

EMOTIONS



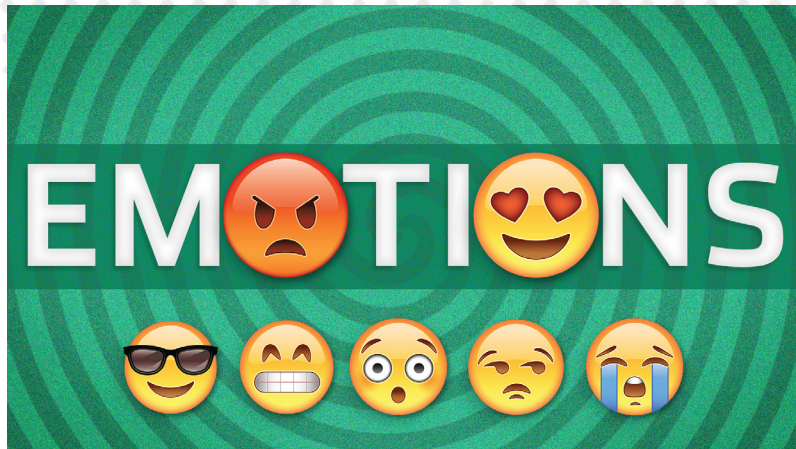


HIGH VOLTAGE

KIDS MINISTRY

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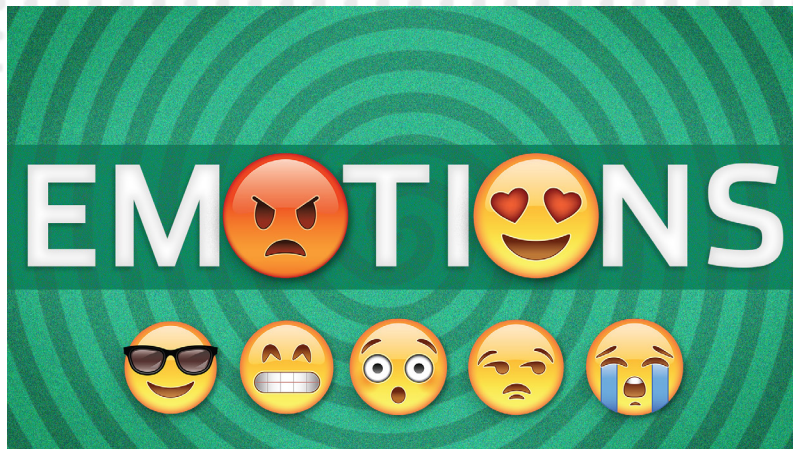
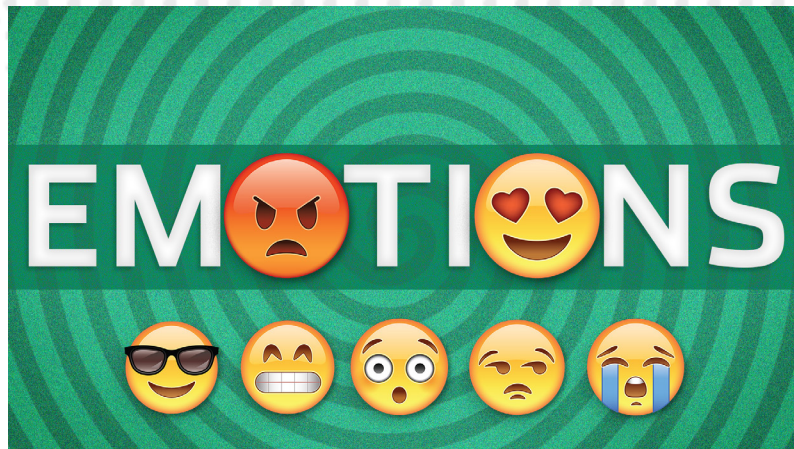


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INTRODUCTION

Emotions are powerful. Every day, we face situations that produce all sorts of emotions in our lives. From school to work to difficulties at home and even sickness - all of these situations can cause very powerful emotions to surface. Sometimes, those emotions can be overwhelming.

Each person has a choice to make: Will you rule your emotions? OR Will your emotions rule you?

The answer to those questions are not as easy as they seem. Children have to learn that their emotions are an essential part of their humanity, but they can easily cause us to over-react and cause difficulty in our lives. We can't be ruled by our emotions. Emotions change....sometimes many times a day.

In this series, the children will learn through the experiences that David had while he was on the run from King Saul. He went through a whirlwind of emotions. Sometimes, David made wise choices in dealing with his emotions. Other times, he failed miserably. The children will learn from David's successes and failures so that they can learn to keep their EMOTIONS under GOD'S control.

We pray that you and your children are blessed by this series, "Emotions."

For This Generation,

The High Voltage Kids Ministry Team



THE ELEMENTS

The Video Files:

This folder includes “The Spark” Intro Video segments featuring “J.K. Ellowell”, the Power Verse Videos featuring “Rong Note”, and the “Watt’s Up?” Videos featuring “Skittles”. We have included several “Video Bumpers” to be used as transitions to each segment of the service (“Game On!”, “Offering”, and “Brain Drain”). These are Quicktime video files that can be copied and placed into PowerPoint or other presentation software.

The Data Files:

This folder contains the Printable Lesson Manual and graphics/artwork you can use to promote this amazing series. Also included are graphic slides for use during the lesson. In addition, you will find “Family Devotions” and “Small Group Experience” for each lesson.

