



A Refuge from the Storm

Palsm 107: 23-31

Items Needed

- ✓ Bible with marked scripture
- ✓ Crayons/Markers
- ✓ Copies of Photo Illustrations 1-4
- ✓ Copies of Coloring Sheet
- ✓ Copies of Dot to Dot
- ✓ Copies of take home overview



A Refuge from the Storm

Objective of Lesson

Many consider themselves to be floating on calm seas through this life, unaware that their ship is going down, but spiritually, we all are in the same storm. Christ is our refuge from the storm. Thank God for the storms that show us that we need a refuge...

Scripture Reference

Psalm 107:23 They that go down to the sea in ships, that do business in great waters; 24 These see the works of the LORD, and his wonders in the deep. 25 For he commandeth, and raiseth the stormy wind, which lifteth up the waves thereof. 26 They mount up to the heaven, they go down again to the depths; their soul is melted because of trouble. 27 They reel to and fro, and stagger like a drunken man, and are at their wits' end. 28 Then they cry to the LORD in their trouble, and he bringeth them out of their distresses. 29 He maketh the storm a calm, so that the waves thereof are still. 30 Then are they glad because they be quiet; so he bringeth them unto their desired haven (refuge) 31. Oh that (men) would praise the LORD (for) his goodness, and (for) his wonderful works to the children of men!

Lesson Instructions

1. How many of you have ever been on a boat? Have you ever been on a boat when the water was really rough? That is what we are going to talk about today - being on a boat in really rough and stormy water. Let's talk about what it might be like...

2. I am going to read a sentence from our scripture and we will look at some pictures and see if we can visualize what it is saying. "They go down to the sea in ships, that do business in great waters" ...What do you picture in your head when you hear this? I picture something like this (Hold up Photo 1 of the boats at a seaport). Here are some ships at a dock. People use these boats to work on the sea. They do business with something great and mighty - the mighty ocean!!! (i.e. fish, dive, collect things to sell from the water, etc.) (Hold up Photo 2 of the fishermen in the boats) This verse is saying this, "They (all men) go down to the sea in ships (just like these men) and they do business in great waters." Things look great in this picture, don't they? These men are just working along with no trouble, and they think they have it all under control...but they are dealing with something much greater than they are. They are about to learn that lesson.
3. The next verse says, "These see the works of the LORD and the wonders of the deep." Who are "these"? They are sailors. Do you get to see these great things by staying on land? Do all men get to see the works of the LORD and the wonders of the deep? No - only those that can feel the ocean by getting on it and experiencing it can see how great and mighty an ocean is. Those of you who have been on a boat, do you remember feeling the movement of the water and the boat going up and down? Let's stand up and pretend we are on a boat. Pretend the floor is water and it is moving. Whoa! It is really hard to stand up! The waves are so powerful even if they are not very big. Have you ever thought about how amazing it is that the Lord created such a huge body of water and how powerful it is? (Hold up Photo 3 of the stormy ocean) Have you ever thought about all the fish and plants and beautiful, mysterious wonderful things the sea has in it? This is a wonderful display of God's power. There are things that you can only learn by being on the sea - that can't be learned by staying on land. Experience is how the Lord teaches us. That is what this verse is teaching us here. We learn by experience.
4. What if we are on the sea working and a storm comes up? It's not just little

waves anymore but HUGE waves!!! What would we do? Well the first thing we would do is stop working and hold onto whatever we were close to! The next thing we would do is look for safety. (Put your hand up and "scan the horizon") Where is safety? It is so far away we can't even see it much less get to it! We are on the open water and there is no refuge (Place of safety) from the storm! (Hold Photo 3) There is nothing but stormy water. It looks really scary and the water is very powerful. What if our little boat was in the middle of that storm? Can you imagine that? What would that be like? Scary? Do you think we would be safe? Our next verse says, "For he commandeth, and raiseth the stormy wind, which lifteth up the waves thereof." Who is "he" in this verse? God! You mean this says God makes the little waves that gently rock our boat AND the big waves that could drown us and turn over our boat? Yes, that is exactly what this says.

5. Let's pretend we are on our boat and a big storm comes up. Let's pretend the Lord sends big waves, and the floor under our feet is water... It says here that the waves, "They mount up to the heaven, (Point to the ceiling and stand on your toes) they go down again to the depths:" (Squat down and cover your head) - How scary!!!! Waves that big would surely kill us! We may not survive waves like that!!! Will the boat save you? No, because it is not sufficient to weather the storm. Will the work you do on that boat save you? No, that work is useless to save you. As soon as you are in trouble you will see that the boat or your work will do no good. Who would care about fishing if you were about to drown?
6. The men in our verse were scared too! It's says, "...their soul is melted because of trouble." WOW! To be so scared that it feels like your insides melt into a puddle and you lose all strength. (Put your hands in front of your stomach and twist them around like you feel twisting in your gut) I am not sure I have ever felt fear like that. There is only one way you can feel fear like that - to be in REAL trouble - to be the person in the middle of that storm on that little bitty boat, about to parish in the waves, with no one to

save you and unable to save yourself. That little boat and the work you do on it is not going to save you! You are dealing with something MUCH bigger than you! That is what we call, "A whole "nother" ballgame!"

