

LESSON 9 SNAPSHOT

BOTTOM LINE: If you feel fear, you can talk to God!

TAGLINE: How are you feeling?

OBJECTIVE: Little ones will learn, “When I am afraid, I can trust in God.”

KEY PASSAGE: Psalm 91

MEMORY VERSE: “Lord who rules over all, blessed is the person who trusts in you.”
Psalm 84:12 (NIV)

SUMMARY: David went head-to-head against an actual giant, but he never even flinched. He didn’t let his fear overcome him. He trusted in God.

SIMPLE PRAYER:

Dear God (Dear God),

Thank you for being there (Thank you for being there)

To talk to (To talk to).

Amen (Amen)

SPECIAL 1 PAGE LESSON FOR 1 AND 2 YEAR OLDS:

PLAY TIME: Spend the first 15 minutes on the floor playing with the kids. Cars, dolls, blocks, and simple puzzles are great for this time.

BIBLE TIME: Seat the kids in the place they will be having snack. Hold up a Bible or Illustrated Kids' Bible and say, "This is the Bible. God wrote the Bible. Everything in the Bible is true." Then allow each child to pat the Bible with his hand.

LESSON: "Today we are talking about when we are afraid. When we feel fear, we can talk to God. God is always there for us and we can trust Him. We can tell God how we feel."

MAKE IT REAL: After the lesson say, "I can trust in God." Point to each child and say (child's name) "can trust in God."

PRAYER TIME: Ask the children to fold their hands and bow their heads. Say, "Let's pray before our snack. Thank you, God, for our families. Thank you for loving me. Thank you for this snack we get to eat. Amen."

SNACK TIME: Wash each child's hand with a wet wipe and then serve the snack. At this age crackers or goldfish with water are generally best, but you always want to be mindful of any food allergies.

POTTY BREAK: After snack is a great time to ask those who are potty trained if they need to use the bathroom, or change diapers of those who are not yet potty trained.

PLAY TIME: Finish the day with more playtime until it's time for dismissal.

MEMORY VERSE:

“Lord who rules over all, blessed is the person who trusts in you.” Psalm 84:12 (NIV)

LARGE GROUP MEMORY VERSE ACTIVITY:

“Lord who rules over all (spread arms out in front of you) blessed (put hands on cheeks and smile) is the person who trusts (put hands on heart) in you. (Point up at heaven.)”

Practice the hand motions with the memory verse. Encourage kids to say the verse as they do the motions.

SMALL GROUP MEMORY VERSE ACTIVITY:

Ask the kids, “When have you felt afraid? Our memory verse says, ‘Lord who rules over all’. Since God rules over everything and everyone, He is someone we can depend on and go to when we are afraid. There is no one better to go to than Him! Then it says ‘blessed is the person who trusts in you (GOD)’ Wow. When we trust God with our fears, he will bless us. We can go to God and talk to Him about what we are afraid of!”

Ask all of the kids to hold their hand up to their ear pretending it’s a phone. Tell them to pretend to press the buttons on their hand. Then say, “Now everyone repeat after me. FATHER GOD! (Father God) I am feeling afraid. (I am feeling afraid) Please help me. (Please help me.) Help me to remember that you are with me (Help me to remember that you are with me) and you are in control (and you are in control). Help me to trust you with my problems. (Help me to trust you with my problems.) AMEN! (Amen)

You can do this any time you are afraid. You don’t even need a phone! God can always hear you.”

PUPPET SHOW:

How are You Feeling?

ITEMS NEEDED: Small blanket

CHARACTER BREAKDOWN:

Dog Puppet - Willow

Kids - Audience

Cat Puppet - Carl

CHARACTERS:

Willow the Dog

Interactive Audience

Carl the Cat

(Willow is hiding under his blanket.)

WILLOW: Dear God! I am feeling afraid right now. There was just a very loud thunderstorm. I do not like thunder. It is so loud when it goes BOOM BOOM. It makes me shake. Please help me to remember that you are in control and you have me in your arms. Help me to calm down and trust you. In Jesus name Amen.

(Willow comes out from under his blanket.)

WILLOW: Oh! Hi! I didn't see you all there. I was praying. I felt very afraid during that thunderstorm. Do you ever feel afraid?

(Willow looks at the audience and waits.)

WILLOW: What is something that made you feel afraid? Raise your hand and I'll call on you.

(Willow calls on a few friends to share.)

WILLOW: Aw. I'm sorry that those things made you guys scared. We all have things that cause fear. When we feel that way, the best thing that we can do is...talk to God about it. He cares about how we feel. I feel so much better now that I've prayed. It helps me remember that God is in control and that I can trust Him.

(Carl the Cat enters and starts to shake.)

WILLOW: Oh! Hello there, cat.

(Carl the Cat slowly backs up away from Willow and looks scared.)

WILLOW: Where are you going? You just got here. My name is Willow. I'm a dog.

CARL: W- W- Willow? Yes. I see you are a D-D-DOG! AHHH.