“The Spark” Intro Video:

This video is to be used toward the beginning of the lesson. It sets up the topic to be discussed during that lesson. It uses humor to grab the kids’ attention, then explains what they will be learning about in the lesson.

Watt’s Up?:

This is the main thought you want to get across to the kids during the weekly lessons. Watt’s Up is a simple statement that sums up the entire lesson. There is a “Watt’s Up? Teaching Video” where Skittles teaches the kids the “Watt’s Up” phrase. Then, use the “Watt’s Up? Trigger Video” to surprise the kids throughout the service. Play it many times at random. Each time the kids see Skittles’ head pop up and ask, “Watt’s Up?”, they should stand up on their feet and say the “Watt’s Up?” statement for the week.

Game On!:

Each week a game has been provided. Most of them are themed with the lesson being taught that week. You can find downloadable instrumental game music on our website www.highvoltagekids.com.

Skit/Drama:

These skits feature “Mr. Robot” (you can choose to have him as a puppet or a human character) who interacts with another person (you or any member of your team). Names can be changed for each specific church and situation if you wish. Use the skits in whatever way works best for you.

Bible Story:

Each week there is a specific Bible Story that is included. It is a story that you tell with graphic illustrations that accompany it to help bring the story to life. These illustrations can be found in the Data Files.

Call To Action:

Because kids tend to learn best if you combine speaking the truth with visual illustrations, we have written an illustrated sermon to be used each week called the “Call To Action.” Materials are listed, and manuscripts are provided. Each illustrated sermon comes with a graphic slide for each main point.

Brain Drain:

This fun game tests the kids’ memory about what they have learned. Play at the end of each week’s lesson.

Family Devotions:

Send these home with the parent of each child as a means for them to reinforce the lesson during the week.

HOW TO USE THE LESSON PLAN WORKSHEET

The first page of each lesson includes a lesson plan for the service with a suggested order of service that you may follow. On the second page of each lesson is a list of the materials needed for that entire lesson.

Please note that each lesson worksheet includes “The Spark” Intro Video,” “Game On!,” “Skit/Drama,” “Call To Action,” “Brain Drain” and the other lesson segments we provide with the curriculum. Many of the segments included have graphic and video elements included in the Data and Video Files folders. There are some segments that require other outside materials that are not included in the curriculum.

“Emotions” - LESSON 1

“Fear”

Main Focus:
When our lives are ruled by fear, we make bad decisions

Power Verse:
“For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”
- 2 Timothy 1:7

Watt’s Up:
“I Don’t Have To Be Afraid! I’ll Put My Trust In God!”

“The Spark” Intro Video
“Emotions”

“Watt’s Up?” Teaching Video
Skittles teaches “Watt’s Up!”

Character Skit
“Mr. Robot”

Offering Time

Game On!
“Name That Phobia”

Bible Story
“David Runs From Saul”

Power Verse Video
“For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”
- 2 Timothy 1:7

Call To Action
“Fear”

Brain Drain
Review Game

Small Group Experience

LEADER’S INFO

In our lives, it is easy to let fear rule over us. When we are filled with fear, it can cloud our judgement, and we can end up making bad decisions. Those decisions can affect everyone around us.

However, God hasn’t given us a spirit of fear. With God in our lives, we don’t have to let fear control us. All we have to do is trust God and know He has everything in control.

In this lesson, the children will learn from David and how his fear led him to make mistakes that affected not only him but those around him. David learned that it is better to say “no” to fear and “yes” to trusting God. When fear comes in to our life, we can pray and trust in God. He will take away our fear!

Lesson One - “Fear”
page 5

“Emotions” Lesson 1

“Fear”

Main Focus:
When our lives are ruled by fear, we make bad decisions

Power Verse:
“For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”
- 2 Timothy 1:7

Watt’s Up:
“I Don’t Have To Be Afraid! I’ll Put My Trust In God!”

Lesson 1 Materials Needed:

“The Spark” Intro Video
- “Emotions” Video

“Watt’s Up?” Teaching Video
- “Watt’s Up?” Teaching Video
- “Watt’s Up?” Trigger Video

Character Skit
- “Mr. Robot” Theme Graphic/Music

Offering Time
- “Offering Time” Bumper Video

Game On!
- “Game On!” Bumper Video
- “Name That Phobia” Game

Bible Story
- “David Runs From Saul” Graphics
- Bible

Power Verse Video
- “Power Verse” Video

Call To Action
- “Fear” Graphics
- A bucket full of large rocks
- Sign with the word “PROBLEM” printed on it
- Adhesive tape
- One small child volunteer
- One STRONG adult volunteer
- Bottle of water
- Styrofoam cup
- “Magic slush powder” (sold at any magic store or online at www.gospelmagic.com)

Brain Drain
- “Brain Drain” Bumper Video
- “Brain Drain” Lesson 1 Graphics

Small Group Experience
- Random craft and office supplies (craft sticks, paper clips, yarn, pipe cleaners, cotton balls, rubber bands, etc.)
- Fear Print Piece
- Glue
- Tape
- Scissors
- Fear Beast Leashed Print Piece
- Pencils, crayons, or markers

Lesson One - “Fear”
page 6

The “Small Group Experience”

We have included in this Power Pack an entire “Small Group Experience.” This is an added bonus that you may choose to use to help reinforce the lesson that was learned in the Large Group Kids Church experience. These Small Group Experiences were written for Elementary age children (Kindergarten thru 5th grade).

