



Liverpool
Cathedral

Second Sunday before Lent (Year C) Sunday 23 February
2025

FAMILY RESOURCES

STORMS

THE GOSPEL READING FOR THIS WEEK IS: Jesus stills the storm (Luke 8: 22-25)

Core extract from the Gospel (Luke 8: 22-24; for reflection throughout the week)

One day Jesus got into a boat with his disciples,
and he said to them, 'Let us go across to the other side of the lake.'
So they put out,
and while they were sailing he fell asleep.
A gale swept down on the lake,
and the boat was filling with water, and they were in danger.
They went to him and woke him up, shouting,
'Master, Master, we are perishing!'
And he woke up and rebuked the wind and the raging waves;
they ceased, and there was a calm.

Gospel prayer (for use throughout the week)

Lord Jesus Christ,
you bring calm to the storm.
Bring your peace to our troubled lives,
your peace to our troubled world;
now and always.
Amen.

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Things to think about

- How do you feel when you hear thunder and see lightning?
- Have you ever been in a boat during a storm; how did you feel?

Things to do

- Work out how far away the storm is by measuring the time between the thunder and lightning.
- Make a stormy picture using grey, black and white colours.
- Storm in a bottle

You will need: plastic water bottle, water, food colouring, (vegetable) oil, glitter or sequins and a tiny model boat if you have one!



Fill the bottle two thirds full with water.

Add a few drops of the food colouring.

Add the glitter or sequins if you are using them.



Add some oil and the boat if you have one

Close the lid tightly, you may want to use PVA glue and/or sticky tape to make sure your bottle doesn't leak!

Shake the bottle to make a storm and then leave it to settle and calm as if Jesus has commanded it to.

Why not share your creations with us? We would love to see what you have been up to! Please email any photos to education@liverpoolcathedral.org.uk or tag @LivCathedral on social media.

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