



On Monday, June 8<sup>th</sup> some children will be returning to school after a long time at home because of the Corona Virus. I am sure that you will be very excited to see some of your friends again but also a little frightened!

What will it be like with only a few children in school?

Will you remember to do all the safety things that your teachers ask of you?

Will you feel that you have forgotten everything you have learnt?

There are so many things that could make you quite scared about going back to school but it is also an exciting adventure, and all your teachers have worked very hard to make sure everything is ready for you and they will help you all the time – so look forward to it!

There is a story in the Bible about Jesus, and his disciples who were actually quite scared too – so scared they thought they might die!!

Jesus had had a very busy day-- he had been talking to and teaching crowds of people; so many that he had to go up a hill to be able to be seen and heard by them all. Then a man with a disease called leprosy came to him and Jesus healed him. Jesus went to the home of Peter's Mother-in-law, who had a fever: Jesus held her hand and the fever went; and finally a Roman soldier came to Jesus and said that his servant was sick and Jesus told the soldier that by the time he got back to his house his servant would be better.

Jesus and his disciple were all very tired by now - and got into a boat to have a rest away from the crowds. It was a calm day and Jesus immediately fell asleep, but suddenly the wind began to blow harder and harder and a great storm swept across the water, but Jesus just slept on.

The disciples were very scared - they thought they were going to drown and as the boat was tossed violently about they woke Jesus, saying "Jesus, save us! We are going to drown!"

Jesus asked them, "Why are you so afraid?" Then he got up and told the winds and waves to stop and the water became completely calm again.

He turned to his friends and said "You did not need to be frightened, you only needed to trust me."

Although most of us will not be in the position that the disciples were in, we do all have our own "storms" when we are afraid or worried about something. Jesus is always with us and will help us if we only ask him.

Find this story in your Bible in Matthew chapter 8. Verses 1 – 27.

