

**Lesson Plans that Work**  
**Year B – Season after Pentecost, Proper 7**  
**Lesson Plans for Adults**

**Scripture:** Mark 4:35-41

**Background:** We are now in the long season known as Ordinary Time, which runs through Christ the King Sunday. As we take this journey, nourished by the scriptures appointed for the season and empowered by our baptisms, we are invited to be on the lookout for all the blessings found in the ordinary – to see God at work here and now. And we are compelled to share our blessings with others.

**A Notation for This Week's Gospel**

Amid the storms that toss our boats is the assurance that Jesus sleeps on a pillow in our boat! Are we comfortable enough to look at the question Jesus poses? "Why are you afraid?"

**Theme: Jesus in the Storm**

**Before Class:** Make sure you have copies of the scripture for the day.

**Beginning:** As a way of introduction, go around the room, ask each person to give their name, an excellent movie they have seen recently or a book they are enjoying.

**Opening Prayer:** Thank you, God, for these people in this time and this place and for Your Word, which we can enter into together. Amen.

**The Scripture:** Ask for volunteers to read the passage, one person reading the part of the narrator, one or more than one reading the lines for the disciples, and one reading the parts Jesus speaks. (See below for script)

**Reflection Questions:**

- Has anyone in this group had the experience of being out on a body of water in a storm? If so, would they share some memories of the event to help us understand the setting?
- Why do we think Jesus was asleep during the storm? (Exhaustion? He trusted his disciples?)
- Contrast the mood of the disciples throughout the lesson.
- Can anyone share a time that they were experiencing chaos, or a storm, or terror and suddenly there was calm, peace, and/or stillness?
- What do we make of Jesus' rebuke: "Why are you afraid? Have you still no faith?" Is fear a sign of faithlessness? Why? Why not?
- I wonder how we would react if we were the disciples in the boat?
- Have there been times in your life when you have felt like the disciples in the boat?
- Where was Jesus in those moments?

**Getting Closure:** As a group, consider how each person will focus on noticing the blessings (those obvious and those hidden in plain sight) as we go through this week and be prepared to share them when we next meet.

**Closing Prayer:** Thank you, Jesus, for calming the storms in our lives as we are living through the storms. Guide us through the storm so we may witness your peace. Amen.

Edited by The Rev. Shannon Kelly

**Mark 4:35-41**

**Narrator:** On that day, when evening had come, Jesus said to the disciples,

**Jesus:** ‘Let us go across to the other side.’

**Narrator:** And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great gale arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him,

**Disciples:** ‘Teacher, do you not care that we are perishing?’

**Narrator:** Jesus woke up and rebuked the wind, and said to the sea,

**Jesus:** ‘Peace! Be still!’

**Narrator:** Then the wind ceased, and there was a dead calm. He said to them,

**Jesus:** ‘Why are you afraid? Have you still no faith?’

**Narrator:** And they were filled with great awe and said to one another,

**Disciples:** ‘Who then is this, that even the wind and the sea obey him?’

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