

# Family Fridge Fun

## Big Idea

Jesus gives me peace in scary times.



Check out Mark 4:35-41. **What do you lock up to keep safe?**

## Connecting to Jesus

When Jesus took a nap during a storm, it was because the storm didn't bother Him! He is the One who had made both the water and the wind! Jesus' friends didn't fully understand yet who He was. But we can know who Jesus is because we have God's Word, the Bible. The more we know about Jesus, the Savior sent by God, the more we can trust Him.

## Just for Fun

Each person goes to a different room of the house and counts the number of things in that room that lock. Then go outdoors together. What's locked there?

The things we own don't lock themselves up! We can use bike locks to lock up our bikes. Then we don't worry about them. We have peace of mind. When we trust Jesus in a scary time, it's like being able to lock up our worries. Jesus gives us peace. We can trust Him to take care of us!



## Bible Verse

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God . . . will guard your hearts and your minds in Christ Jesus." **Philippians 4:6-7**

Write the words of the verses so that they fill a sheet of paper. Then cut the paper into puzzle pieces. Mix up the pieces and then reassemble the puzzle. Put the puzzle together several times, timing each family member. How quickly can each one do it?



## Get into the Bible

- Read Isaiah 26:3. What does this verse say is the way to have peace? Pray, thanking God for providing peace.
- Read John 14:1-3. What did Jesus say we should remember to do when we are worried? What can we trust Jesus to do?
- Read John 14:27. What did Jesus promise His followers—then and now? Why is Jesus' peace different from the peace others hope to have?