

**MAIN POINT:**

Jesus is Everywhere; He is God.

**MEMORY VERSE:**

*"The Son is the exact likeness of God, who can't be seen. The Son is first, and he is over all creation."*

*Colossians 1:15*

**BIBLE STORY SUMMARY:**

Jesus and His disciples were out on a boat when a storm came up. The disciples were scared and thought they were going to drown. Jesus was sleeping in the boat, so they went and woke Him up. Jesus spoke to the wind and waves and told them to be still, and they did. Jesus is everywhere, which means no matter what we face or how scary it is, He is there with us!

**WATCH IT**

Find the lesson video on our website: <https://cchurch.ca/childrens-online>

**DO IT → CALMING JAR**

**Supplies:**

- Small water bottle or jar with lid (1 per child)
- Vegetable oil (1/4 cup per child)
- Water
- Food colouring
- Glitter (small beads also work well)
- Coloured permanent markers (optional)
- Glue for the lid

**Activity Instructions:**

- Have children decorate the outside of their jar and lid with coloured permanent markers, if you have them.
- Add glitter or beads.
- Fill the jar half full with water.
- Help your child add drops of food colouring as desired.
- Add ¼ cup vegetable oil to the jar. (If using a small water bottle, you may need to add slightly more oil.)
- Place glue along the threads of the bottle or jar. Twist the lid on tightly to secure.

### **The Point**

When you are going through something difficult, you can use your calming jar to remember that God is everywhere. You don't need to be afraid. Pray to Him and ask Him to help you and remember that He is always with you.

### **TALK ABOUT IT:**

Do this section with your child while they are assembling their craft.

- 1. What is something you're afraid of?** (The dark, spiders, heights, etc.)
- 2. The disciples forgot that Jesus is Everywhere. He's always with us. He was even right there with them, and they forgot that He was the all-powerful God! Sometimes we can forget too, which is why we're making calming jars. When we are feeling anxious or stressed, we can shake up our jar and use the time that it takes to settle, to pray and ask God to help us with our problems. What sorts of things do you get worried and stressed about?** (Relationships with friends, parents out of work, scary things like being alone in the dark.)
- 3. God is with us through all those things. It's our faith that helps us trust Him. What are ways we can remind ourselves that Jesus is Everywhere when we get forgetful?** (Memorize Bible Verses, pray, talk with Christian friends.)

### **FAMILY PRAYER:**

**Dear God, thank You for giving us Jesus. Thank You that Jesus is everywhere, which means He's always with us. No matter what we face, we don't need to be afraid. We can trust You. In Jesus' name, Amen.**

### **OFFERING:**

Our Children's Ministries offering from January to March will be going to our Compassion Kids! Lluvia and Ulises live in Mexico, and our offering will help provide them with clothes, school supplies, and other important items.