

Like Jesus series

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I CAN BE CALM

LIKE JESUS



Harriet Omondiagbe

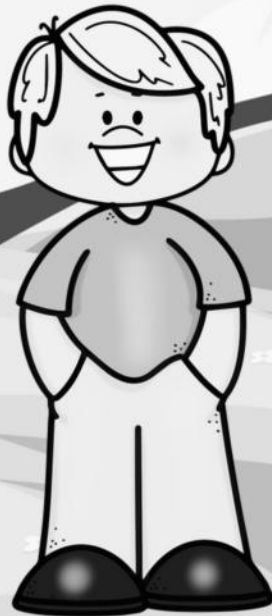
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HARRIET OMONDIAGBE



Godly Pearls



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This is a work of fiction. Unless otherwise indicated, all the names, characters, businesses, places, events and incidents in this book are either the product of the author's imagination or used in a fictitious manner. Any resemblance to actual persons, living or dead, or actual events is purely coincidental.



You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You.

Isaiah 26:3

Then He arose and rebuked the wind, and said to the sea, “Peace, be still!” And the wind ceased and there was a great calm.

Mark 4:39

Text quoted from The Holy Bible, New King James Version®
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On one quiet evening,
Jesus said to his friends
“Let us cross over to the other side”
So, they got on a boat and started to row.

But then a great windstorm appeared!
The angry wind rocked the boat
Back and forth, up and down,
Everyone was afraid!



But not Jesus!
He was asleep on a pillow,
Having a sound nap.

“Teacher, do you not care that we are about
to die?”

Jesus’ friends asked him.

“Hush, be still!” he said to the wind.



Immediately, everywhere was quiet.
It was so peaceful and calm.
Jesus' friends could not believe it.

“Who is this?” they said to one another,
Even the wind and the sea obey Him!



And just like that angry wind,
I can feel so angry on the inside.
My heart beats extremely fast,
My face becomes red.



Getting so angry can be scary,
For my sister and my friends.
We can no longer laugh and play.

“You need to calm down first,
Then, we can play”
My sister would say.



“Jesus can help you choose to be calm”
Dad would tell me

“A walk in the park,
With your eyes on God’s beautiful creation,
Will help you focus on Jesus,
And His great power.”



“You can think of how much God loves you.
You can count out loud,
All the good things He’s done for you.
One, two, God made you smart,
Three, four, God keeps you safe,
Five, six, God gave you a lovely family.”



“Jesus can help you choose to be calm”
Mum would remind me.
She’s so patient and caring,
Listening to every word I say.

“Tell me why you feel angry,”
Mum would say.
And she would tell me what I could do.



You can listen to godly music.
“Godly music calms the nerves”,
Mum would say.

Here’s my favourite for you to try.
Yes, Jesus loves me!
The Bible tells me so.



You can sit still.
Draw and colour with crayons.

Drawing and colouring pictures,
Can help you take your mind,
Away from what makes you angry,
And focus on making something beautiful.



You can sit quietly in the garden,
And think happy thoughts.

And just as I sat there,
I remembered the voice of Jesus,
On that night with the angry wind,
Saying to the windstorm, “hush, be still!”



And just like Jesus,
I said to the storm inside of me,
“Hush, be still!”

Then, it became quiet and calm.
I feel peace on the inside.
Yes, Jesus can help me choose to be calm.

The words of Jesus are powerful!
Even the storm inside of me,
Hears His words and obey.



About the book.

Anger is like a storm inside - it hurts the one who is angry and those around him or her.

Using free verse poetry, and a familiar bible story, the author explains that Jesus can help a child choose to be calm instead of being angry.

The book, *I can be calm like Jesus*, is one of the books in the series titled “Like Jesus.”

Other books by the author.

1. Dear God, Your love is the best!
 2. My emotions and God
 3. I can praise God
 4. ABCs of nighttime talk with God
 5. God, help me to be thankful
 6. Looking for Larry
 7. Skateboard Pride
 8. The true Christmas story
 9. No hat, no play
 10. Beth’s graduation speech
 11. Mr. Denver needs a helping hand
 12. No drama on Saturday
- and more!

ABOUT THE AUTHORS.

Harriet Omondiagbe

Dr. Harriet Omondiagbe is a Christian writer and author. She writes for Godly Pearls, a Christian organization in New Zealand.

Harriet is passionate about godly parenting and wants to see kids thrive in a godly home. Through her writing, she hopes to offer biblically-sound resources to teachers, parents and caregivers, so they can in turn, help their kids to develop a growing faith in Jesus, and real love for God.

Godly Pearls

Godly Pearls is a Christian organization in New Zealand. Our goal is to encourage and empower people to pursue an intentional and deeper relationship with God.

Visit us to download free printable bible-based resources including Sunday School lessons, bible object lessons, bible character study, devotionals for kids, Christian drama scripts, scripture memory verses, colouring pages, bible word search, bible maze puzzles and much more!

We also offer free access to our digital library containing bible-based digital task cards or Boom Cards™.

You can use these digital task cards for learning, teaching and assessment of students at home, school, church, etc.

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