Mother whispered.

“But, it’s still raining!” Father said puzzled.

“I know, but you brought His *love* into our storm tossed-boat and now our children are happy and *peacefully* sleeping.”

by Margie Nauta Lee



## Activity Time

**What you need:** A copy of the “Peace, Be Still” activity (artwork included with this lesson), scissors, glue, tape, stapler, cardstock and scriptures.

### Preparation

1. **Print** out the artwork.
2. **Glue** all artwork except sail, mast and cards to cardstock.
3. **Cut** out artwork.
4. **Staple** boat body together, leaving top open. Cut along dotted lines. Place boat on stand.
5. **Roll** and tape mast to form a cylinder. Glue sail to mast and place in boat.
6. **Fold** and glue the Jesus figure together and place on stand. Place on board at the START.

### Activity:

(Younger children will need help from an older sibling or parent.)

1. **Read:** Robert D. Hales taught, “We are living through turbulent times. A great storm of evil has come upon the earth. The winds of wickedness howl about us; the waves of war beat against our ship. ... It is true that ominous clouds gather around us, but just as the Savior’s words brought peace to the Apostles in the boat, they bring peace to us today.” *General Conference, April 2003 © Intellectual Reserve, Inc. All rights reserved.*

2. **Explain:** Our lives are like the apostles’ boat. Sometimes the sailing is smooth and other times we’re tossed about in the storm and the only way we can find peace during these storms of life is to invite the Savior into our boat (lives).

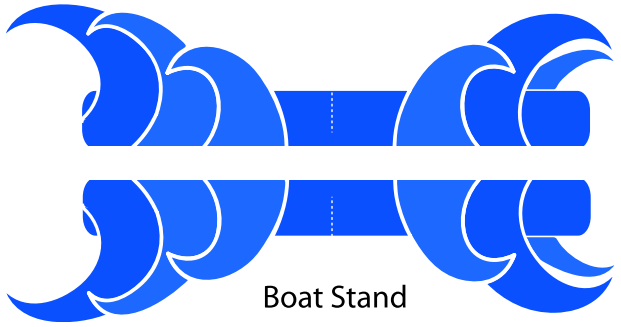
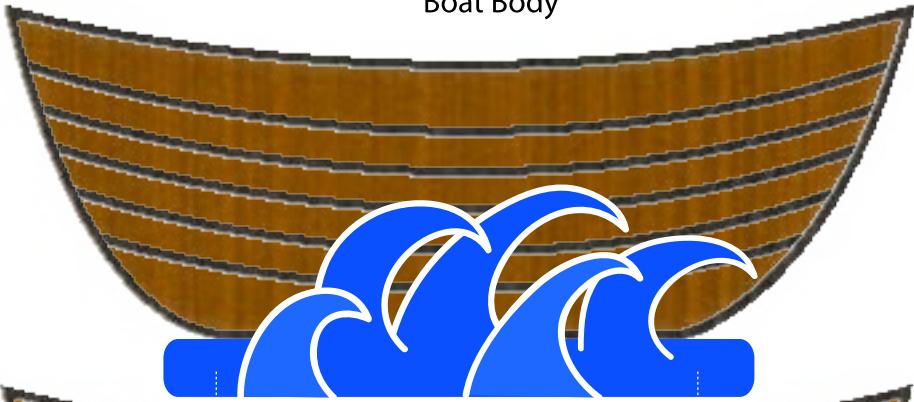
3. Take turns moving the Jesus figure around the board, reading and discussing each space until you reach the boat. Place the Jesus figure in the boat.



