

Short Talk

(SHT103)

**Jesus has the power
to calm the storms in
our lives**

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ALL AGE WORSHIP
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SHORT TALK: “Jesus has the power to calm the storms in our lives”

- Aim of Short talk:** To encourage people that Jesus has the power to calm the storms in our lives, when we go to Him and ask for His help.
- Use of Short talk:** This is a short All Age talk picking out one issue from the Lectionary Gospel reading of the Sunday main service. The talk stands alone and assumes that the Gospel Bible reading may not yet have been read to the congregation. It could be used for example, for the whole congregation before the children go out to their age specific groups, leaving the adults with a full sermon later.
- Main themes:** Jesus, Power, Storms, Trust
- Biblical references:** Mark 4:35-41
- Lectionary:** Year B – The 4th Sunday after Trinity
- Props:** A large deflated balloon that you will blow up.

I have a balloon here which I am going to gently blow up. *(Blow up balloon until it is full sized but do not tie a knot in it.....simply hold the neck to stop the air escaping from it)*

Now some of you here will really love balloons.....who loves balloons? *(Receive responses)*

- Others of you however, will find blown up balloons really frightening, especially the thought of them being popped and going “bang!”

Who is frightened of balloons? *(Receive responses)*

- To those of you who are frightened of balloons, let me reassure you that I am **not** going to burst it!

Apart from balloons being burst, I wonder what other things you are afraid of.

- Who is afraid of the dark? *(Receive responses)*
- Who is afraid of snakes? *(Receive responses)*
- What about loud thunder storms? *(Receive responses)*

Sometimes we might be afraid of something that is happening in our lives,

- like an unexpected illness,
- or our friends rejecting us.

Imagine that this balloon that I am holding stands for your fear, whatever it is.

- If I gave you a pen today what fear would you write on the outside of this balloon?
(Pause)

Some of Jesus’ disciples were very frightened once.

- They were in a boat with Jesus and suddenly a terrible storm hit their boat.

The disciples were very afraid that the boat was going to sink in the storm, and so they woke up Jesus, who was asleep in the boat, telling Him that they were all going to drown.

Listen to what happened.

- *“Jesus stood up and commanded the wind, “Be quiet!” and he said to the waves, “Be still!” The wind died down, and there was a great calm.”* (Mark 4:39)

Isn't that amazing?

- Jesus calmed the storm down completely.....
- The disciples were no longer afraid of drowning, because the wind died down and the sea was calm.

What incredible power Jesus has;

- even the wind and the waves obey Him.

Let's get back to our balloon.

- Remember that fear I asked you to think about a moment ago,
- that if you had a pen you would write on the outside of this balloon.

If you call upon Jesus when you are feeling afraid, look what happens to your fear.

(Let down the balloon slowly)

- It all goes away when Jesus is with us doesn't it?
- There is nothing to be afraid of with the balloon let down is there?

You know, Jesus is always willing to help us when we are afraid, if we ask for His help.

- It is like He calms the storms that are going on inside of us.

So next time you are really scared about something, ask Jesus for His help,

- and He will calm the storm that is going on inside you,
- and give you His peace.