

On the sheet there are pictures of a storm and a calm sea, children fighting and the same children

### Activities

Give me your peace,  
O Jesus Christ, my brother,  
give me your peace,  
O Jesus Christ, my Lord!

### Praying

Talk about what happens when we're frightened and about the people who calm us down and make us feel better. Also talk about any people and pets we calm down and comfort, when they're feeling frightened or worried.  
Jesus is like that. When we are frightened or scared or upset, whether we're children or grown-ups, we can all come to Jesus and he will help to calm us down and comfort us. He may do that through your family, and he may use *your* words and arms to comfort other people or other creatures!  
Sometimes you will find that as you ask Jesus to help you calm down, you will suddenly feel inside like our sheet was at the end of our pretend storm – all gentle and peaceful. Jesus is very good at bringing us peace, and all we have to do is ask for his help.

### Teaching

Bring either a small parachute or a large sheet and stand everyone around the outside, holding the edge. They can now make a flat calm, then build up through very gentle ripples to a full-blown storm, before making it die down again, ending with a gentle peace.

### Starter

To know that Jesus calms our fears.

### Aim

1 Samuel 17:(1a, 4-11, 19-23) 32-49 or  
1 Samuel 17:57-18:5, 10-16 or Job 38:1-11  
Psalm 9:9-20 or Psalm 133 or Psalm 107:1-3, 23-32  
2 Corinthians 6:1-13; Mark 4:35-41

### Readings

What kind of person is this? Even the wind and waves obey him.

### Thought for the day

Sunday between 19 and 25 June inclusive  
(if after Trinity Sunday)

## PROPER 7

playing together. Use these for spotting the differences, not just in the detail, but in what's going on. There is also space for them to draw in the calmed version of the pictured panic zone. Actively drawing the peace will help them work through the next conflict, Jesus' way.

Notes