

(I am using the text from our gospel lesson this morning. The disciples are rowing across the Sea of Galilee and the winds almost capsize their little ship. They are frightened. They awaken Jesus and Jesus calms the winds and sea. He replaces their fear with faith. Let me try to communicate this same concept to the children. Mark 4:35-41)

I squirm
Because I was born a worm.
I had to squirm to get out of my egg
And out I came as one long leg.
As you can see I have some ripples
And some cute little dimples.

I get up early each day
To eat and to play.
I often wiggle and squirm about.
Before the birds chase me and shout.
They come swift in flight
Sometimes they frighten me back into the night.

It was a close call the other day
I was crawling under the hay
I knew a bird was in flight
I could sense her wings in the early light.
She clawed and she pecked
She was looking for my neck.

Suddenly, a little boy came out to play
And the bird flew away.
The boy didn't notice me under the hay.
"Thank you Lord!" I had to say.

Have you ever been frightened by a bird in flight?
Or simply frightened because there was no light?
And like a little worm
Did you begin to squirm?

I have been frightened by a bird in flight
I have been frightened late at night.
Now when birds fly in the dark of night
Now that is a real fright!
Their wings like thumping wood upon my heart
The birds swoop and dive and dart.

I pull my covers over my head
And look to see if I am dead.
Then someone says, "Boo!"?
Oh, what do I do?

I call for the boy who went out to play
And hope that he will scare the birds away
I call for my mom and my dad in bed
They come and the fear is gone and I feel love instead.

Love is what drives fear away
Love is what parents give each day.
Love is what keeps me safe and warm.
Love is what protects me from all harm.

I am taught and believe that God is love
Sent down through Jesus from above.
And so I live in love each day
And thank the Lord as I pray.

Dear God,

You take my fear away
And show me love so I can play.
Help me to share and pray
And feel the love you give this day.

Amen