

DAY 4

**WE LOVE  
BECAUSE  
GOD FIRST  
SUPPORTED  
US!**



# ***Day 4: We Love Because God First Supported Us***

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- **Games:**
  - **Aboard the Ship**
  - **Giants, Wizards, and Elves**
- **Craft:**
  - **Jesus Calms the Storm Paper Wheel**

## **Supplies Needed:**

- **Weather Cards**
- **Bible**
- **Blank Paper**
- **Coloring Utensils (Crayons, Markers, Colored Pencils, Ect.)**
- **Jesus Calming the Storm Paper Wheel (Two Pieces)**
- **Scissors**
- **Paper Fasteners**

# Intro To SWAT

## What is SWAT?

**SWAT** stands for **SILENT WATCH AND ANCHORED TIME**. It is our intentional time to dig into scripture. (AKA Bible Study!)

Our SWAT follows the **Hook, Book, Look, Took** model. This Model helps to make sure there are pieces of each SWAT to appeal to different styles of learning.

**HOOK** - Hook is an intro into the bible study. It helps to grab the attention of the group, get their brains to start thinking, and often to get some wiggles out! This is particularly great for Kinesthetic learners.

**BOOK** - Book is where we begin to dig into our Bibles! We have time to ask questions and analyze what the scripture is really saying. Through reading and discussions, this section is helpful for aural and verbal learners, and those who need to know the facts!

**LOOK** - Look is a hands on activity to emphasize what we learned about in the Book section. This section is helpful for people who are interested in seeing how things work.

**TOOK** - Took is an activity that often helps us apply the ideas we have discussed to the "real world." It helps us to ask the question, "so what?" Often this activity will be more reflective, and helps learners who need time to process information internally.

This particular SWAT curriculum is designed for youth entering 1-6th grade. However, with intentional conversations you can easily adapt the discussion questions to fit older youth as well.



## **Day 4 SWAT**

**Biblical Text** – Mark 4:35-41

**Concept** – Because God first supported us, we can support each other. Through good and bad God gives us a community to lean on.

**Supplies** – Weather Cards, Bible, Blank Paper, Coloring Utensils

### **SWAT OPENING RITUAL**

Open SWAT by placing objects of nature together in the form of a cross. Explain that this will be a symbol to remind us that God is present with us. OR create your own opening ritual!

**Hook** - *An activity to get some wiggles out and get ready for our Bible Study!*

### **Weather Check-in**

Print off the weather cards. Spread them out and have everyone in the group select the card that relates best to how their day or week is going. Have each person share which card they picked and why. If your group wants to use the cards more, put the cards back in the center and pick a new card that relates to how they are feeling about how their year is going.

### **What is a metaphor?**

Ask the group what they think the word metaphor means?

Metaphor - a figure of speech in which a word or phrase is applied to an object or action to which it is not literally applicable.

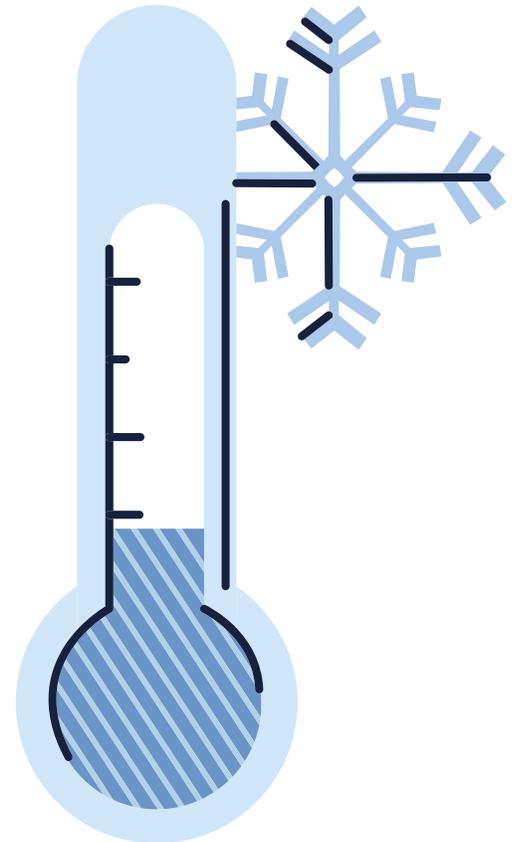
We are using these weather cards as metaphors for how we are feeling today. Our Bible story today will talk about a literal storm, but we will talk about how metaphorically we also have storms in our lives. Like when something sad happens to your family, you didn't pass a test at school, etc.