The Small Group Experiences do require some preparation for each group leader. Please read ahead to make sure that any props, tools, etc. are gathered ahead of time. Our suggestion is to divide the children into small groups (2-10 children works best) and group them according to age group.

Each Small Group Experience is designed to last between 20-25 minutes. Feel free to modify any segment to fit your time frame and/or group needs.

It is definitely recommended that you use the Small Group Experience as a supplement to the Large Group Experience. It is meant to reinforce the lesson the children have already learned.

“Emotions” - LESSON 1

“Fear”

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we make bad decisions



Power Verse:

“For God has not given us a spirit
of fear and timidity, but of
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Watt's Up:

“I Don't Have To Be Afraid! I'll Put
My Trust In God!”

LEADER'S INFO

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In this lesson, the children will learn from David and how his fear led him to make mistakes that affected not only him but those around him. David learned that it is better to say “no” to fear and “yes” to trusting God. When fear comes in to our life, we can pray and trust in God. He will take away our fear!



“The Spark” Intro Video

“Emotions”



“Watt's Up?” Teaching Video

Skittles teaches “Watt's Up?”



Character Skit

“Mr. Robot”



Offering Time



Game On!

“Name That Phobia”



Bible Story

“David Runs From Saul”



Power Verse Video

“For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”
- 2 Timothy 1:7



Call To Action

“Fear”



Brain Drain

Review Game



Small Group Experience

Main Focus:

When our lives are ruled by fear,
we make bad decisions



Power Verse:

“For God has not given us a spirit
of fear and timidity, but of
power, love, and self-discipline.”
- 2 Timothy 1:7



Watt’s Up:

“I Don’t Have To Be Afraid! I’ll Put
My Trust In God!”

Lesson 1 Materials Needed:

“The Spark” Intro Video

- “Emotions” Video

“Watt’s Up?” Teaching Video

- “Watt’s Up?” Teaching Video
- “Watt’s Up?” Trigger Video

Character Skit

- “Mr. Robot” Theme Graphic/Music

Offering Time

- “Offering Time” Bumper Video

Game On!

- “Game On!” Bumper Video
- “Name That Phobia” Game

Bible Story

- “David Runs From Saul” Graphics
- Bible

Power Verse Video

- “Power Verse” Video

Call To Action

- “Fear” Graphics
- A bucket full of large rocks
- Sign with the word “PROBLEM” printed on it
- Adhesive tape
- One small child volunteer
- One STRONG adult volunteer
- Bottle of water
- Styrofoam cup
- “Magic slush powder” (sold at any magic store or online at www.gospelmagic.com)

Brain Drain

- “Brain Drain” Bumper Video
- “Brain Drain” Lesson 1 Graphics

Small Group Experience

- Random craft and office supplies (craft sticks, paper clips, yarn, pipe cleaners, cotton balls, rubber bands, etc.)
- Fear Print Piece
- Glue
- Tape
- Scissors
- Fear Beast Leashed Print Piece
- Pencils, crayons, or markers

“The Spark” Intro Video

“Emotions”

“Watt’s Up?” Teaching Video

Skittles teaches “Watt’s Up?”

Character Skit

“Mr. Robot”

Offering Time

Game On!

“Name That Phobia”

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“David Runs From Saul”

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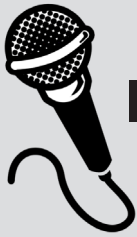
Call To Action

“Fear”

Brain Drain

Review Game

Small Group Experience



Introduction to “The Spark” Intro Video

Leader: Hey kids! Today, we are starting a brand new series called “EMOTIONS.” It’s all about some of the big emotions we all deal with from time to time. Since we are talking about emotions, let’s practice some of them.

Everybody, show me your best impression of what “Happiness” looks like. *(allow kids to make happy faces)*

Awesome, now show me what it looks and sounds like when you are feeling “sadness.” *(allow response)*

Great! OK, now show me your best impression of what someone looks like who is scared. *(allow kids to make scared faces and overreact)*

You are all excellent at showing emotions. Well, that last emotion you just showed is what we are learning about, today. FEAR is a BIG emotion that is often very difficult to deal with. So, let’s meet our host for this series and begin learning how to deal with FEAR.

(play “The Spark” Intro Video)

Leader: Let’s hear it for J.K. Ellowell and Coach Serius Lee! *(allow applause)* Certainly, they showed us that FEAR is often a very difficult emotion. We all get scared from time to time. Even people in the Bible got scared. We are going to learn from a very important person in this series. David was an important person in the Bible and he definitely faced fear.

We are going to learn all about what happened to David that cause him to be afraid. But, before we do that, we need to find out “Watt’s Up?”

(play “Watt’s Up?” Teaching Video)



CHARACTER SKIT

Character: **“Mr. Robot”** *(a robot who has been programmed to understand human emotions, even experience the emotions)*

MR. ROBOT: *(comes out onstage, dancing to his intro music)* Greetings, humans.

Leader: WOAH! Are you a robot?

MR. ROBOT: Affirmative. I am Mr. Robot.

Leader: Mr. Robot? What's your first name?

MR. ROBOT: Robot.

