



Singing in the Sun

THEME: Beach

BIBLE STORY: Jesus Calms the Storm (*Luke 8:22–25*)

MATERIALS NEEDED

OPENING GAME

- None

GAMES

- Filled water balloons, four or five per family
- Beach towels, one per family
- Beach balls (12-inch), two

CRAFT: SAND BOWLS

- [Colored sand kits](#), one for every two families
- [Mod Podge](#), one or more large jars for everyone to share
- Paint brushes, one per person
- Small disposable cups, one per person
- Copies of the "[Jesus Calms the Storm](#)" handout on cardstock, one per person
- Tables for the families to sit at (covered with newspaper or plastic)

90-MINUTE SESSION OUTLINE

- [Introduction and Opening Game](#) (10 minutes)
- [Craft Activity](#) (30 minutes)
- [Games](#) (20 minutes)
- [Devotional Thought](#) (10 minutes)
- [Family Discussion](#) (15 minutes)
- [Closing Prayer and Dismissal](#) (5 minutes)

Introduction and Opening Game

(10 MINUTES)

Welcome to family fun night! We are so glad you're here. Our goals are to help your family have fun together and to learn about God's love and his word.

Tonight, our theme is "Singing in the Sun" because we are looking at a Bible story that takes place during a sudden change of weather. It definitely wasn't sunny in this story! In today's story, Jesus and his followers, who are also called disciples, were in a boat in the middle of a lake when a terrible storm hit. The disciples were afraid and thought they were going to drown, but they knew Jesus cared for them. They asked Jesus to help, and Jesus was able to command the storm to stop. And it did! That's because Jesus is God, and God controls the weather. We'll hear more about this later on.

One of the things I like best about summer are the warm, sunny days when I can ___ (Describe what you like to do in summer.) What do you like to do in the summer sun? (Take answers from the group.)

That's an amazing story, and we'll have a chance to come back to it later, but right now let's get things rolling with a little game that I like to call "Simon Says Sun."

Family Game: Simon Says Sun!

Object: To be the last person standing

Setup: Have the families all stand in an open area with plenty of space for movement. Choose one person to be Simon.

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Instructions: This is the classic game “Simon Says” with a little twist. Simon will tell the families what kind of weather it is, and they will need to act out that weather. For example, if “Simon says that it’s raining” all the participants will act out rain with motions and sound. But if the person designated as Simon simply says, “It’s raining,” then no one should do anything. In this case, whoever moves or makes a sound is out and will sit down where they are. The last person standing is the new Simon for the next round. Here are some suggested weather statements:

- A tornado is coming.
- There’s a hurricane.
- It’s blazing hot.
- It’s freezing cold.
- It’s snowing.
- There’s lightning and thunder.
- It’s a bright and sunny day.
- There’s hail.
- It’s sprinkling a little.
- It’s partly cloudy.

Craft Activity

(30 MINUTES)

Sand Paintings

One of the best things about lakes and oceans is spending time at the beach in the warm weather. Today's craft helps us create a picture of Jesus and the disciples in the storm by painting with sand.

Preparation: Cover the table where the families will be working with plastic or newspaper to protect the surface. Place some Mod Podge in the disposable cups, and distribute a cup, a paintbrush, and a copy of the handout to each person. Distribute one kit of sand to every two or three families to share.

Instructions:

1. Use the paintbrush to apply the Mod Podge to one section of the drawing.
2. Sprinkle colored sand on that section and shake the page gently to distribute the sand across the whole section.
3. Repeat the process for each section to create a sand art drawing of Jesus calming the storm.



Games

(20 MINUTES)

A Chance of Rain

Object: To shoot your water balloon into the air as many times as possible using a beach towel.

Setup: Give each family a filled water balloon and a beach towel. Each family member will grab a corner of the towel. (This can be played with as few as two people, one per side of the towel, or as many as can hold an edge of the towel.) They will hold the towel so it is parallel to the ground and then place the water balloon in the middle of the towel.

Instructions: On your GO signal, each family will lower and then raise their towel to shoot the water balloon into the air. They will then need to use the towel to catch the balloon before it hits the ground. If the balloon hits the ground, they are OUT for that round. After round one, the task is to bounce the balloon into the air two times. On the third round, they will need to bounce it three times (and so on). The last family in the game wins. Play several rounds as time permits.

The Beach Ball Boogie

Object: To be the team that completes the relay first.

Setup: Divide the participants into two equal teams and arrange each team in a single-file line behind a starting line. Place a cone or chair (or person!) about 20 yards away opposite each team. Give the first person in line an uninflated beach ball.

