



**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?

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# HOMEGUIDE

Name \_\_\_\_\_

Date \_\_\_\_\_

## LESSON 7.1

### **DRAW IT!**

What are you afraid of? Draw a picture of it. While you're drawing, ask Jesus to help you not be afraid.



### **JOURNAL IT!**

Write a letter to Jesus. Tell Him about a "storm" in your life. In other words, tell Him about something bad that happened, then ask Him to keep you from falling into fear.

## **THIS WEEK WE LEARNED**

### **JESUS CALMS THE STORM**

BIG IDEA: Jesus helps us sail through the "storms" of life without falling into fear.

BIBLE BASIS: Matthew 8:23-27, Mark 4:35-41, Luke 8:22-25

KEY VERSE: "You came near when I called out to you. You said, 'Do not be afraid.'"  
Lamentations 3:57 (NIRV)

## **READ IT!**

Mark 4:35-41. Draw a picture of the story or write to God about your favorite part of the story. Tell Him why you liked it.

## **PRAY IT!**

Write a prayer to Jesus. Ask Him to be near you and to keep you from being afraid.

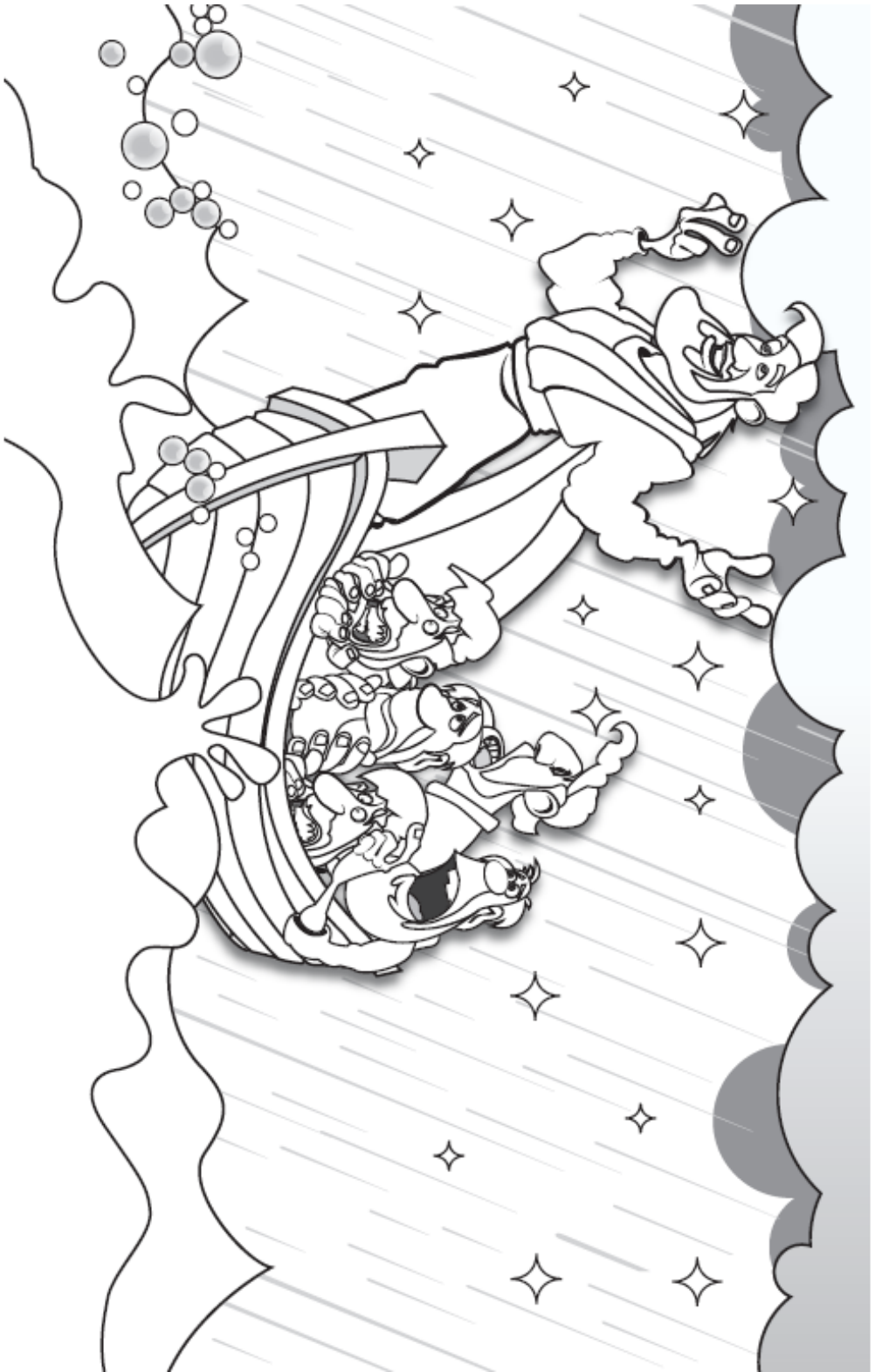
## **NEXT WEEK'S LESSON**

### **JESUS DRIVES OUT THE EVIL SPIRITS**

**BIG IDEA:** Jesus is more powerful than the devil, so we don't need to be afraid of evil.

**BIBLE BASIS:** Mark 5:1-20

**KEY VERSE:** "Even though I walk through the darkest valley, I will fear no evil, for you are with me." Psalm 23:4a (NIV)



**“You came near when I called out to you. You said, ‘Do not be afraid.’”  
Lamentations 3:57 (NIRV)**

**"YOU CAME NEAR WHEN  
I CALLED OUT TO YOU.  
YOU SAID, 'DO NOT  
BE AFRAID.'"**

**LAMENTATIONS 3:57 (NIRV)**



# **DINNERTIME QUESTION**

**WHEN HAVE YOU  
FACED A "STORM"  
THAT MADE YOU  
FEEL AFRAID?**

