



# Let It Grow! Fruits of the Spirit

Family Activities  
April 21, 2024

# Let Peace Grow!

## Sounds of the Storm

Appoint one person to be the caller and have everyone else who is facing the caller be the storm. Family members who are the storm will make sounds that a storm makes (howl for the wind, stomp feet for thunder, clap hands for the waves, etc...) When the caller has their hand up high, the family will make the storm noises louder. When the caller has their hand low, the family will make the storm noises quieter. Keep going from loud to soft and soft to loud until the caller shouts, "Quiet! Be Still!" When the caller says this, every one becomes completely silent. Give other family members a chance to be the caller. The storm the disciples were in had a lot of loud noises which probably scared the disciples!

## Find the Sleeping Person

Have one person go and hide somewhere in the house. That person will pretend to be asleep. Everyone else will count to 20 and then try to go find the sleeping family member. The first person to find the sleeping family member and wake them up wins. The disciples were so afraid of the storm that they went to wake Jesus up.

## Rowing Relay

What you need:

- 2 Pool Noodles
- 2 Laundry baskets

Designate a start line and a finish line and divide the family into two teams. One team member will start sitting in the basket with the pool noodles and another team member will be ready to push the team member in the basket. When the race starts, the team member in the basket will pretend to row with the pool noodle while the other team member pushes them. Have both teams race to the finish line and turn around and come back to the start line. Have the person who was in the basket with the pool noodle become the pusher, and have the next person in line sit in the basket with the pool noodle. Repeat this process until every team member has had a turn in the basket. The first team to have all their team members row, wins!

## Table Talk Questions

*Mark 4:35-41*

1. What was Jesus doing during the storm?
2. How were the disciples feeling during the storm?
3. What did Jesus do to the storm?
4. What are some things you are afraid of?
5. How can you have peace?