PUPPET SHOW PAGE 2:

WILLOW: Don't be afraid.

CARL: Don't you chase cats?

WILLOW: Do you want me to chase you?

CARL: No!

WILLOW: Then why did you ask?

CARL: Because. Dogs usually chase cats and cats are afraid of dogs.

WILLOW: Oh! I guess I didn't get that memo. I'm not going to chase you, cat. What's your name?

CARL: I am Carl the Cat.

WILLOW: Nice to meet you, Carl. My friends and I were just talking about being afraid.

CARL: You? You are afraid? A dog?

WILLOW: Everyone gets scared sometimes. Even dogs. I am afraid of thunderstorms. I don't like the loud boom sound.

CARL: Oh. Those don't really bother me. Who would have thought it!? Dogs are afraid too sometimes.

WILLOW: Haha! Yes. But we can pray to God and He will help us when we are afraid.

CARL: I'll have to try that next time I'm scared.

WILLOW: Good! God cares about how we feel. He loves us!

CARL: It's so nice to meet you, Willow! You are my first doggy friend. I'm so glad I've met a dog that is nice and that understands what it's like to feel afraid sometimes too.

WILLOW: I'm so glad I met a cat. You are my first cat friend!

CARL: Want to go chase mice with me?

WILLOW: Uh...Carl?

CARL: What?

WILLOW: Well...don't you think that would scare the mouse?

CARL: Oh. Yeah. I never thought about it that way. Huh! I guess I can be scary sometimes too.

WILLOW: Why don't we play with some of my toys?

CARL: Good idea!

(Carl and Willow laugh and walk off stage together. End scene.)

CRAFT

Flip Book

ITEMS NEEDED: White paper, pencils, scissors, and crayons

ADVANCED PREPARATION: Create an example flip book ahead of time to show the kids how it works.

DIRECTIONS: Help kids create a flip book. Give each of them one piece of white paper. Give them a visual example by showing them how to fold their paper in half horizontally, then vertically, then horizontally again, and then vertically one more time. This will give the kids 16 small sections on their paper. Ask them to create a cartoon of a dog, cat, and mouse. An example could be a mouse eating cheese, then getting interrupted by a cat, and starting to be chased, then a dog coming, and chasing the cat, etc.

Explain that the more detail they put the better the flipbook will turn out looking like the animals are moving as you flip it. Each drawing should be only a small movement from the last drawing. Once kids are done drawing their pages, have them cut out their squares. They do not have to use all 16, but the more they use the better the flip book will work.

Staple each kid's book together on the left side. Give them a chance to try out their flip book, by flipping the pages quickly.

HANDS-ON ACTIVITY

Books!

ITEMS NEEDED: Preschool ages books

ADVANCED PREPARATION: Put out lots of picture books for kids to look at.

DIRECTIONS: Give kids time to look at books. After about 5 minutes, choose one story to read to the kids.

Tell them, “After we feel afraid or scared, it is good to do something to help relax us. One good thing to do is look at books. Another relaxing thing is lying down and listening to relaxing music.”

SNACK

ITEMS NEEDED: Pretzels (Consider GF SF options like Real Food From the Ground Up Cauliflower Pretzels)

ADVANCED PREPARATION: Post a sign outside the preschool area that says: “Today’s snack is Pretzels. Please let your child’s teacher know if it is not ok for your child to have this snack.”

CONNECTION: Tell the kids, “This snack reminds me of my midnight snack the other night. But it was dark...and sometimes I feel afraid of the dark. Do you ever feel afraid of the dark? When we feel afraid, we can pray to God about it.”

MAIN LESSON

BOTTOM LINE: If you feel fear, you can talk to God!

TAGLINE: How are you feeling?

OBJECTIVE: Little ones will learn, "When I am afraid, I can trust in God."

KEY PASSAGE: Psalm 91

WORSHIP TIME:

Prior to the lesson, sing one or two songs with the kids. Use CDs or live lyrics of songs that the kids are familiar with.

LESSON:

How do you feel? There are all sorts of feelings. Fear, confusion, bravery, happiness, silliness, comfort. God created us to feel things, and when we do, we can always talk to God about how we feel. He is always there listening, and He cares! When you feel afraid, you can talk to God about it. God wants to comfort us when we are afraid. We can feel comfort because God is in control and powerful. We can trust God! There is nothing too difficult for Him!

We are going to turn the light out. If turning the lights out makes you feel afraid, I want you to join in this prayer with me. (Turn off the lights.)

Dear God, Thank you for creating the sun and the light. When it is dark, it sometimes makes us feel afraid. Help us to trust you, even when we are in the dark, because we know you are in control. Thank you for being trustworthy and always doing what you promise you will do. Help us to remember to talk to You when we are afraid. In Jesus' Name Amen!

(Turn lights back on.)

