**Theme – Overcoming Fear with God.**

**Objective Summary**

i)To focus on what the Bible teaches about worries and fears

ii) To learn memory verse 1 Peter 5:7

iii) To emphasise that we can trust God with all our challenges/worries/fears just like David did.

**Resources needed**

Bibles

Paper to trace and colouring crayons (for the beginners & primaries)

Access to YouTube

Pencils/pens (older children)

**Bible verses-**

Matthew 6:25-30, 1 Peter 5:6-8, Philippians 4:6-7,

**Memory verse** -

“Cast all your anxiety on him, because he cares for you. ” 1 Peter 5:7

**Lesson**

*Read as many Bible verses (see above) that child can tolerate (the older the child, the more bible verses can be covered).*

**Say:** You don’t have to be a superhero with superpowers to overcome your fears! Everyone in this world including mums and dads will eventually face some sort of fear. Eg. fear of a punishment, a test, a bully, a dark room, a wild animal, diseases, a tall cliff, a bug, a snake, or even a fear of telling the truth.

**Sometimes, those fears become giants that stand in our way and keep us from living the lives God planned for us. But guess what - we have a superhero to help us – God!**

Watch:

<https://youtu.be/ufvaa_GcTbQ>

**Discussion**

When David faced the giant, Goliath, he had every reason to feel scared:

Why do you think David might have been scared?

1. He was a young boy; Goliath was an adult.
2. David was small; Goliath was huge.
3. David had a slingshot, five stones, and no armour. The giant wore a helmet and heavy armour.
4. Goliath had a sword, a spear, a shield, and a whole army to back him up. The army of Israel stood frozen in fear and refused to fight.

**David was alone. . . or so it seemed!**

1. God was with David. God gave David strength and protection.
2. Who can hurt the God who created everything**? No one! God was David’s armour**, and he helped David when he was in trouble. God fought the battle for David and gave him victory over all his enemies. David threw one stone, and it was a perfect shot. David won**! Praise the Lord!**

1. Write/ discuss all the things that you worry about.
2. How do you feel when you worry about these things?
3. Has worrying about them caused the situation to go away?
4. Based on Matthew 6:25-30, how do you feel about God taking care of all the things you worry about?

**Activity**

1. Learn memory verse 1 Peter 5:7
2. See Activity sheets below

**Closing**:   In times like these when you have to stay home, and you can’t get to be with your friends and you might be afraid of the Corona virus, remember you have a superhero, God. With God nothing is impossible, have faith and trust Him like David did and He will conquer your Goliaths.

**Prayer**

Father God, thank you that I can come to you with all my fears. Thank you that you are with me. Thank you that through your perfect love, you cast out all my fears. I pray for my family, friends, church and Jamaica in these times. Protect us and give us courage. In Jesus name I pray. Amen.