Leader: So that means your full name is Robot Robot?

MR. ROBOT: Affirmative. But “Mr.” makes me sound more like a human.

Leader: Why do you want to sound more like a human?

MR. ROBOT: WORLD DOMINATION.

Leader: WHAT??

MR. ROBOT: Just kidding. Ha. Ha. Ha. Ha. Mr. Robot made a funny. I have not laughed like that since I was a toaster. I am programmed to understand all human emotion.

Leader: Well that's great! Maybe you can help us. We're talking all about emotions and how God wants us to handle them!

MR. ROBOT: Mr. Robot is here to help. What emotion is being discussed today?

Leader: Today we're talking all about FEAR.

MR. ROBOT: Affirmative. Mr. Robot knows all about fear.

Leader: What could a robot possibly be afraid of?

MR. ROBOT: Magnets.

Leader: Magnets?? What's so scary about magnets?

(CONTINUED ON NEXT PAGE)



CHARACTER SKIT *(continued)*

MR. ROBOT: You have obviously never been mistaken for a refrigerator. Just thinking about magnets makes Mr. Robot scared (*starts to twitch and shake*)...scared...SCARED. FEAR SENSORS OVERLOADED. ACTIVATING SELF DESTRUCT IN 10...9...8...

Leader: NO, NO, NO, NO, NO! It's okay, Mr. Robot! Calm down! Take a deep breath!

MR. ROBOT: FOOLISH HUMAN! MR. ROBOT HAS NO LUNGS! SELF DESTRUCT IN 5...4...3...

Leader: Please don't! There are no magnets around here ANYWHERE! Nobody is going to think you're a fridge! Just calm down!

MR. ROBOT: Self destruct...deactivated. Activating coping mechanism. (*hugs himself and rocks back and forth*) I'm ok. I'm ok. I'm ok. Coping mechanism deactivating. (*stops rocking, relaxes a little*) That's better.

Leader: Phew. Mr. Robot, God doesn't want us to fill our minds with fear like that! A mind filled with fear makes bad decisions!

MR. ROBOT: Like the time Mr. Robot saw a magnet salesman and set him on fire with laser vision?

Leader: Oh, my word! Yes! Exactly like that. PLEASE don't do that to anyone here! Your bad decisions don't just affect you! Like a minute ago? If you had self destructed, you probably would have blown up this whole building!

MR. ROBOT: That's a bad thing, right?

Leader: YES. A very bad thing! Letting fear control you NEVER does any good! You've got to start saying "NO" to fear and "YES" to trusting God!

MR. ROBOT: Affirmative. Mr. Robot will no longer be controlled by fear. Activating new programming - DESTROY ALL MAGNETS. (*turns and walks away*) DESTROY. DESTROY. DESTROY. DESTROY. (*walks offstage as his exit music plays*)



GAME ON!

“Name That Phobia”

Items Needed For Game:

The graphic slides for Lesson 1

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Preparation:

Start with the game title slide, “Name That Phobia”. Choose three boys and three girls to play.

.....

How To Play:

This game has ten different types of phobias (*types of fear*). Each child will take turns guessing what type of fear the phobia is and the leader will keep score, boys against girls. Whichever team has the most points at the end wins!



Bible Story

“David Runs From Saul”

Materials Needed:

The graphic slides for Lesson 1; begin with the slide that says “Bible Story”; follow the instructions below, changing the slides to follow along with the story (*as shown*)

Preparation:

Familiarize yourself with the story in 1 Samuel 21-22; have your open Bible in your hands as you tell the story

The Story:

Today, our Bible Story comes from the book of 1 Samuel, chapters 21 and 22. This story is all about a man named David. You might remember David as the boy that killed the giant, Goliath, but David was no superhero. He was an ordinary person who dealt with all kinds of emotions, just like you and me.

As a teenager, David was anointed as the future king of Israel. God told him, at the right time, he'd be king, but God didn't tell him exactly when. The problem was the current king, Saul, did NOT plan on stepping down any time soon. Also, Saul was becoming super jealous of all the attention David was getting after killing Goliath, so Saul decided to kill David!

THAT is scary! David was filled with fear, and he was living his life on the run from the powerful King Saul who was trying to kill him. David didn't know what to do, and he was afraid even God wasn't going to help him, so he decided to take matters into his own hands. David went to the temple, met with Ahimelech, the priest, and said to him, (*show pic*) “The king has sent me on a secret mission.” Now, that wasn't true at all! David's fear was causing him to make bad decisions by lying and involving the priest.

Then David continued to involve Ahimelech by asking him for five loaves of bread. All he had available was holy bread from the temple, but he decided to go ahead (*show pic*) and offer some of the holy bread to David anyway. Then David asked for something else. He asked if Ahimelech had any swords he could have. The priest only had the sword that belonged to Goliath, whom David killed. And once again, Ahimelech offered David what he asked for (*show pic*) and gave him Goliath's sword. David left from there and continued to run from King Saul, living his life full of fear!

David's fear didn't just affect him; it affected the priest too! King Saul found out David went to Ahimelech and was very upset that Ahimelech helped David. In fact, Saul was so angry, he instructed his guards to (*show pic*) “Kill them all!” Wow - David's fear and bad decisions ended up costing Ahimelech and his fellow priests' lives!

