

PROPER 7

YEAR B

# JESUS HAS **POWER TO** HELP IN TIME OF TROUBLE





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



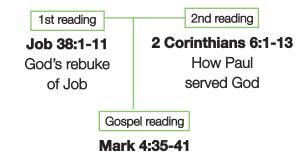
Share your highs and lows, or respond to the following:

- 1. Draw a picture or talk about a time you were afraid.
- 2. Who helps you when you are afraid?



### BIBLE READINGS

Read the following Bible readings throughout this week. Talk about what words or phrases stand out for you.



Jesus calms the sea

# DISCUSS

The disciples were in a boat and afraid of a dangerous storm. They thought they might drown. Did Jesus seem afraid? Why do you think that was? How do you reach out to Jesus when you experience storms in life?



# **ACTION RESPONSE**

Find a woven basket or another object to represent a boat. In your devotion time this week, share any fears or worries you may have. Write these on slips of paper and place them into the boat. Then cover them with another slip of paper with the name of Jesus. Pray that Jesus will calm your fears and help you to see and trust that he is with you in every storm.



**PRAYER** 

Lord Jesus. please replace our fears with faith; give us courage and keep us calm in times of trouble. Amen.



# MEALTIME PRAYER

For all we eat and all we wear; for daily bread and nightly care; for your good gifts to use and share; we thank you, Lord. Amen.



## BLESSING

May God calm you when you are afraid. May he give you faith to trust in his love.

WHO THEN IS THIS, THAT EVEN THE WIND AND THE SEA OBEY HIM?

MARK 4:41

VERSE OF THE WEEK