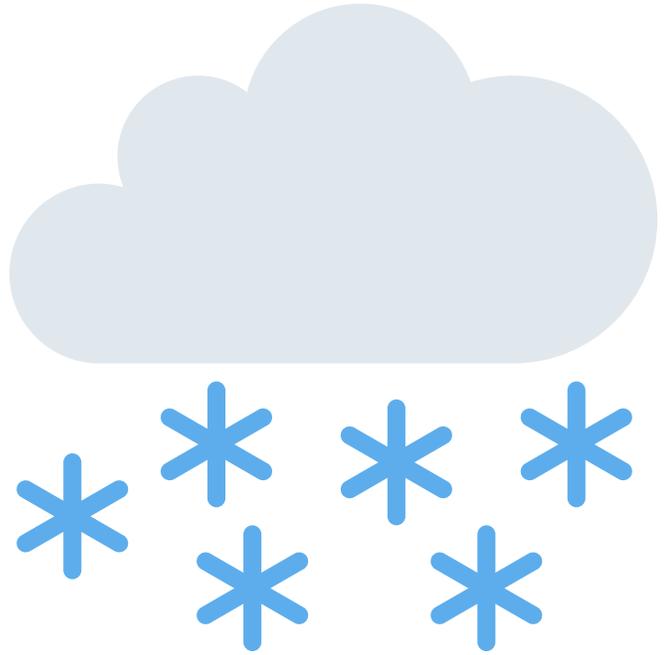
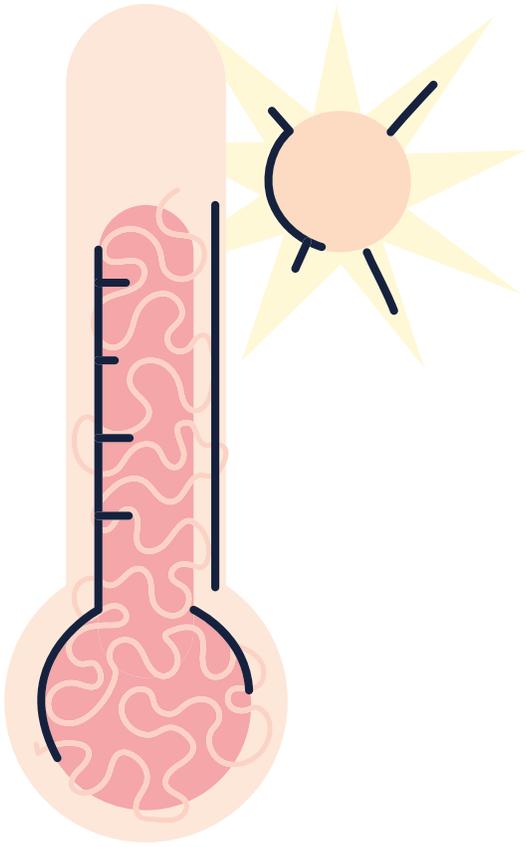
### **TALKIE TALKIE**