That day, the priest's son, Abiathar, fled before getting killed by Saul to tell David what happened. When Abiathar found him, (*show pic*) David apologized saying, “I am responsible for your father's death. Stay with me, and I will protect you!” David realized that his fear and mistakes cost a lot - and didn't just affect him. They affected a whole bunch of people! In your lesson today, you are going to learn how to avoid doing what David did - allowing your fear to control you, and instead, trust God!





Call To Action

“Fear”

Materials Needed:

The graphic slides for Lesson 1; a bucket full of large rocks; sign with the word “PROBLEM” printed on it (*with some adhesive tape on the back*); one small child volunteer; one STRONG adult volunteer; bottle of water; styrofoam cup; “magic slush powder” (*sold at any magic store or online at www.gospelmagic.com*)

Preparation:

Begin with the slide titled “Fear”. Fill bucket with large rocks and attach sign to bucket. Place a small amount of magic gel powder in the bottom of the styrofoam cup (*not plastic, glass, or any other cup*), making sure not to spill it.



The Message: (*title slide*)

What are you afraid of? (*allow response*) Are you afraid of the dark? When the lights go out at night, do you lie in bed wondering about every single sound you hear? (*act surprised and scared*) “Was that a monster!?” Are you afraid of spiders or bugs or other creepy crawly animals like mice and snakes? When you see one crawling on the floor, do you jump up into a chair and screech, (*in a high-pitched voice*) “Help me, help me!” Or are you afraid of heights? When you go to the theme park you NEVER ride the big, tall roller coasters - and you always freak out and hold your breath when you cross really high bridges in the car?

Fear is something we all deal with! We all have fears that keep us from doing certain things, but just like David in our Bible Story, sometimes our fear will cause us to do certain things - things that we might regret. In fact...



A Mind Filled With Fear Makes Bad Decisions (*slide*)

David was afraid for his life! He feared being killed by King Saul, and he began to feel helpless. He decided no one could help him - not even God. David tried to handle it on his own. His fear caused him to freak out and when he freaked out, he made some really bad decisions. That’s how it is for us too! We all have problems that come our way - sickness, bullies, temptation, and other really scary situations!

(*choose a small child to come to the stage to help you, then point to the bucket of rocks with the word “PROBLEM” on it*) Like David, sometimes we try to handle our problem on our own. (*have the child try to pick up the bucket and move it across the room, but it is obviously too heavy*) Here they are trying to handle their problem, when the whole time (*bring up your strong adult volunteer to stand right beside the child*) God is right there with them. If they would just call on Him, He could handle the problem. (*have the adult volunteer pick up the bucket and carry it off stage, then have both volunteers sit back down*)

(CONTINUED ON NEXT PAGE)



Call To Action (Continued)

Fear comes when you try to handle the problems of life on your own. You try to “fix” the problem instead of asking God for help. You don’t have the power to fix the problem, so you end up getting overwhelmed by fear just like David did. David tried to fix his own problem and ended up making things worse! Remember what happened to Ahimelech and the other priests? That goes to show...

Your Bad Decisions Don’t Just Affect You (slide)



David’s bad decisions didn’t just affect him. They affected everyone else that he involved. If he would’ve just trusted God, instead of lying and getting Ahimelech involved, things probably would’ve gone a lot smoother. God would’ve taken care of him. But instead, David tried to take things into his own hands, allowing his fear to control his decisions. He may not have been killed by King Saul, but instead, Ahimelech and all of his fellow priests were killed.

You may be thinking, “Well, that’s extreme - that would never happen to me!” But you face situations like this all the time. When you’re afraid of getting a bad grade on your test and you let fear control your decisions, you end up cheating, copying your neighbors answers. Your fear causes you to make a bad decision. And when you get caught (because you will - it always happens), you won’t be the only one getting in trouble for cheating and getting a bad grade. The person you cheated off of will too! Your bad decisions don’t just affect you! So, you shouldn’t allow fear to take over and cause you to make bad decisions. Instead...

Say “No” To Fear And “YES” To Trusting God (slide)

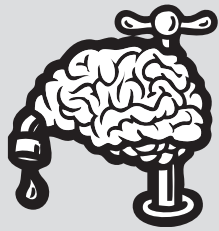


You see this water? (*hold up the bottled water*) It’s going to represent FEAR, and this cup (*hold up the styrofoam cup*) is going to represent our lives. Sometimes fear comes into our lives and fills us up. (*pour the water into the cup slowly*) FEAR comes into our lives, and we feel like we can’t do anything about it. Suddenly, we are full of FEAR, and we feel helpless. Here’s what we have to do - PRAY! We have to pray that God will take that fear away and fill us with courage! We have to pray and begin to TRUST God to help us! Do you know what God will do when we pray that prayer? He will take that fear completely away! (*By this time, the water will have turned to a solid gel in the cup and will stick to the sides of the cup. When you say the words, “completely away,” turn the cup upside down giving the illusion that the water has disappeared.*) Isn’t that awesome?

Now, I know what you are saying “But what if the fear comes back? What do I do then?” Keep praying and trusting God! Remember our PowerVerse in 2 Timothy 1:7 - “For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.” Say “no” to fear and “yes” to trusting God!

ALTAR RESPONSE: (*play soft music*)

Pray for children that are dealing with fear. Pray they will not allow their fear to control their decisions, but instead they will say “no” to fear and “yes” to trusting God. Pray God will replace their fear with courage!



