Jesus Calms the Storm

Experiment

1. Gather a 12 oz clear plastic cup and two small paper or foam cups.

2. Put 2 inches of white vinegar in the clear cup

3. Put 1 Tbs of baking soda in one of the small cups and 1 Tbs of cooking oil in the other small cup

Let’s try this experiment to see what happens when we let Jesus take care of our fears. Let’s pretend this clear cup represents you. The white powder represents the things that scare us. The oil in the other cup represents Jesus.

Sprinkle the white powder into the large cup. While you watch what happens, think about how you feel when you are scared. Then pour in the oil to the large cup. Watch what happens and think about Jesus. After you have experienced the fizz of the baking soda and vinegar and the calming effect of the oil, talk about it and ask these questions.

**Why do you think people get scared?**

**Is it wrong to be scared? Why or why not?**

**How was this science experiment like the way Jesus calms our fears?**

**What happens when we let Jesus deal with our fears?**

**Why do you think Jesus doesn’t want us to be afraid?**

Jesus loves us more than we can imagine. He wants us to feel safe and secure. Jesus calms our fears because of his love. Whenever we’re afraid, we can ask Jesus to be with us, to comfort us, and to calm us. Jesus will be with us just as he was with the disciples when they were scared.