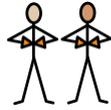
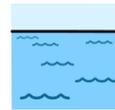




Why does the story of Jesus calming the storm help



us

learn how to



live

with



faith

in



Jesus?



This story

is in the



New Testament



Gospels

in the

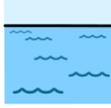


Bible.





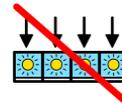
What the story helps us understand



The story of Jesus calming the storm helps us



understand what faith can be like.



Faith does not mean that scary things will never happen.



Faith means knowing who we can trust when



scary things do happen.






What we can learn about Jesus.

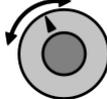







 Jesus stayed calm when others felt afraid.

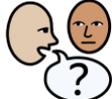


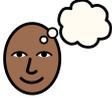

 This means that Jesus is not controlled by fear.








 Jesus helped when people asked him.



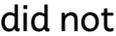
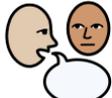





 This means that Jesus cares about people when they are



 overwhelmed.




 Jesus did not tell them off for being scared.





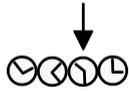





 Jesus stayed with them and helped them feel safe.



What we can learn about ourselves



Sometimes



life



feels

like a



storm.



This

can



mean



worries,

big

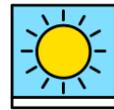


feelings,



confusion,

or

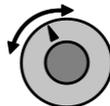


days



we

cannot



control.



Feeling scared



does not

mean



we

have



failed.



It means

we

are

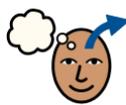


human.



Faith

means



remembering



we

are not

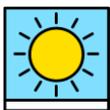


alone

on



hard



days.





 What living with faith can mean.





 Living with faith can mean:





 Asking for help instead of trying to do it alone.





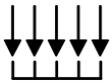
 Trusting that I can be calm again.





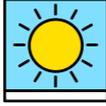

 Remembering that fear does not win my life.



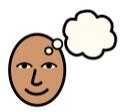



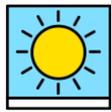
 Faith is not pretending everything is fine.




 Faith is choosing trust, even when days feel hard.

 A **thought**  **to keep**  **in your mind.**

 When  days  feel  stormy,

 I can  remember  Jesus  brings  calm.

 I can  ask  for help.

 I  am not  alone.