BRAIN DRAIN

Materials Needed:

The graphic slides for Lesson 1

Preparation:

Play the “Brain Drain” Bumper Video; Begin with the slide titled “Brain Drain”; there is a slide for each question

1. Watt’s Up today?

Answer: “I Don’t Have To Be Afraid, I’ll Put My Trust In God!”

2. What emotion did we learn about today?

Answer: Fear

3. Who was David running from in our Bible Story?

Answer: King Saul

4. True or False: Ahimelech refused to help David.

Answer: False

5. What happened to Ahimelech because he helped David?

Answer: He Was Killed

6. True or False: We don’t have to be afraid.

Answer: True

7. According to our lesson today, “A Mind Filled With Fear Makes ____ Decisions.”

Answer: Bad

8. According to our lesson today, “Your Bad ____ Don’t Just Affect You.”

Answer: Decisions

9. According to our lesson today, “Say ‘NO’ To Fear And ‘____’ To Trusting God.”

Answer: YES

10. Where was our Power Verse found?

Answer: 2 Timothy 1:7

FAMILY DEVOTION!

"Fear"

"I Don't Have To Be Afraid, I'll Put My Trust In God!"

"For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline." - 2 Timothy 1:7

This week, we start a brand new series called, "Emotions". In this series, we will learn about different emotions by looking at the life of David. In this lesson, we will learn from David and how his fear led him to make mistakes that affected not only him but those around him. David learned that it is better to say "no" to fear and "yes" to trusting God. When fear comes in to our life, we can pray and trust in God. He will take away our fear!

Read:
1 Samuel 21-22

Ask:

- What did God promise to David? Who was the current king of Israel?
- Did King Saul like David? What did David do when he found out King Saul was coming after him?
- What happened to Ahimelech because of David's lies?

Say:

In our lives, it is easy to let fear rule over us. When we are filled with fear, it can cloud our judgement, and we can end up making bad decisions. Those decisions can affect everyone around us.

However, God hasn't given us a spirit of fear. With God in our lives, we don't have to let fear control us. All we have to do is trust God and know He has everything in control.

Ask/Discuss:

- Have you ever let fear control you life? Did it lead to bad decisions?
- What can you do when you're scared to get rid of fear?

Pray:

Pray for your child if they are dealing with fear. Pray they will not allow their fear to control their decisions, but instead they will say "no" to fear and "yes" to trusting God. Pray God will replace their fear with courage!

FAMILY DEVOTION!

"Fear"

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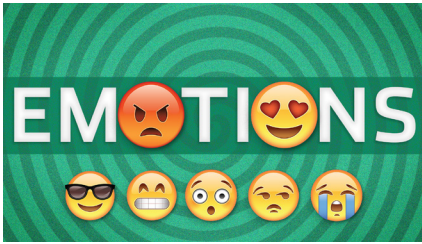
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Small Group Experience

LESSON 1 - "Fear"



Watt's Up:

"I Don't Have To Be Afraid, I'll Put My Trust In God!"



Power Verse:

"For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline."

-2 Timothy 1:7

SUPPLY LIST:

* Random craft and office supplies (craft sticks, paper clips, yarn, pipe cleaners, cotton balls, rubber bands, etc.; enough for the kids to each pick up several pieces; items will be used during activity time)

TEACHER INSTRUCTIONS:

Before small group begins, collect the needed craft and office supplies. Place some of them in various locations around the room. To review the Bible Story, read the provided lesson excerpt aloud, pausing when you say the word "fear". When you say "fear", the kids should stand and collect one supply, and return to their seats. Remind them to hang onto the supplies since they will be used during activity time.

Say - I am really happy you are here, and I think we should get started because you all are going to be pretty busy for the next few minutes. I hope you aren't afraid of a little work! I have some jobs for you to complete. Even if you are afraid of work, today is all about FEAR, so you might just learn a few things along the way. Before you arrived I placed various random supplies around the room. I am going to read the Bible Story aloud, and I want you to listen for the word FEAR. When you hear the word FEAR, you should stand and go collect one supply. Hold onto the supply, you will need it during activity time. We will continue on this way until the story is complete. Let's begin!

-Read the provided lesson excerpt aloud, pausing when you say FEAR to allow time for the kids to collect a supply-

Say - This story is all about a man named David. You might remember David as the boy that killed the giant, Goliath, but David was no superhero. He was an ordinary person who dealt with all kinds of emotions, just like you and me. David even dealt with **FEAR**.

As a teenager, David was anointed as the future king of Israel. God told him, at the right time, he'd be king, but God didn't tell him exactly when. The problem was the current king, Saul, did NOT plan on stepping down any time soon. And - Saul was becoming super jealous of all the attention David was getting after killing Goliath, so Saul decided to kill David!

THAT is scary! David was filled with **FEAR**, and he was living his life on the run from the powerful King Saul who was trying to kill him. David didn't know what to do, and he was afraid even God wasn't going to help him, so he decided to take matters into his own hands.

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David went to the temple, met with Ahimelech, the priest, and said to him, “The king has sent me on a secret mission.” Now, that wasn’t true at all! David’s **FEAR** was causing him to make bad decisions by lying and involving the priest.

