

PEACE

Concentrating on something relaxing, like colouring in, often helps people feel calm. Have a go at colouring in the picture below:

BIBLE BIT
LUKE 8:22-24

One day Jesus and his followers got into a boat, and he said to them, "Let's go across the lake." And so they started across.

While they were sailing, Jesus fell asleep. A very strong wind blew up on the lake, causing the boat to fill with water, and they were in danger.

The followers went to Jesus and woke him, saying, "Master! Master! We will drown!"

Jesus got up and gave a command to the wind and the waves. They stopped, and it became calm.



In this story, Jesus' followers were really worried about the storm that was happening. But Jesus had it all in control. Christians take comfort from knowing that even when life is stormy, God is in control.

What 'storms' are there in your life at the moment?

Write three things that help you feel peaceful when you are worried.

PRAYER IDEAS:

Thank God that He is in control.

Ask Him for peace when you are worried.