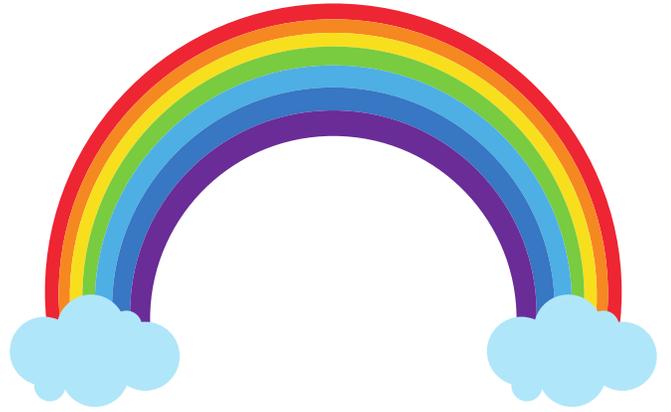
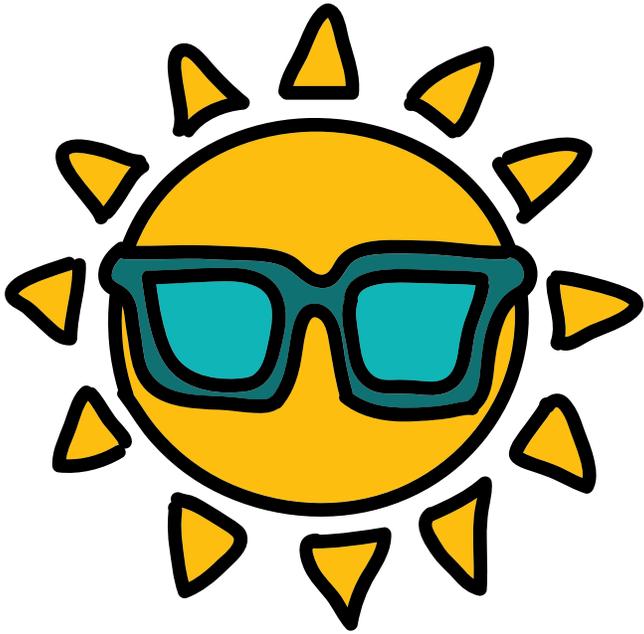
Have you ever been in a storm that scared you? Allow time for campers to share scary storms they have experienced.

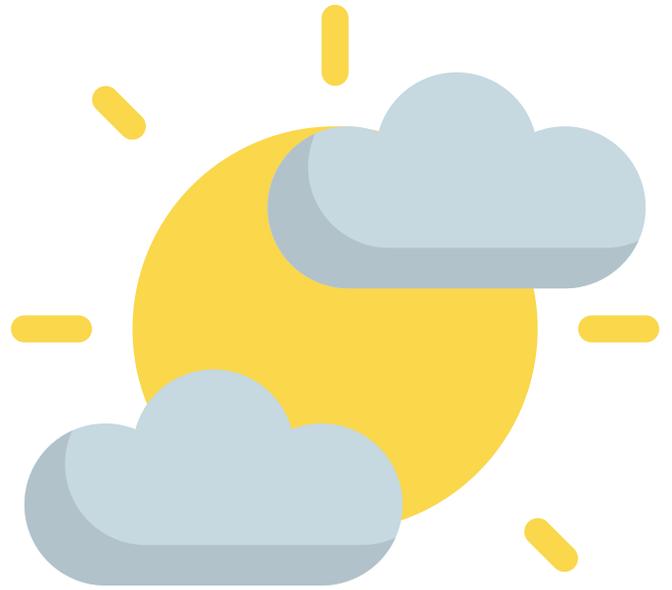
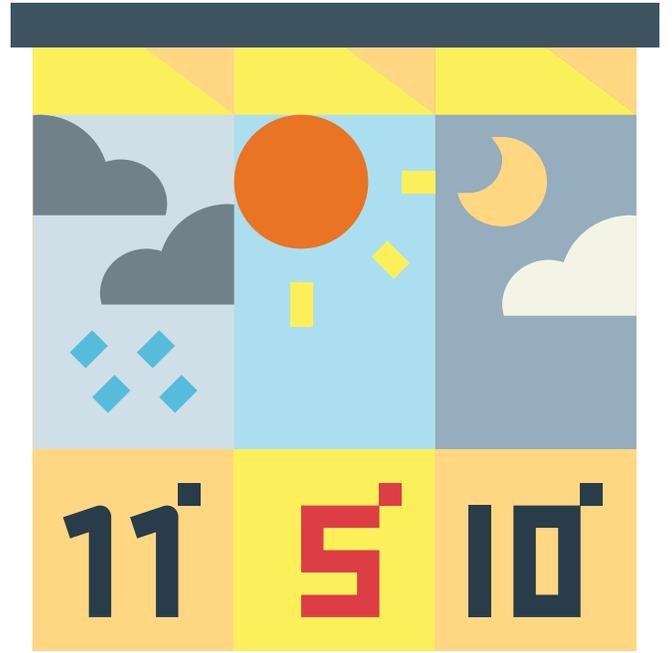
**THE POINT IS: WE HAVE ALL BEEN IN A STORM. TODAY WE LEARN ABOUT JESUS HELPING HIS DISCIPLES THROUGH THE STORM.**

