



Session 4:

I will not be... afraid



Aims for this session

- To understand we never have to be afraid.
- To not let fear hold us back.
- To overcome fears they may have.



Memory Verse

'Do not fear, I am with you.'

Isaiah 41:10 (NIV)



Catch Up (10 mins)

Refer to the teaching notes for guidance on how to run this section.



God Spot (5 mins)

Use your yellow mat. Ask the children what good things God has been doing in their life this week and ask them to come and share on the God spot while everyone else listens. (This is based on teaching from Session 6, Term 1 of the curriculum. If you haven't done this session then refer to the teacher's notes.)

Last week we offered rewards for anyone who did something based on their white stones (Give/Help/Chat...). Can anyone tell us what they did? (Put the rewards ready to take when they go home.)



Game 1 (5-10 mins)

Resources:

- Tupperware boxes or ice cream tubs
- Black bin bag
- Large elastic bands
- Craft knife or scissors
- A variety of things with texture to hide inside the boxes (peeled grapes, fur etc)
- Pens
- Paper
- Blindfold(s)
- Be prepared to set up multiple stations if you have a lot of children

Put a variety of things in boxes; they need to be things with a variety of textures (peeled grapes, fur, etc). Cover the boxes with plastic from a black bin bag and use elastic bands to secure the boxes. Cut a slit in the plastic on top of the box so a child can pass their hand inside. Give each child a sheet of paper and a pen (or have someone help them write). Blindfold them one at a time and have them try and feel what is in the box and then write down their answer on a piece of paper.

The one with the most correct answers at the end of the game wins.



Introduction (5 mins)

Did anyone feel a bit scared when they played that game? You couldn't see what was in the box, so you didn't know what was inside. Today we are going to talk about being scared. Is anyone happy to share something that makes you scared? (Allow each child to share one thing that they are afraid of.)



Bible story

(5 mins)

Based on Numbers 13-14

Do you remember the story of Moses? Moses escaped with God's people from Egypt into the desert. God's plan was for them to go to an amazing land where they could settle down and make their home. However, something stops all that happening...

Moses was sat chatting to God. Suddenly Moses sat up very straight. God had said something very specific. "Moses, choose a leader from each tribe and send them to Canaan to explore the land I am giving you."

Moses jumped up and went off to find the 12 leaders from the tribes of Israel. He found 12 strong men and said to them. "Go through the country: find out what it's like. See how many people live there, how strong are they? Do they live in open towns or walled cities. See if the land is good. Can we grow food there? Find out what types of trees there are. Bring back some of the fruit that grows in the country."

So the 12 men set off. They came home after 40 days of sleeping under the stars and lots and lots of walking. They had huge amounts of fruit with them; the kind of grapes that burst in your mouth and are so, so sweet, big ripe peaches and pomegranates and so many lovely things to eat.

They started to talk and tell Moses how their trip had been. "The land is amazing. It is filled with wonderful fruit. The animals produce the best milk and the bees produce the sweetest honey you have ever tasted."

Moses smiled a huge smile. This sounded great. Caleb, one of the 12 men said, "Let's go Moses, we can take this Land. I know we can do it!"

10 of the men started shuffling their feet. They looked down at the floor and then at Moses and then they said, "But the people are too strong for us." Then they started to tell lies, "We won't be able to grow anything in the soil, the people who live there are like giants; they made us feel like grasshoppers."

Once the rest of the people heard these things they got really, really scared. They shouted at Moses and said they didn't want to go into the land. They even said they would rather go back to Egypt.

Joshua and Caleb who had both explored the new land said, "We've seen the land; it's very good. If we do what God has said, He will give us this land. We have no reason to be afraid. God is on our side, and no one will stand against us!"

But their speech didn't work. The people got really mad at Moses and started to pick up stones to throw at him. Then God showed up. A great big cloud appeared and the people dropped to their knees.