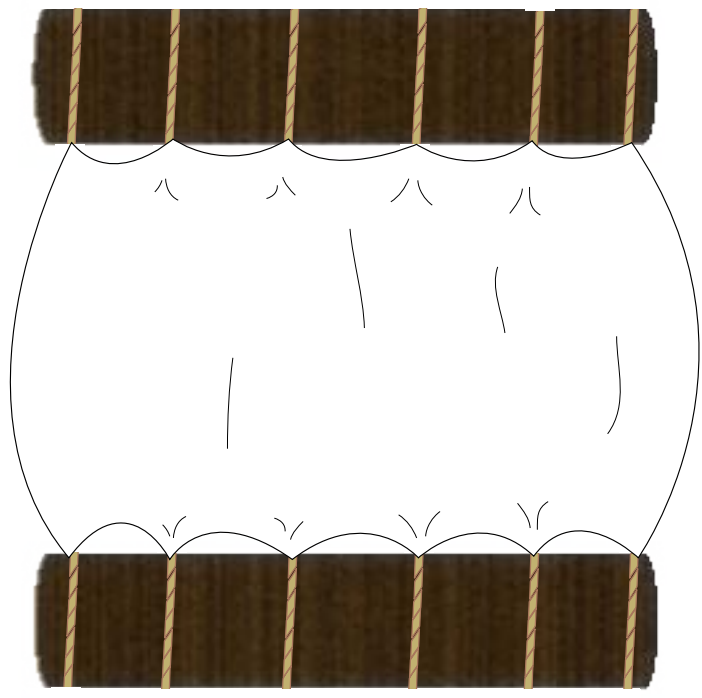
4. **Read:** “Peace was on the lips and in the heart of the Savior no matter how fiercely the tempest was raging. May it so be with us—in our own hearts, in our own homes, in our nations of the world, and even in the buffetings faced from time to time by the Church. We should not expect to get through life individually or collectively without some opposition. ... And of course there has to be faith for the whole journey, the entire experience, the fulness of our life, not simply around the bits and pieces and tempestuous moments. ... At the end of the journey, an end none of us can see now, we will say, ‘Master, the terror is over. ... Linger, Oh, blessed Redeemer! Leave me alone no more.’” *Howard W. Hunter, Ensign, Nov 1984 © Intellectual Reserve, Inc. All rights reserved.*

5. Conclude by bearing testimony of how the Savior will give us peace no matter what storms we face, if we faithfully seek to bring Him into our lives.

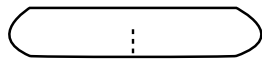
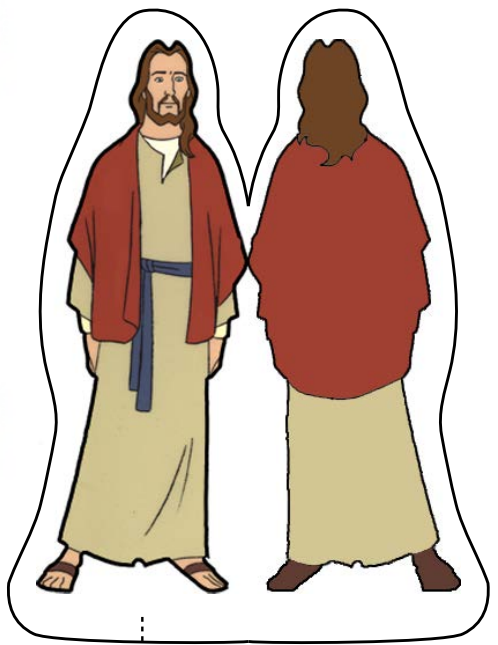
Boat Body



