

NEW TESTAMENT 2023

Come, Follow Me

with

Living Scriptures

STREAMING



Peace, Be Still

Matthew 8; Mark 2-4; Luke 7

Objectives:

- Talk about how Christ can bring us peace in the storms of life and provide miracles if we have faith.

Reinforces Principles of:

- Faith, peace

Reverence Time

Song:

Master, the Tempest is Raging, Hymn #105

<https://www.churchofjesuschrist.org/music/library/hymns/master-the-tempest-is-raging>

Scripture:

Matthew 8:24-27

“And, behold, there arose a great tempest in the sea, 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. And he saith unto them, Why are ye fearful, O ye of little faith? Then he arose, and rebuked the winds and the sea; and there was a great calm. But the men marveled, saying, What manner of man is this, that even the winds and the sea obey him!”

Video:

Watch this week's clip from the Living Scriptures Streaming Library. Find the clip at <https://www.livingscriptures.com/fhe-lesson-peace>

Lesson

Summary:

During his life on earth, Jesus performed many miraculous healings. He healed lepers, He restored sight to the blind, He cast out evil spirits, and He even raised the dead.

Jesus showed us through these miracles that He is the Son of God, and He has power over all things.

Though Jesus may not always heal the sickness and sufferings we face in life, He has power to bring us peace. When we face our challenges with faith in Jesus Christ, He gives us strength and a special kind of peace that replaces our fear with calm.

Quote:

"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

Questions:

Why were Jesus' disciples frightened by the storm?

How did Jesus calm their fears?

What kinds of "storms" might we face in our lives?

How can we find peace during life's storms, or when we are afraid?

Description: This fun PEACE, BE STILL GAME will help your children learn how they can find peace during life's storms through prayer & faith in Jesus Christ.

What you need:

- A copy of the "Peace, Be Still" activity (artwork included with this lesson), scissors, glue, tape, stapler, cardstock and scriptures

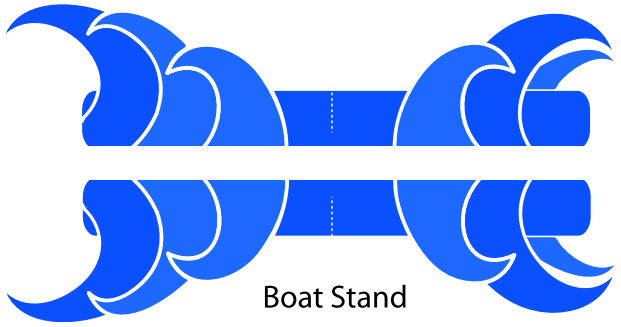
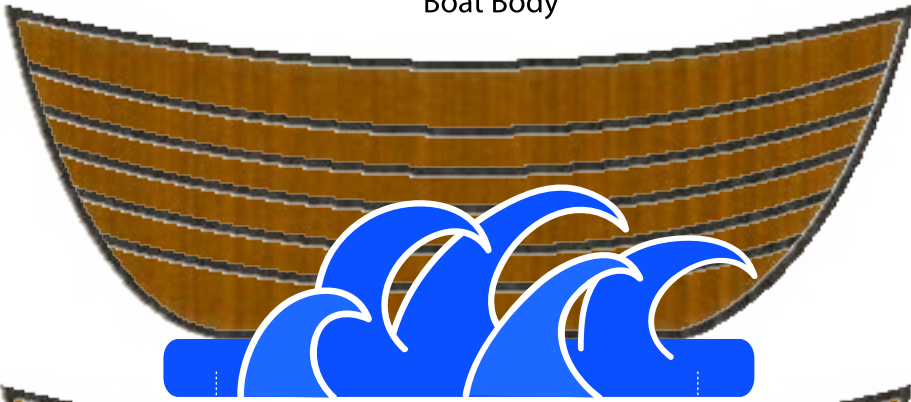
Preparation:

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.

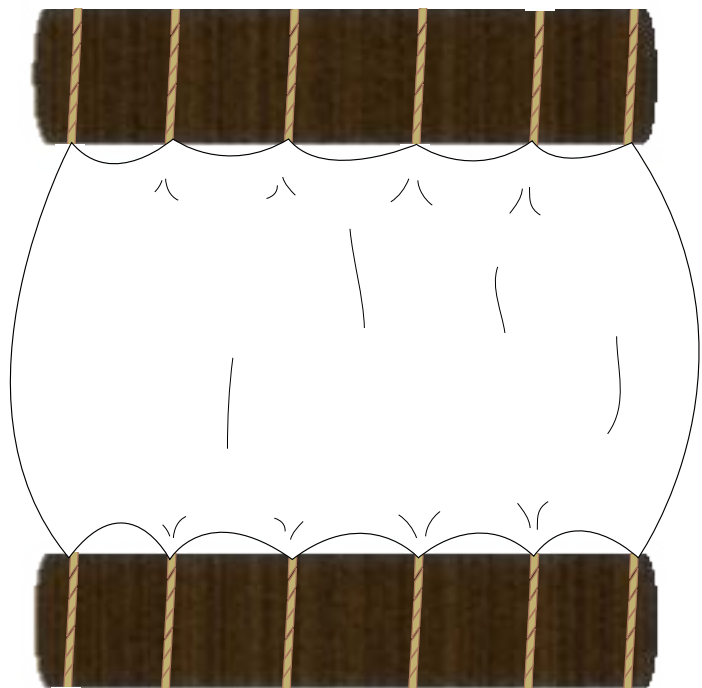
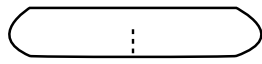
Activity:

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.
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.

