

## Bible Stories to help children feeling anxious about the Covid-19 pandemic

### Jesus Calms the Storm



The disciples were with Jesus all the time so you might think they would believe in him and his powers. But they didn't believe Jesus could do anything about the big storm that blew up on the lake one night.

We might feel as if we are in a storm at the moment; one that we can't control. We have worries inside and outside of ourselves – we may be feeling like we are on a rollercoaster at the moment – at first lockdown was frightening but maybe quite exciting, not being at school or work; but now

we are still afraid, we are worried about the future; we feel helpless and frustrated that we can't do anything to make the coronavirus go away.

We probably feel like the disciples at the moment. There have been pandemics before and there had certainly been storms on Lake Galilee before. But we are only human so it's normal to be worried. When Jesus woke up and calmed the storm he asked the disciples, 'Where is your faith?' (Luke 8:24-25).

This is a good question for us to ask ourselves during this covid-19 crisis.

## Jesus feeds the 5000

This story shows the disciples doubting again. We might not be able to meet together in big groups at the moment, but we can now see a few friends or family and have a picnic with them outside in our gardens or in a park.

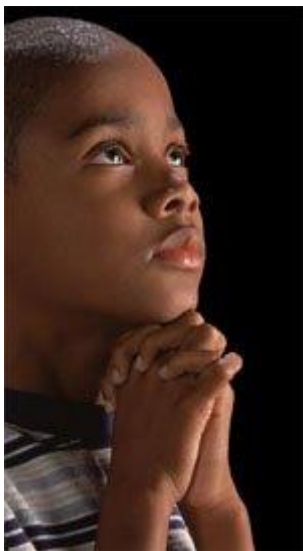
We can't meet at church to share Holy Communion, the special meal Jesus asked us to share to remember him, but we can now go to church to pray quietly either on our own or with our family.

Some people are sharing food by giving food to foodbanks or the Community Food Hub, which is a place people can go to if they don't have the money to buy enough food for their families.



'When two or three are gathered in my name, I am there in the midst of them.' (Matthew 18:20)

In the Bible Jesus said this to explain that people could decide things about the church if there were a few of them meeting together. He didn't mean that God isn't with us if we are praying on our own. But it does mean that even if we can't meet together as a whole church family in big services in the church buildings as we did before the pandemic, God will be with us. It might feel as if we are talking to ourselves when we pray on our own, but God is always listening and will be happy to hear from you!



## Washing the disciples feet (John 13:1-16)

Jesus washed his disciples' feet before their last meal together. This job should have been done by a servant and Jesus did it to show the disciples that he could do jobs that didn't seem important even though he was God's son. He wanted the disciples to realise that they would need to be kind to people and help them if they wanted to join him in God's Kingdom.

We are washing our hands a lot at the moment and when we go back to church we might need to use hand sanitizer on our way in. But everyone will have to do this – the vicar, the organist, children and adults. We are all the same in God's eyes – he loves us all and we are all the same during the corona virus pandemic. Anyone could catch it so we all have to keep ourselves and each other safe.