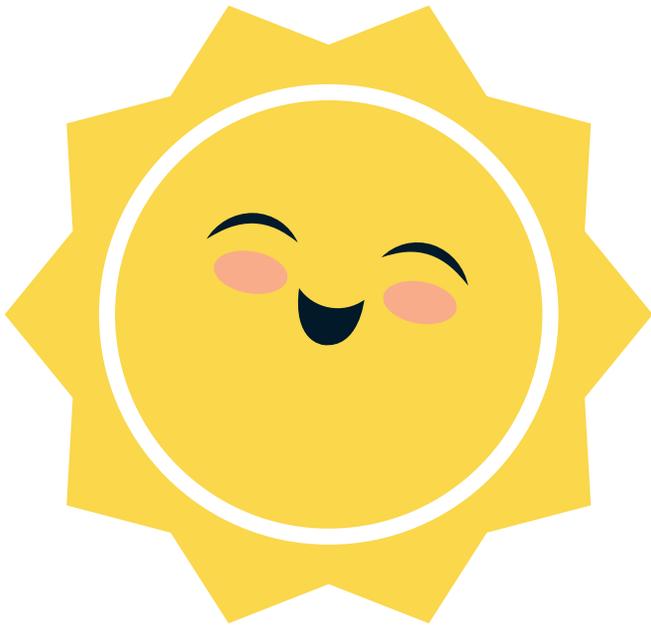












Foggy



## **Day 4 SWAT (Continued)**

**BOOK** - *Let's dig into the Bible!*

### **I WONDER...**

Before reading the passage, let the group know you'll be asking after we read the story to see if they have any "I wonder..." questions about the scripture afterwards where they can ask any questions about the reading that pops into their head.

### **Read: Mark 4:35-41**

Have the group close their eyes and listen to the story while you read. Have them imagine themselves in the setting of the scripture you are about to read. Tell them that they should try to imagine how they would have felt if they were one of the disciples. When they open their eyes share your **I Wonder** questions.

Some **I wonder** ideas if you need:

- Why do you think Jesus slept through the storm...
- Half the disciples are fisherman, weren't they used to being stuck in storms?
- Would I have trusted Jesus in the moment...

### **BASIC QUESTIONS:**

- Who was on the boat?
- What would the weather have felt like?
- How do you think it felt to be on the boat?
- How do you think Jesus was able to stay asleep when there was a storm? [*He was very tired, he knew that they would be okay, he wasn't worried.*]
- How did the disciples react to Jesus sleeping? [*They asked, "Teacher, do you not care that we are perishing?"*]
- What did Jesus have to do to calm the storm? [*He said, "Peace. Be still."*]
- What did Jesus say to the disciples? [*"Why are you afraid? Have you still no faith?"*]



## **Day 4 SWAT (Continued)**

### **Re-Read: Mark 4:35-41 – Act it Out**

Share with the group that you are going to bring the story to life by acting it out! Ask for volunteers for the following parts:

- Jesus
- Disciples
- Storm
- Narrator

### **WHAT ABOUT US QUESTIONS:**

- Why do you think they didn't wake Jesus up right away? Why did they wait until they were completely terrified to wake him? [*We tend to pray/turn to God only when we've completely given up, can't take care of the problem on our own, and are terrified. Then we demand to know why God wasn't there sooner: "Don't you care?"*]
- Who do you turn to when you are scared?
- How do you help others when they are scared?
- Would you have trusted Jesus in the moment?
- How do you find trust in God when scary things happen?

