

## Session 2: Make a storm in a bottle

When Jesus and his disciples were in the middle of the stormy sea, the disciples felt afraid. They called out to Jesus to help them. We can feel frightened, confused and alone at times, too. In those 'stormy' times, we can call to Jesus as well, through prayer.

### You will need:

- An empty, clear bottle - with a lid
- Small bits of paper
- Glue stick
- Scissors
- Water
- Blue food colouring (optional!)
- Blue and/or silver glitter

### Instructions:

- Carefully add some drops of food colouring and several spoons of glitter to the bottle.
- Fill the bottle nearly to the top with cold water.
- Tighten the lid on the bottle, and tape it firmly in place.
- Cut out a small boat shape and some waves from the paper. If the paper is plain, don't forget to colour these bits in!
- Glue the boat and waves to the outside of the bottle, around halfway up.
- Double-check the lid is tight (!) then shake and swirl the bottle to create a blue, glittery, watery storm around your boat. As the water and glitter settles, remember to thank God that we can call to him when we feel like we're in a 'storm', too.

Turn all your worries over to Jesus. He  
cares about you. 1 Peter 5:7