7. What happens when someone gets that scared? They cry! What would you do if you were being thrown about in that little boat? (Act like you are violently bumping and tossing around on the floor) (Hold up Photo 4 of the boat in the waves) Would you cry for help? In our verse they did, "Then they cry unto the LORD in their trouble...." Can the LORD bring them out of their trouble? Yes! We know this because the LORD was the one that sent the trouble to begin with! He controls the waves. Why in the world would the Lord send such great waves? He sends them so we can learn things that are not what they seem. God is not who we think He is! We are dealing with something much greater than we are, so we cry for help!!! We learn who is really in control and it's NOT US! Remember, I told you that you can only learn stuff by experience. If I told you, "you are in trouble," but you did not feel in trouble, would you cry for help? NO, because you have to experience "trouble."
8. Do these men die in our story? Let's see what this verse says, "...and he bringeth them out of their distresses. He maketh the storm a calm so that the waves thereof is still. Then they are glad because they be quiet; so he bringeth them unto their desired haven."- Did they die? NO! What happened? Did they save themselves? No. Did their little boat save them? No. Did their work save them? No. Did they decide they wanted to live and by their might and strength swim to a refuge? NO! It says Christ calmed the sea. Christ brought them out of their distresses. Christ made the storm calm so that the waves no longer tossed them about and threatened them, and Christ brought them to where they wanted to go - their desired haven.
9. This story is true! Did you know that? This is called an illustration. It illustrates how Christ saves His people from their sins. In this story - All of Christ's people are the sailors, working in this world, and we think we are fine

and all things are well with our soul. We think we are good enough for God to love us as long as we do good and we have everything under control. Just like these sailors, we are about to learn that we are dealing with something much greater and better than we are. We are dealing with a great and all powerful God who is so good, so holy, that He cannot accept a sinful creature that must be punished for its sin!

10. We think we are fine - but how in control are we really? What if the Lord sends a storm. What if this storm was the anger of God over our sin - and all of a sudden we realize, "WOW! I am not OK; I am in a horrible fix? When the wrath of God comes like a storm to punish me for my sins I will surely die! I can't save myself! LORD help! Did you know that the Bible tells us that all those that cry for the Lord to save them from the wrath of God will be saved? Romans 10:13 - "For whosoever shall call upon the name of the Lord shall be saved." That word "call" is not like me yelling across the house to get your attention to come to dinner. That word "call" is an urgent, desperate cry for help! Lord, save me!
11. When we cry for help, the Lord calms the sea of wrath from God. How? Christ took our punishment for our sins. Christ died for His people and satisfied the wrath of God... Christ made the storm of God's wrath calm, so that the waves thereof are still. Christ brings us out of the trouble we have gotten ourselves into. Just like a port is a refuge from a great storm, (Hold up picture 1) Christ is our refuge from the stormy wrath of God which would surely destroy us. When you find yourself in over your head and you're scared and know that you will surely die for your sins, remember, Christ is a refuge for all sinners. Every single sinner for whom Christ died does not have to fear God's wrath. They cry unto Christ to save them and He does! Christ will bring us safely to our desired haven - to be with Him forever. Amen

Lesson Activities

- Ark Coloring Sheet (point out that Christ is our ark, our refuge from the storm)
- If you have internet access we recommend you view this online video of a boat on a stormy ocean @ <http://www.onlineschools.org/geography-class/oceans/> (At the time this lesson was published this link was correct. If you find this link has disappeared over time we recommend using youtube.com and to search for and view these types of videos.)
- Dot to Do Coloring Sheet



Take Home Lesson Overview

A Refuge from the Storm

Scripture Reference:

Psalm 107:23 They that go down to the sea in ships, that do business in great waters; 24 These see the works of the LORD, and his wonders in the deep. 25 For he commandeth, and raiseth the stormy wind, which lifteth up the waves thereof. 26 They mount up to the heaven, they go down again to the depths; their soul is melted because of trouble. 27 They reel to and fro, and stagger like a drunken man, and are at their wits' end. 28 Then they cry to the LORD in their trouble, and he bringeth them out of their distresses. 29 He maketh the storm a calm, so that the waves thereof are still. 30 Then are they glad because they be quiet; so he bringeth them unto their desired haven (refuge) 31. Oh that (men) would praise the LORD (for) his goodness, and (for) his wonderful works to the children of men!

Lesson Overview:

1. What if the Lord sends a storm - what if this storm was the anger of God over our sin - and all the sudden we realize, "WOW! I am not OK? I am in a horrible fix. When the wrath of God comes like a storm to punish me for my sins I will surely die! I can't save myself! LORD help! Did you know that the Bible tells us that all those that cry for the Lord to save them from the wrath of God will be saved? Romans 10:13 "For whosoever shall call upon the name of the Lord shall be saved." - That word call is not like me yelling across the house to get your attention to come to dinner. That word "call" is an urgent, desperate cry for help! Lord, save me!

2. When we cry for help what happens? The Lord calms the sea of wrath from God. How? Christ took our punishment for our sins. Christ died for His people and satisfied the wrath of God... "Christ made the storm of God's wrath calm, so that the waves thereof are still." Christ brings us out of the trouble we have gotten ourselves into. Just like a port is a refuge from a great storm, Christ is our refuge from the stormy wrath of God which would surely destroy us. When you find yourself in over your head and you are scared and know that you will surely die for your sins, remember, Christ is a refuge for all sinners. Every single sinner for whom Christ died does not have to fear God's wrath. They cry unto Christ to save them and He does! Christ will bring us safely to our desired haven - to be with Him forever. Amen

Photo 1

Psalm 107:23 They that go down to the sea in ships, that do business in great waters;



Psalm 107:24 These see the works of the LORD, and his wonders in the deep



Photo 3

Pslam 107: 25 For he commandeth, and raiseth the stormy wind, which lifteth up the waves thereof. 26 They mount up to the heaven, they go down again to the depths; their soul is melted because of trouble. 27 They reel to and fro, and stagger like a drunken man, and are at their wits' end.



Photo 4
Boat in a storm





Noah's Ark During Great Flood from dailycoloringpages.com

Alphabet Worksheet

ABC Order - Dot to Dot

Draw a line to connect the dots in ABC order and complete the picture below. When done connecting the dots, color the picture.