Instructions: On your GO signal, the first person in line will need to inflate the beach ball. Then s/he will need to hold it between their knees and run around the marker opposite the starting line and back. Upon returning, the first player must pass the beach ball to the next person in line without using their hands. The second player will run with the ball between their knees to the turnaround point and back, passing the ball to the third person and so on. The team that finishes the relay first is the winning team.

Devotional Thought

(10 MINUTES)

Summer is a wonderful time to go to the beach. Maybe you've been to a beach on a lake, a river, or the ocean. What are some of the things you like to do at the beach?

Allow each family to talk amongst themselves.

People do lots of things at the beach. Some people like to have bonfires. Some people barbecue. Some like to swim or tan. Some people even like to go sailing. Today's Bible story happens on a big lake. Jesus and his followers, who are called disciples, decide to cross the lake in a boat. Unfortunately, while the day started out nice, a huge storm came on them.

We're going to read the story from the Bible, but I'm going to need your help. I like to hear stories with sound effects, so . . .

- Whenever you hear the word "boat," can you say "creeeek" like an old wooden boat? Let's practice this now. Boat! Let the group respond with the sound.
- Whenever I say "disciples," all the boys and dads will count to twelve really fast. This is because Jesus had twelve disciples. Let's practice. Ready? Disciples! 1, 2, 3 . . .
- Ok, when you hear the word "wind," I need all the girls and moms to cup their hands around their mouths and blow like a howling wind. Let's practice. Wind!
- When you hear the word "waves" we're all going to make a wave sound and make a wave motion with our arms.
- And finally, when I say "Jesus," you can add "Christ is Lord!" (When we say "Lord," are are saying that he is God or Master.) Let's try that one. Jesus!

Okay, I think we're ready to hear the story now.

Read Luke 8:22-25.

Wow! That's an amazing story, isn't it? And it's true. Jesus has the power to calm storms. That's because he is God. Now, I want to ask you:

What are some other things you notice about Jesus in this story?

Give the families some time to discuss, and then take their answers.

What are some things you notice about the disciples in this story?

Give the families some time to discuss, and then take their answers.

Jesus is powerful—very powerful. Jesus is the Son of God. We know this because, among other reasons, here and in other parts of the Bible he shows he has control over nature. Who could control the weather except for God?

I also noticed three big things about Jesus and the disciples.

- 1. They felt helpless and afraid. They were unsafe and about to drown. When they felt unsafe, they turned to Jesus and asked for help.**
- 2. Jesus helped them.**
- 3. The disciples were amazed at what Jesus had done and wondered who he was.**

Here's what I'd like us to remember from this story. Jesus is the Son of God. He has all power and authority and can do anything he wants. When we are scared or feel helpless, we can call out to him. He hears us, and he loves us.

Let's pray. Lord Jesus, we recognize that you are God, and your ways are so good. You have all power, and you can do anything you want. Help us to come to you with faith and to ask for your help when we are scared or confused.

Family Discussion

(15 MINUTES)

Distribute the family discussion guide and give the families time to discuss the questions there together.

Closing Prayer and Dismissal

(5 MINUTES)

Thank everyone for coming. Make any announcements about future family fun nights or other events at your church. Let the families know you love them and want to serve them. If anyone needs prayer, offer to pray for them.

Close the evening in prayer.

FAMILY DISCUSSION GUIDE

Parents: Ask your children, “What is the worst storm you have ever experienced? How scared were you?”

Read the story together again, and then answer the questions together. Be sure everyone has a chance to speak.

One day Jesus said to his disciples, “Let’s cross to the other side of the lake.” So they got into a boat and started out. As they sailed across, Jesus settled down for a nap. But soon a fierce storm came down on the lake. The boat was filling with water, and they were in real danger.

The disciples went and woke him up, shouting, “Master, Master, we’re going to drown!”

When Jesus woke up, he rebuked the wind and the raging waves. Suddenly the storm stopped and all was calm. Then he asked them, “Where is your faith?”

The disciples were terrified and amazed. “Who is this man?” they asked each other. “When he gives a command, even the wind and waves obey him!” (Luke 8:22–25, NLT)

To Discuss

- Retell the story in your own words.
- What happened that made the disciples feel unsafe?
- What did they do about this?
- How did Jesus help them?
- Why was Jesus able to help them?
- When do you feel unsafe or worried?
- How do you think you could talk to Jesus about this?
- How do you think Jesus could help you with this?
- In Psalm 50:15, God says, “Then call on me when you are in trouble, and I will rescue you.” What does this mean to you?