Then David continued to involve Ahimelech by asking him for five loaves of bread. All Ahimelech had available was holy bread from the temple, but he decided to go ahead and offer some of the holy bread to David anyway. Then David asked for something else. He asked if Ahimelech had any swords he could have. Ahimelech only had the sword that belonged to Goliath, whom David killed. And once again, Ahimelech offered David what he asked for and gave him Goliath’s sword. David left from there and continued to run from King Saul, living his life full of **FEAR**!

David’s **FEAR** didn’t just affect him; it affected Ahimelech too! King Saul found out David went to Ahimelech and was very upset that Ahimelech helped David. In fact, Saul was so angry, he instructed his guards to “Kill them all!” Wow - David’s **FEAR** and bad decisions ended up costing Ahimelech and his fellow priests’ their lives!

That day, Ahimelech’s son, Abiathar, fled before getting killed by Saul to tell David what happened. When Abiathar found him, David apologized saying, “I am responsible for your father’s death. Stay with me, and I will protect you!” David realized that his **FEAR** and mistakes cost a lot - and didn’t just affect him. They affected a whole bunch of people!

Say - I told you there would be some work involved! That was a lot of ups and downs, and you all did a great job! You can stop collecting supplies when I say **FEAR**, but don’t be afraid, we will use the supplies again soon.

Ask - Why do you think David was afraid that God wasn’t going to help him?

-Allow time for the kids to respond; discuss their answers with the group-

Ask - Would you have been afraid if you were in David’s position?

-Allow time for the kids to respond; discuss their answers with the group-

Ask - Why did David’s fear cause things to go wrong?

-Allow time for the kids to respond; discuss their answers with the group-

Game/Activity

SUPPLY LIST:

- * Fear Print Piece (*provided; print one per kid*)
- * Random craft and office supplies from before (*plus extra for the group to share*)
- * Glue (*for the group to share*)
- * Tape (*for the group to share*)
- * Scissors (*for the group to share*)

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TEACHER INSTRUCTIONS:

Before small group begins, print and cut the Fear Best Print Pieces. Once activity time begins, give each kid a print piece. Tell the kids they must design and build something to contain their fear beast. To do so, they can use the supplies collected during the Bible Story review as well as the additional supplies. Once the kids have completed the task, allow them to share their designs with the group and explain why their idea would work best. This activity will play into the object lesson for group sharing time.

Say - David let his fear beast get the best of him. Each of you has a fear beast, both inside that you can't see, and pretty soon you will have a visible fear beast. I am giving each of you a fear beast, and it definitely needs to be contained. You may use the supplies that you collected during the Bible Story Review as well as the additional supplies I am providing to create something to contain your beast. Use your imagination!

-Allow time for the kids to complete the activity-

Ask - Would anyone like to share the Fear Beast container and tell us why your idea will work?

-Allow time for the kids to share their designs with the group-

Group Sharing**SUPPLY LIST:**

- * Fear Beast Leashed Print Piece (provided; print one per kid)
- * Pencils, crayons, or markers

TEACHER INSTRUCTIONS:

Before small group begins, print and cut the Fear Beast Leashed Print Pieces. Once group sharing begins, give each kid a print piece.

Say - A few minutes ago you had the task of building something to contain your fear beast. Some of your designs were pretty clever, but I fear they might not really get the job done. While fear isn't actually a beast that you can see with your eyes, fear can be a beast that tries to destroy your life!

Ask - Why is fear like a beast?

-Allow time for the kids to answer; discuss their answers with the group-

Say - We will all face the fear beast at one time or another. All too often we decide to try and leash the fear beast on our own. Let's talk about what happens when WE try to leash our fear beast. There is a picture on the left side of your page as well as a phrase, "I can handle this."

Ask - Why do you think we sometimes try to handle fear on our own? Why don't we ask for help?

-Allow time for the kids to answer; discuss their answers with the group-

Ask - What happens when we try to handle fear on our own? Write your answers in the blank box on the left side of your page.

-Allow time for the kids to write their answers-

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Ask - Would anyone like to share what they wrote?

-Allow time for the kids to answer; discuss their answers with the group-

Say - The lesson that we learn from David is pretty clear, “I can’t control fear.” Write the word CAN’T in the blank at the bottom of the left side of your page.

-Allow time for the kids to complete the task-

Say - This would be a pretty sad ending if we left things this way, but that is not the end of the story. I can’t control fear. God can! Write that in the blank on the bottom of the right side of your page.

-Allow time for the kids to complete the task-

Ask - Why can God control our fear? Why can he handle leashing the fear beast? Write your answers in the blank box on the right side of the page.

-Allow time for the kids to write their answers-

Ask - Would anyone like to share what they wrote?

-Allow time for the kids to answer; discuss their answers with the group-

Prayer Time

Say - Fear is a very real situation. If you are facing fear, we want to pray for you and believe that God will be with you and help you to conquer fear. (PRAY)