God was not happy. The people didn't trust God to be bigger than this problem. So God decided to let them spend another 40 years wandering in the desert before he would give them this promised land. Only when they were ready to trust God and not be afraid would He give them the promised land.



5-7 years

The Bible says over 100 times, 'Do not be afraid'. God is bigger than any problem we have or anything we can be afraid of. We don't have to be afraid of anything.

In the Bible today, fear stopped people from doing things and from getting the things God wanted to give them. Has fear ever stopped you from doing something? (Share an example of your own.)

We have something the people of that time didn't have. We have the Bible. In it God says, 'Do not fear', over and over again. Learning those words made a huge difference to the life of the lady who wrote this session.

She used to be scared of the dark. All the way from being a baby until she was grown up and old enough to have children of her own she was scared of the dark. But one day she learnt that the Bible said over and over again, 'Do not be afraid'. She learnt God doesn't want us to feel afraid. Some children prayed for her and asked Jesus to come and take away her fear of the dark. That night she had to get up to go to the toilet. She was camping in a big field and that meant walking from her tent to the toilets. Normally that would be something was afraid of but she got up and started walking to the toilets. She noticed how big and bright the stars were, she remembered the Bible said, 'Do not be afraid', and she trusted God. She smiled and smiled because she didn't feel afraid anymore.





6-10 years

Look up Numbers 14:32

In the story today the people told lies that made other people scared. The devil tells us lies to make us afraid too. For example, if you are afraid of the dark, he might say in your head there is something under your bed. The truth is, there's nothing under your bed. If you get up and turn the light on you can see there is nothing there.

If you've ever been afraid of spiders the truth is (in England) spiders aren't dangerous and they won't hurt you. (Adapt to your context: death or injury from spider bites are very, very rare and even a Black Widow bite doesn't necessarily result in illness.)

Sometimes our fears are based on things we believe that aren't even true. Can you think of a time fear has stopped you doing something?

The people in the Bible chose to believe a lie. Then they chose to make the problem they thought they were facing bigger than God. Even if there had been giants, God would have given them the land He promised. All they had to do was not fear and believe God would do what He had said. They just needed to trust Him and get up and go. Instead they let their fear hold them back.

The Bible says over 100 times, 'Do not be afraid'. God is bigger than any problem we have or anything we can be afraid of. We don't have to be afraid of anything.

Has anyone ever done something they were afraid of and then found out it wasn't as bad as they thought?

We have something the people of that time didn't have. We have the Bible. In it God says, 'Do not fear', over and over again. He also says be bold and courageous. Learning those words made a huge difference to the life of the lady who wrote this session.

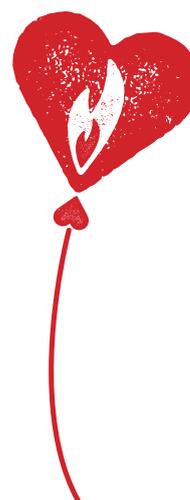
She used to be scared of the dark. All the way from being a baby until she was grown up and old enough to have children of her own she was scared of the dark. But one day she learnt that the Bible said over and over again, 'Do not be afraid'. She suddenly realised God was bigger than her fear. Some children prayed for her and asked Jesus to come and take away her fear of the dark. That night she had to get up to go to the toilet. She was camping in a big field and that meant walking from her tent to the toilets. Normally that would be something she was afraid of but she got up and started walking to the toilets. She noticed how big and bright the stars were, she remembered the Bible said, 'Do not be afraid', and she trusted God. She smiled and smiled because she didn't feel afraid anymore. If fear ever tries to creep back she just says to herself, Do not fear, and that stops it dead in its tracks.



Testimony

(2 mins)

Link this back to the example given of a fear that stopped you from doing something. Then explain how fear was overcome.





