

Family Time 5: Calming of the Sea

In this session, we read “The Calming of the Sea” from Mark 4:35-41. This Gospel passage tells the story of one of the many miracles Jesus worked during his earthly life.

Your child learned that a miracle is a sign of God’s presence and power at work in the world. Jesus performed these great deeds to invite his followers to believe and trust in God.

Like Jesus’ disciples in this miracle story, all of us sometimes experience difficult times. Help your child recognize that our belief and trust in Jesus will help us to “weather” whatever storms we face in life.

Pray together, asking Jesus to help us grow in faith and trust. Before you begin, choose a family member to lead the prayer.

A Litany of Faith and Trust

Leader: Jesus, you are our example of trust in the Father.

All: Help us to grow in faith and trust in you, O Lord.

Leader: Jesus, you are our Guide as we weather the storms in life.

All: Help us to grow in faith and trust in you, O Lord.

Leader: Jesus, you are the Son of God and Savior of the world.

All: Help us to grow in faith and trust in you, O Lord.

Leader: Jesus, lead us to trust in the guidance of the Holy Spirit. Help us to believe always in God’s love and care.

All: Help us to grow in faith and trust in you, O Lord. Amen.