Boat Body



Boat Stand

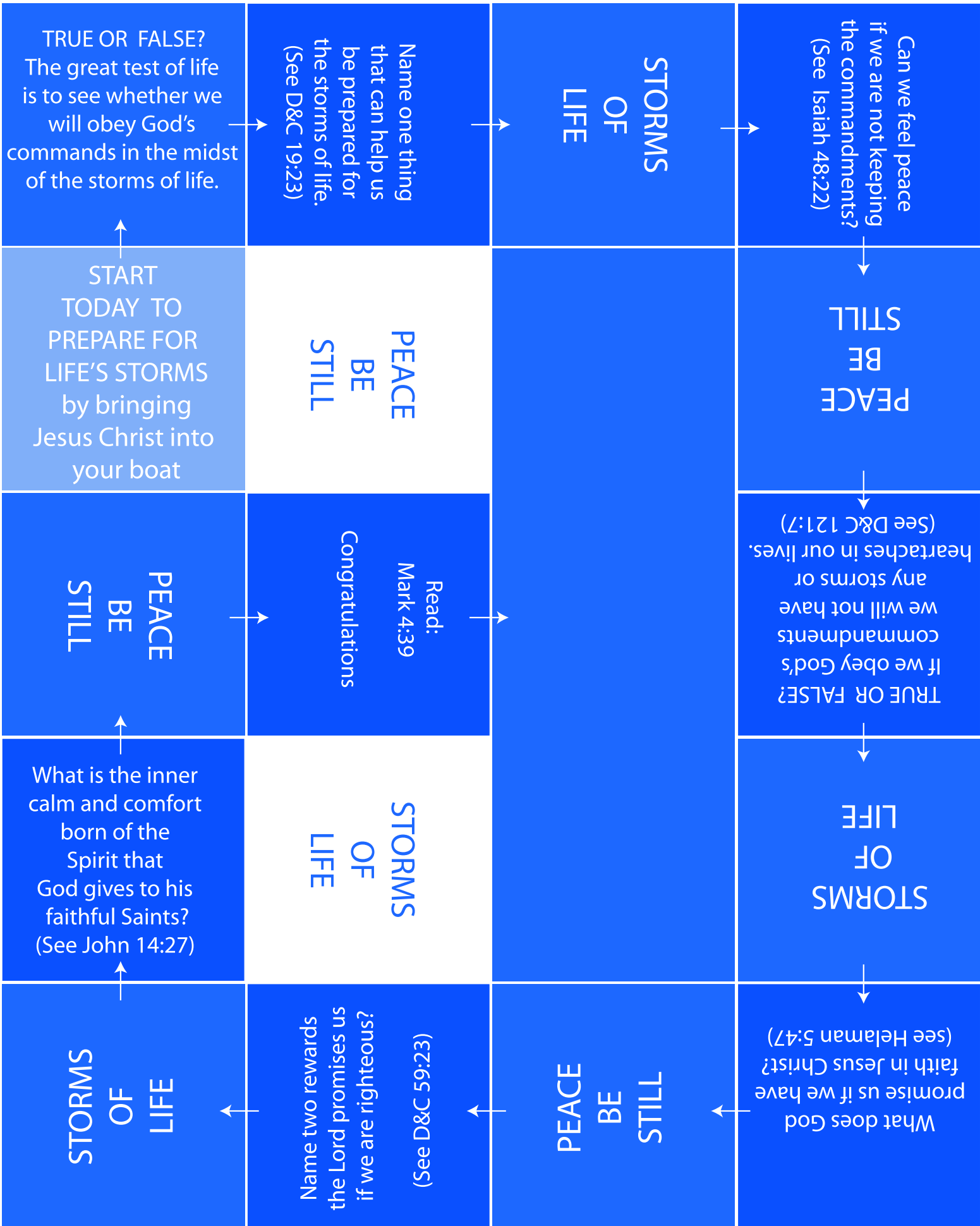


Boat Sail



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

"Peace-filled" Boats

Prep Time: 5 minutes
Bake Time: 10 minutes



Ingredients: 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 raspberries or sliced strawberries
Whipped cream
Powdered Sugar
6 pretzel sticks

Instructions: 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 berries and whipped cream. Place the sail in the center.