Response

(5 mins)

If you are afraid of something and you want that to change please be brave and stand up. The Bible says perfect love pushes out fear. So we are going to ask Holy Spirit to come and fill you with love. Ask the children who haven't stood up to be your prayer team (have your other leaders also join in). Ask them to find someone who is stood up. Then ask them to ask if it's ok to put a hand on the child's shoulder. Explain they can use their own words or say, *Holy Spirit come and fill (child's name) with love till all the fear is gone.* Then let them do that and wait on God.



Reflect and share

(2 mins)

Ask the children to check with the child who is standing how they feel after they have prayed.

If you still feel afraid, it's ok. Just keep repeating those words from the Bible to yourself again and again. Every time you feel afraid ask God to fill you up with His love. Remember earlier I said I was afraid of (your example). Well it took me a couple of tries to not let my fear stop me from doing something but I didn't give up. I knew God was bigger than my fear.



Action

(5 mins)

Our challenge this week is to try something we have been scared of and see what Holy Spirit has done. For example, if I was afraid of spiders before the prayer time I would try finding a spider this week and looking at it to see if I still felt afraid.



Craft

(5-10 mins)

Resources:

Alphabet beads, black elastic.

Have the children make a bracelet with the words, '(CHILDS NAME) DO NOT FEAR' on it.



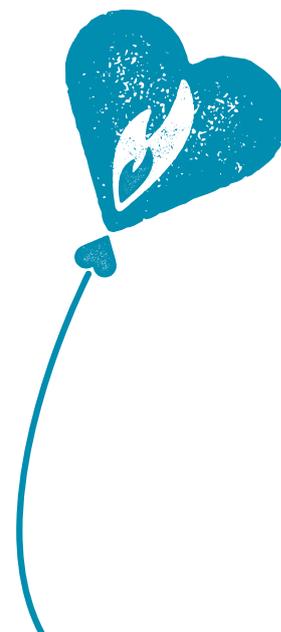
Prophetic art

(5-10 mins)

Resources:

Journals and colouring pens.

Ask the children to picture something they are afraid of in their mind. Then ask them to imagine Jesus coming towards the thing that scared them. Ask them to watch what Jesus does. Then ask them to draw a picture of this.





Game 2

(5 mins)

What's the time Mr Wolf? – have a volunteer be the wolf and stand at one end of the room. The rest of the children stand at the opposite end of the room.

The children ask the question 'What's the time Mr Wolf?' The wolf answers (x) o'clock, saying a number at random. For example, 2 o'clock. The other children would then take x2 steps forward. This can be repeated as long as the wolf would like. However, the aim is for the children not to reach the wall Mr Wolf is standing against.

When Mr Wolf answers the question with the words 'dinner time', he/she must try and catch as many of the children as possible before they reach the wall that he/she was standing against. You can repeat if you have time with a new volunteer as the wolf.

Resources for this session

Game 1:

- Tupperware boxes or ice cream tubs
- Black bin bag
- Large elastic bands
- Craft knife or scissors
- A variety of things with texture to hide inside the boxes (peeled grapes, fur etc)
- Pens
- Paper
- Blindfold(s)
- Be prepared to set up multiple stations if you have a lot of children

Craft:

- Alphabet beads:
<http://www.bakerross.co.uk/alphabet-cube-beads-1?gclid=CJKJy9XVu8ICFWfkWgodf6cAdw>
- Black elastic

Prophetic art:

- Journals
- Colouring pens



Parental communication

Dear Parent/Guardian,

Our theme this week was: 'Do not fear'. Through the story of Moses sending the 12 to Canaan (Numbers 13-14) we explored the idea that with God on our side we never have to be afraid. In ministry we let Holy Spirit fill us with love till our fear was pushed out.

If you want to explore this idea more, at some point this week, do something together that challenges you both. For example, help your child climb higher than they have before at the park. Or hold a spider together. (If you are afraid of something ask your child to pray for you - Holy Spirit come and fill (adult's name) with love till all the fear is gone). Let us know how it goes: we'd love to hear how you get on.

Next week, we will be thinking about what it means for us to be brave for God, through Luke 10:1-24, the sending of the 72.

Love