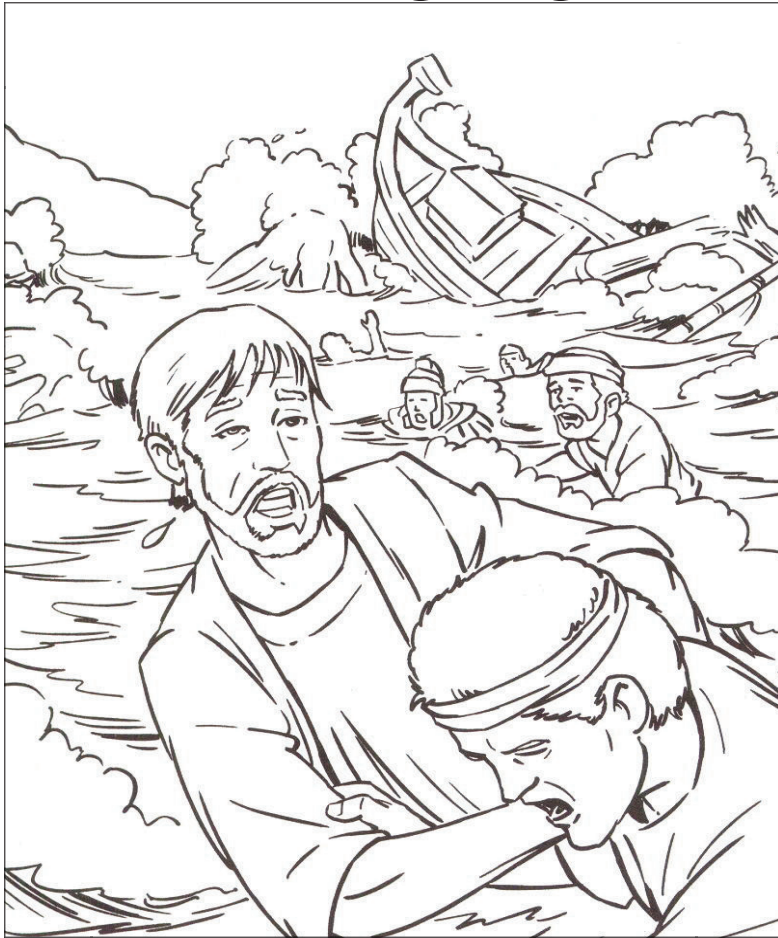
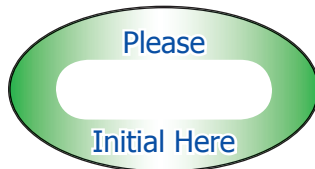


Coloring Page



Because Paul remained calm,
many lives were saved.



Parent's Initials:

PK1

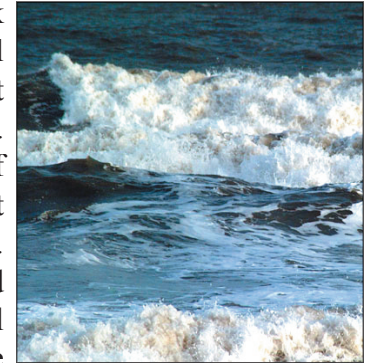
The Character of God's People

- Lesson Three -

Calm - Not Troubled Seen in the Life of Paul

I. Overview.

In this lesson we will look at how the Apostle Paul remained calm in the midst of a threatening situation. To be calm is an important part of a good character. We should not be stirred by fears and rumors. Rather we should trust in God who is really in control of all things, and know that we are safe in His hands.



Like the waters of this pond, we should remain calm.

When Paul was being transported to Rome to have his visit with Caesar, he was traveling on a ship. The ship came into a violent storm which lasted for several days. They did not see the sun during the day, nor did they see the stars at night. It appeared that they would all be lost. Nonetheless, Paul was not fearful, rather he was trusting in God. He prayed to God and God assured him that no one on the ship would be lost. The ship, however would be destroyed. Paul remained calm in the middle of such a difficult situation.

II. Memory Verse.

“Do not let your heart be troubled; believe into God, believe also into Me”.

(John 14:1)

III. Lesson.

Whenever we are in a difficult or threatening situation, we can often be troubled. Our inner being can become greatly stirred. Our mind races, our heart is full of fear and we can act quickly and rashly. It is important that we learn to be people who do not react in this way. Rather we need to be people who trust in God, pray about our situation and remain calm.



Though the sea raged,
the apostle Paul
remained calm.

Paul's Journey to Rome

When the Apostle Paul was being brought to Rome, the ship he was on came into a dark storm. The crew tried to protect the ship near a small island, but eventually they were tossed into the violent open seas. On the second day, they began to throw the cargo of the ship overboard, hoping to save the ship and their lives. On the next day they threw overboard some of the ship's equipment.

All Were Filled with Fear - Except Paul

After the third day, instead of things getting better, they got worse. The ship was violently tossed in the darkness. There was no sun during the day and there were no stars at night. The people on the ship all became very fearful and believed that there was no hope that they would be saved. They went without food for several days. Only the apostle Paul was calm. He was not looking at the outward situation, but rather was praying to God. Paul strongly believed and trusted in God.

Paul's Calmness Calms the People

Paul stood up and spoke to all the people on the ship. He said to them that they should not fear, but rather to cheer up. He assured them that there would be no loss of life. He told them that because of his prayer and trusting in God, God had made it clear to him that they would all be saved. Even though the ship would be lost, all the people on the ship would be kept alive. This calmness demonstrated by Paul gave peace to all the people on the ship.

One important reason that we should be calm is because it affects the people around us. When we are troubled, it is easy for others to be troubled. When we are calm we help others to be calm also.

--- Questions for Discussion ---

1. How can we remain calm in difficult situations?

2. How did most of the people on the ship react to the violent storm?

3. How was it that Paul remain calm?

4. How did Paul know that all would survive?