Boat Stand



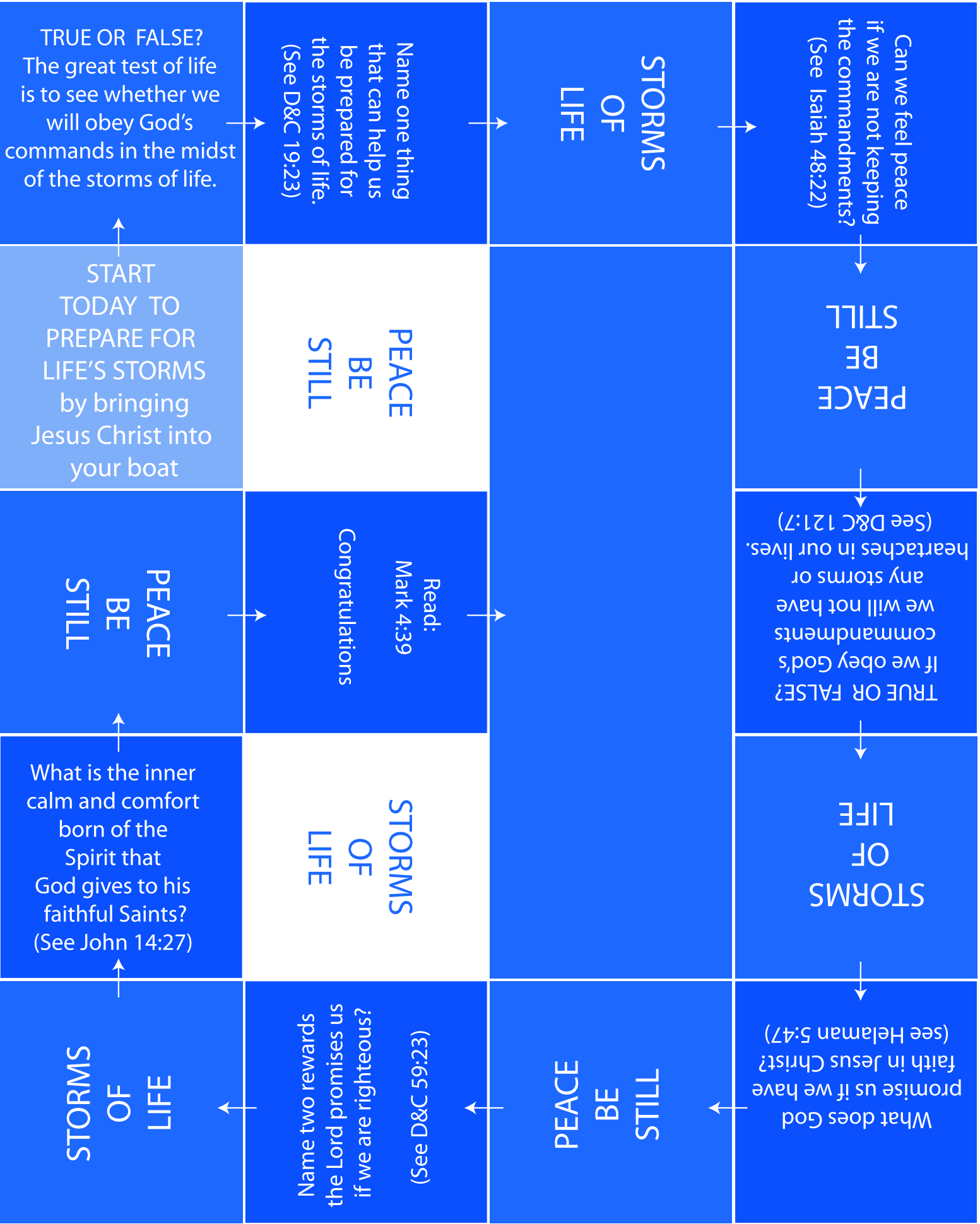
Boat Sail



Boat Mast



<p>You stole a toy from your friend. You thought it would make you happy if you had it , but instead you feel sick.</p> <p>What can you do to feel at peace?</p>	<p>You are very upset, because your neighbor ran over your bicycle. How can you find peace?</p>	<p>Your family just moved and you're afraid to go to the new school.</p> <p>What can you do to feel at peace?</p>
<p>LIFE OF STORMS</p>	<p>LIFE OF STORMS</p>	<p>LIFE OF STORMS</p>
<p>When your Dad lost his job your family had a special fast. Now, instead of being scared, you have a peaceful feeling in your heart. Why?</p>	<p>A girl at school makes fun of you because you don't have as many clothes as she does. Instead of feeling bad, you think about how blessed you are to have a mom who loves you and keeps your clothes neat and clean. How does this make you feel?</p>	<p>You're babysitting your younger siblings and they're fighting. Instead of getting angry, you ask the Lord for help. You then get the idea to read them a bedtime story. This settles them down and they go to sleep. Who helped you bring peace into your home?</p>
<p>STILL BE PEACE</p>	<p>STILL BE PEACE</p>	<p>STILL BE PEACE</p>





# Treat Time

**Approximate Time: 20 minutes**

**Prep Time:** 5 minutes

**Bake Time:** Approximately 10 minutes

## Peace “Filled Boats”

2 Large eggs, beaten  
1/2 cup milk  
1/2 cup flour  
1/4 teaspoon salt  
Optional: 1/2 teaspoon almond or vanilla extract  
1 cup sliced strawberries  
Whipped cream  
Powdered Sugar  
6 pretzel sticks



Preheat oven to 425°.

Generously butter or apply cooking spray to a (6 c.) muffin tin and an 8” x 8” square cake pan. Combine ingredients in a mixing bowl. Beat until smooth. Pour the batter into prepared muffin tin (3 Tbs. in each cup). Pour remaining batter into cake pan.

Bake for 5 minutes. Turn pan and continue to bake for approximately 5 minutes or until puffed and golden. Turn out the square and cut into six rectangles. Sprinkle with powdered sugar. Turn “Muffins” out and over. There is sometimes a skin of cooked batter that must be removed to reveal the little cup.

**Treat Time:** Thread a pretzel stick through the center of the rectangle to make the sail. Fill boats with strawberries and whipped cream. Place the sail in the center.

**Closing Prayer** and blessing on the food.