**POINT IS: THE DISCIPLES LEARN TO TRUST THAT JESUS WILL BRING PEACE AS JESUS CALMS THE STORM.**

**LOOK** - *Let's dig a little deeper!*

### **Let's Build a Boat**

Have the group use their bodies to build a boat. Make sure everyone is a piece of the boat. Have them think about what the boat needs and who would be those parts. Once the boat is built go "sailing". Call out different scenarios such as calm day at sea or large waves and act out how the boat would move in each situation. Gather the group back together to process the activity.



## **Day 4 SWAT (Continued)**

### **Processing Questions:**

- What was it like to work together to build a boat?
- Would you have been able to build the boat on your own?
- How is building the boat together and going through the pretend storms together like supporting each other when someone is having a bad day? How do you make sure to support each other?
- How do you notice someone might need support when it seems invisible?
- How do you allow others to help you?

**POINT IS: THROUGH GOOD AND SUNNY DAYS AND HARD DAYS THAT FEEL LIKE A BIG STORM, WE CAN LEAN ON ONE ANOTHER FOR SUPPORT.**

**TOOK** - *What should we do?*

### **Who's on Your Boat?**

We all have "storms" in our lives. Storms that aren't created by nature, but by life events and actions that we take. When we go through a "life storm" sometimes it can feel lonely and like we are the only one having a bad day. When we feel like we are going through rough patches it is good think about the people around you who love and care for you. Who show up when things are hard just like Jesus showed up for his disciples when they were scared during the storm in the story. Jesus is always with us when we are going through a "storm".

Give everyone in the group a blank sheet of paper and have them create a picture of what their "boat" looks like with markers. It can be from a past stormy or calm time or a snapshot from now.

- What is the water like? Rough? Smooth?
- Who is with you in the boat to support you through your journey?
- Who could you support on their journey?

When everyone is done, give everyone a chance to share their creations.

**POINT IS: BECAUSE GOD FIRST SUPPORTED US, WE CAN SUPPORT EACH OTHER.**



## Day 4 SWAT (Continued)

### CLOSING SWAT PRAYER & RITUAL

#### **PRAYER**

You can choose to make up your own prayer, have a camper prayer or use this prayer:

*Jesus,*

*You are the protector and our peace. We know that in our life we will face many storms but we also know that you will help us through. Hear us now as we pray about the life storms we are weathering (go around the circle and have campers pray about a life storm that is happening for them, make sure campers have the option to pass if they desire) In your name we lift these prayers to you.*

*Amen*

#### **CLOSING SWAT RITUAL**

Close SWAT by having the group create a handshake or actions that will be used as a "blessing." Include the words, *"God has and will always LOVE YOU!"*





## **WE LOVE BECAUSE GOD FIRST SUPPORTED US**

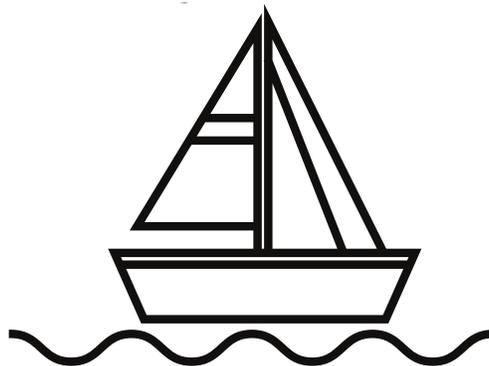
“Jesus got up, and said to the wind and the waves, ‘Quiet! Be still!’ Then the wind died down and it was completely calm.” Mark 4:39

# JESUS CALMS THE STORM

Find as many words as you can in the letters below. Go from left to right.

