

'Don't Be Afraid'



This material is suitable for ages 5 - 7 years.

Aim:

To help the children understand that Jesus is with us all the time.

Bible focus:

Isaiah 41:10 'Don't be afraid for I am with you.'

You will need:

The pictures of things that frighten children (see page 3), markers/pens.

Introduction:

Tell the children that we're going to be thinking about things that we are afraid of. (Hold up the pictures one at a time and have the children vote or let you know if this is something they are afraid of. Add ticks underneath each picture, one for each child who votes. You may want to add some pictures of things you know children in your group fear.)

Some of us are afraid of the same things. (Use the examples from the pictures where more than one child voted.) We don't have to feel bad about being afraid. Everyone is afraid of something. Even the men who followed Jesus, His disciples, were afraid. They were afraid of storms just like some of you were.

Bible time:

There was one time when Jesus and His disciples – those were the men who were His closest friends – were in a boat going across a lake. Jesus was so tired that He fell asleep. And then a big storm blew up. The boat began to fill with water and it was in danger of sinking. Jesus' disciples were so scared that they woke Jesus up.

'We are going to drown!' they exclaimed. But Jesus got up and gave a command to the wind and the waves. As soon as He did that, the sea calmed down. The wind and the waves stopped and the storm went away.

The disciples were very afraid and some of you know what that's like because you said that you are also afraid of storms. But others said they are afraid of the dark, and others are afraid of spiders or snakes. It's OK to be afraid. But we can remember that Jesus is with us, just like He was with the disciples, and He will look after us. There's a verse in the Bible where God says, 'Do not be afraid for I am with you' (Isaiah 41:10). Even though we can't see Jesus, He has promised us that He will be with us all the time.

Response time:

Jesus helped the disciples because they were His friends and He loved them very much. As Jesus' friend He will be with us and help us too. When we feel afraid we only need to ask Jesus for help and He will. We might not be able to see Him, but He promised to be with us and Jesus never breaks His promise.

Prayer:

Pray thanking Jesus for being with us and asking Him to help us when we are scared.

Follow up:

Try to encourage the children who have made first time decisions to come and talk to you or another leader after this session. There may be questions that some children would like to ask and this opportunity will help them to do that.

Some age-appropriate Bible reading notes may be appropriate to follow up with the children. These resources are available from your local Scripture Union Resources For Ministry bookshop ph. 02 4337 0200 or check out the website www.scriptureunion.org.au/resources/ministry.htm. Make time to go through the Bible reading notes with parents and children to ensure they have a good understanding of how to use the notes.

You may want to suggest some DVD's like the Veggie Tales series or other animated Bible stories to help parents engage with the Bible in other ways and to help them talk to their children, if reading is not appropriate. These are available at most Christian bookstores.

Linking children into other sections in the corps e.g. SAGALA, Sunday school or Kids Club is another way to help with the child's ongoing spiritual development.



