

The Safe Place: God is my strength

Mark 4:36–41

DAY 1: REVIEW

Visit the Parent Cue app (available for iOS and Android) to watch this week's Bible story.

Download it for free at parentcue.org/app.

Even if you already saw it at church, feel free to check it out again!

After watching So&So, write one thing that:

1. You liked:

2. You learned:

3. You'd like to know:

DAY 2: INVISIBLE STORMS

Read Mark 4:35–41 NlrV

The disciples panicked when the storm hit the boat. Waves crashed around them, and they thought they were going to sink. Jesus was right there with them, but fear made it hard to remember that. Once Jesus calmed the storm, the disciples realized something important: Jesus had power over everything around them.

You may not face storms on the ocean, but everyone faces invisible storms. Anxiety, loneliness, stress, or pressure at school can feel overwhelming. The good news is that Jesus is present in every storm you face. He is stronger than fear and stronger than your circumstances.

Write down one invisible storm you are facing right now:

DAY 3: CHOOSING TRUST

Read Mark 4:38–40 NIRV

The disciples were terrified during the storm, even though Jesus was in the boat with them. They focused more on the wind and waves than on the Savior beside them. Sometimes we do the same thing. We focus on problems so much that we forget God is in control.

Trusting God does not mean pretending everything is fine. Trust means believing God is bigger than what you are facing. When you choose to focus on God's presence instead of your fear, your perspective begins to change. God may not calm every storm immediately, but He promises to stay with you through it.

What usually gets your attention more, your problems or God's promises?

Finish this sentence: "I can trust God when _____"

DAY 4: START HELPING

Read Galatians 6:2 NlrV

Sometimes the people around you are fighting invisible storms too. A friend may seem happy but actually feel lonely, stressed, or discouraged inside. One of the best ways to follow Jesus is by noticing needs around you and helping however you can.

You do not have to wait until you are older to make a

There's More! —————>

Write one way you can help someone this week:

DAY 5: PEACE IN THE STORM

Read John 16:33 NIrV

There will be moments when life feels confusing or stressful. You may not understand why certain things happen, but you can trust God's character. He is faithful, loving, powerful, and present. Just like Jesus calmed the storm for the disciples, He can calm your heart too.

Doodle and decorate the word peace?

PEACE

Prayer: “Jesus, thank You for being with me through every storm in life. Help me trust You when I feel afraid and notice people around me who need encouragement, kindness, and hope. In Jesus’ name, Amen.”

Spend some time thinking about the question below and journal your thoughts or share them with a parent.

What is something you can trust God with right now?

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There are no vertical margin lines, and the page is completely blank except for the lines themselves.