

GO!
Join the Story!

GROUP ACTIVITY

This activity can be used in a small group at church or even with your kids at home!

Falling Into Fear

Say: Today we learned that when we hold onto Jesus, it keeps us from falling into fear. We're going to play a game right now that will help us think about the kind of fears that Jesus helps us overcome.

Directions: Divide your group into 2 teams. Place 2 paper plates on the floor about 3 feet (1 meter) apart. Choose one kid from each team to stand on a plate. Tell them to face each other and clasp hands with interlocking fingers. When you say "go," each kid must try to push or pull the other kid off of their plate while remaining on their own plate. The first kid to step off of their plate loses the round. Give a point to the other team. When the round is finished, ask the 2 participants the question below. At the end of the game, count up the points and declare a winner.

Question: What kind of "storms" have you had in your life? In other words, what kind of bad things have happened in your life that made you worried or afraid?

Say: That game kind of reminds us of the storms in our life. The plate is like peace and the floor is like fear. The kid that you were battling with is like a storm—the bad things in life that push us and pull us so that we fall into fear. Fortunately, we have someone to hold onto when those bad things happen. We can hold onto Jesus. Holding onto Jesus means that we trust Him and pray to Him. And when we do that, he keeps us from falling into fear.

Question: Have you ever prayed to Jesus when you were afraid? What were you afraid of? How did praying help you?