**S T O R M S E A S T I L L O B E Y W I N D S H I P A W A K E P E A C E**

- |                       |                           |
|-----------------------|---------------------------|
| 1. <b>STORM</b> _____ | 14. _____                 |
| 2. _____              | 15. _____                 |
| 3. _____              | 16. _____                 |
| 4. _____              | 17. _____                 |
| 5. _____              | 18. _____                 |
| 6. _____              | 19. _____                 |
| 7. _____              | 20. _____                 |
| 8. _____              | <b>Super Word Finder!</b> |
| 9. _____              | 21. _____                 |
| 10. _____             | 22. _____                 |
| 11. _____             | 23. _____                 |
| 12. _____             | 24. _____                 |
| 13. _____             | 25. _____                 |



# Aboard the Ship!

## Day 4 Game

This game is a sort of nautical Simon Says. Players must follow the actions called out, and if they do the wrong action they are out! Get started with the actions below, and then feel free to invent some of your own!

### Actions:

**Port:** Run to the left

**Starboard:** Run to the right

**Bow:** Run forwards

**Stern:** Run backwards

**Peace! Be Still!**: FREEZE! Do not move until "At ease" is called -- even if another command is called! Anyone who moves is out!

**At Ease:** You are free to move again!

**# of Disciples!** Players must form a group of the number called out. Any one who cannot find the right size group is out.

**Big Storm:** Spin and stumble around like your boat is rocking!

**Sea Sick:** Pretend to be sick

**Swab the Deck:** Pretend to mop the deck

**Sleepy Jesus:** Lay down and snore loudly!

**\*Tip:** Start with a few actions and add more in as you go to keep making it more of a challenge! Feel free to create your own commands!





# Giants, Wizards, + Elves

## Day 4 Game

This game is a large group version of Rock Paper Scissors! Split the group into two teams. Each team will decide as a group what action they want to do -- giants, wizards, or elves. When both teams are ready, have them face off and do their actions on the count of 3. *3-2-1-Action!* Whichever team wins (*see below*), gets to chase the other team back to their side. If someone from the winning team tags someone from the opposing team, they become a part of the winning team! If both teams choose the same action, the teams will regroup and pick a new action. The game is over when everyone is a part of the same team!

### Actions:

1. **Giants:** Put both hands straight in the air, making yourself as tall as possible.
2. **Wizards:** Strike a pose like you are casting a spell, with your arms pointing at the other team and wiggling your fingers.
3. **Elves:** Squat a little to make yourself shorter and put your hands near your ears to give yourself pointy, elven ears.

### Who Beats Who:

- Giants are so large that they can easily smooch the Elves. Giants **beat** Elves.
- Wizards have such strong magic they can knock down a Giant. **Wizards beat** Giants.
- Elves are small and fast, so they can dodge the Wizard's magic. **Elves beat** Wizards.

**\*Tip:** Make sure everyone in each group does the same action! If needed, you can have an adult leader with each group to help each group decide on an action as a team.

**\*Tip:** Establish boundaries and the "safe zones" the teams will run to before starting the game!

**\*Tip:** Be creative! You can substitute Giants/Wizards/Elves for any combination of things to match a theme or to match whatever your kids are interested in!



# Jesus Calms the Storm Paper Wheel

## Day 4 Craft

### Supplies Needed:

- Jesus Calming the Storm Paper Wheel (Two Pieces)
- Coloring Utensils (Crayons, Markers, Colored Pencils, Ect.)
- Scissors
- Paper Fasteners

### What to Do:

1. Give each camper a copy of the Jesus Calming the Storm Paper Wheel.
2. Color in the boat and the weather wheel.
3. Cut out both the boat and the wheel.
4. Using a paper fastener, puncture a hole through the dots at the center of the shapes. Use the fastener to connect the two shapes, with the boat on top.  
**\*Tip:** If the fasteners are not strong enough to puncture the paper, help students use scissors to poke a small hole first. Don't let the holes get too big for the fasteners!
5. Spin the wheel to turn the storm into calm, sunny weather!



**\*Tip:** You can use any paper but printing the cutouts onto a thicker paper, such as card stock, will make the wheel sturdier and much easier to turn.

**\*Tip:** To add extra steps to the craft for older or more creative youth, give them a small paper plate or a blank paper circle to replace the wheel. They can paint or draw their own storm on one half, and sunshine on the other half. Attach the boat as normal.



"Even the winds and  
the waves obey him!"  
Matthew 8:27