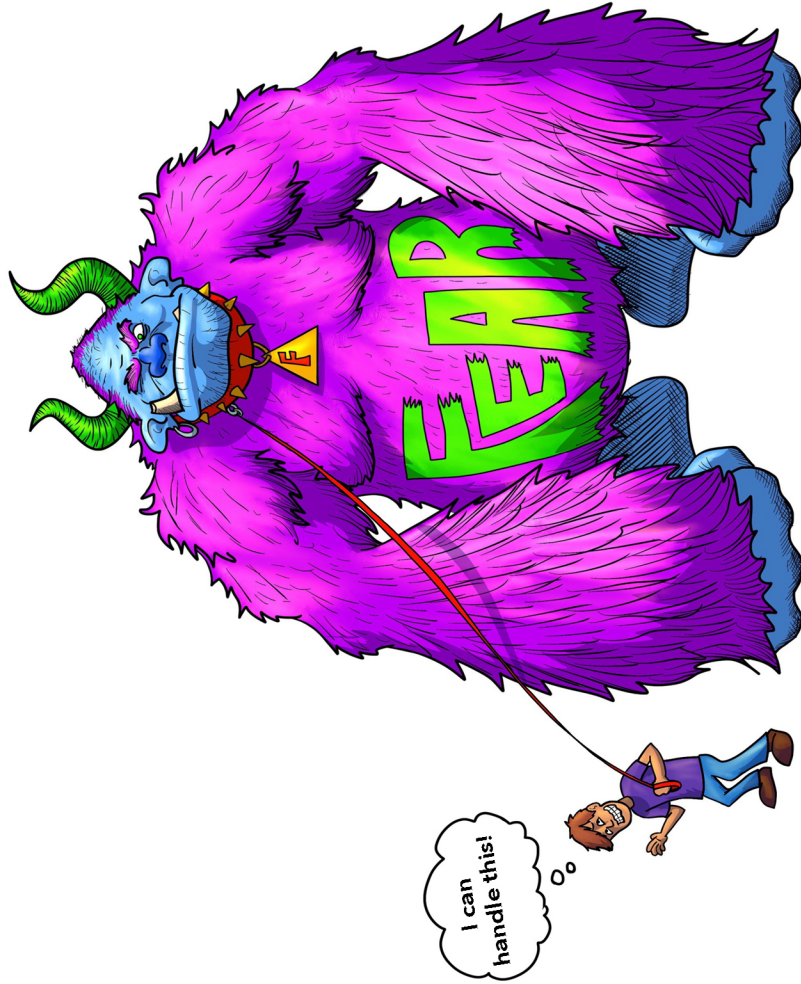
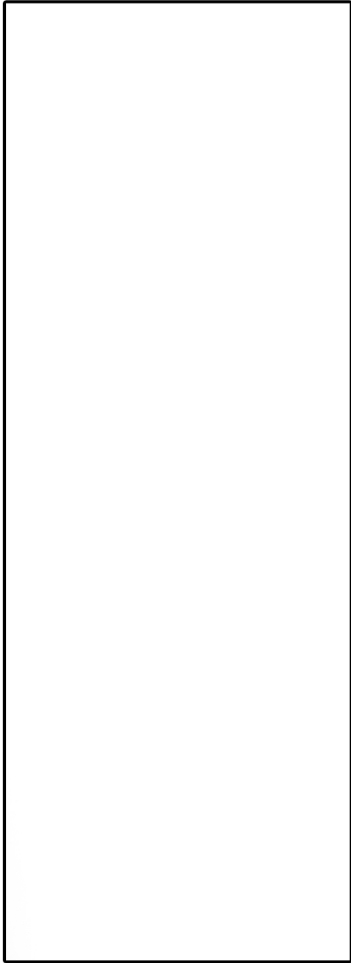
Closing

Say - David must have been so confused. God told him that he would be king one day, and now he was being hunted like a wild animal. As he ran, the fear inside of him grew until it became a life controlling beast. David thought that he could control his fear. He tried to leash the beast through lies, and hiding, and pretty much every trick he could think of. They didn’t work, and people got hurt. Fear was still a raging beast and David was no better off than when he started. In fact, he was much worse. David had not trusted God to protect him, and he made a mess trying to do things on his own. David couldn’t control fear, but God could! You and I will face things in life that stir up the fear inside. If that fear goes unchecked, it can really turn into a beast. When you feel fear rising up inside, don’t try and leash it alone. Remember, you can’t control fear, but God can! Fear is a beast that doesn’t want to be leashed, but that doesn’t mean it can’t be! When faced with fear, God can leash the beast and help control our fears if we allow him to take over. Thank you for coming today! I will see you again soon.



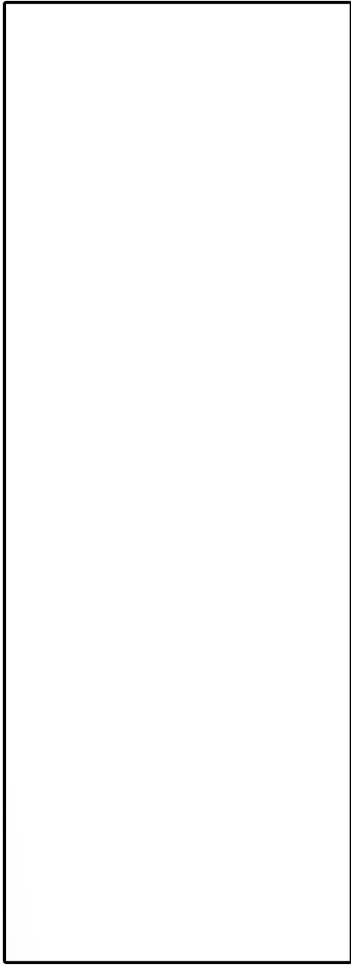
GET MY FEAR BEAST ON A LEASH!

“Emotions” LESSON 1



“Fear”

I Control Fear



Can!