We are going to read from our Big Book of Emotions...the Psalms, again today. David is going to talk about fear. He went face to face with a GIANT, so he knows what it is like to feel fear. If you hear anything fearful or something that would make you afraid, I want you to put your hands in a prayer position, like you are praying. This will help us to remember that when we are afraid, to talk to God about it.

READ:

- 1 Whoever rests in the shadow of the Most High God
will be kept safe by the Mighty One.
- 2 I will say about the Lord,
"He is my place of safety.
He is like a fort to me.
He is my God. I trust in him."
- 3 He will certainly save you from hidden traps
and from deadly sickness.
- 4 He will cover you with his wings.
Under the feathers of his wings you will find safety.
He is faithful. He will keep you safe like a shield or a tower.

MAIN LESSON

- 5 You won't have to be afraid of the terrors that come during the night.
You won't have to fear the arrows that come at you during the day.
- 6 You won't have to be afraid of the sickness that attacks in the darkness.
You won't have to fear the plague that destroys at noon.
- 7 A thousand may fall dead at your side.
Ten thousand may fall near your right hand.
But no harm will come to you.
- 8 You will see with your own eyes
how God punishes sinful people.
- 9 Suppose you say, "The Lord is the one who keeps me safe."
Suppose you let the Most High God be like a home to you.
- 10 Then no harm will come to you.
No terrible plague will come near your tent.
- 11 The Lord will command his angels
to take good care of you.
- 12 They will lift you up in their hands.
Then you won't trip over a stone.
- 13 You will walk on lions and cobras.
You will crush mighty lions and poisonous snakes.
- 14 The Lord says, "I will save the one who loves me.
I will keep him safe, because he trusts in me.
- 15 He will call out to me, and I will answer him.
I will be with him in times of trouble.
I will save him and honor him.
- 16 I will give him a long and full life.
I will save him."

I was thinking about all of the things that would make me put my hands in the prayer position. Lions, cobras, plagues...goodness me! That is a lot of scary things. David trusted God and didn't let his fear overcome him...even in the face of a giant! God loves us and we can talk to Him about the things that make us fearful. Like the beginning of the passage said, "He is my place of safety." When we talk to God, He is our place of safety in the midst of difficult or scary things. He helps us and protects us. We can say, "WHEN I AM AFRAID, I CAN TRUST IN GOD!" Let's say that together. WHEN I AM AFRAID, I CAN TRUST IN GOD!" God promises that He will keep us safe when we trust Him.

IF YOU FEEL FEAR, YOU CAN TALK TO GOD! He is always there listening. Let's pray.

SIMPLE PRAYER:

Dear God (Dear God),
Thank you for being there (Thank you for being there)
To talk to (To talk to).
Amen (Amen)

MAIN LESSON DISCUSSION QUESTIONS:

WIGGLE TAMER: Sing “Head, shoulders, knees, and toes.” Have kids do the motions. Then try it in the dark!

SMALL GROUP MEMORY VERSE ACTIVITY:

Ask the kids, “When have you felt afraid? Our memory verse says, ‘Lord who rules over all’. Since God rules over everything and everyone, He is someone we can depend on and go to when we are afraid. There is no one better to go to than Him! Then it says ‘blessed is the person who trusts in you (GOD)’ Wow. When we trust God with our fears, he will bless us. We can go to God and talk to Him about what we are afraid of!”

Ask all of the kids to hold their hand up to their ear pretending it’s a phone. Tell them to pretend to press the buttons on their hand. Then say, “Now everyone repeat after me. FATHER GOD! (Father God) I am feeling afraid. (I am feeling afraid.) Please help me. (Please help me.) Help me to remember that you are with me (Help me to remember that you are with me) and you are in control (and you are in control). Help me to trust you with my problems. (Help me to trust you with my problems.) AMEN! (Amen)

You can do this any time you are afraid. You don’t even need a phone! God can always hear you.”

DISCUSSION QUESTIONS:

What happens when we trust God?

What can we do when we feel afraid?

What is something you have been afraid of that you want to talk to God about today?

SMALL GROUP GAME OR ACTIVITY:

Play tag. Have one kid be the cat and everyone else mice. Once they are tagged they have to sit down. Then tap on one kid sitting down and make them a “dog.” Tell everyone that the dog is now chasing the cat and the cat is still chasing the mice. If the cat gets tagged, they will have to sit down. You can tap on another mouse to be the new cat. Etc. (Always announce to everyone when you add in a new cat or dog.)

MAKE IT STICK

THE BIG BOOK OF EMOTIONS PRESCHOOL LESSON 9

4 SIMPLE WAYS
YOU CAN MAKE
THIS LESSON STICK
WITH YOUR KIDS

THIS WEEK'S LESSON:

Use these four common times in a preschooler's day to reinforce this week's lesson:



DRIVING:

Ask your child, "What makes you feel fearful or afraid? What can you do when you are afraid? When we are afraid, we can talk to God about how we feel. We can pray to Him and trust God with it."



PLAYING:

Turn off the lights and use flashlights to play flashlight tag. If you catch someone with your light, they are it!



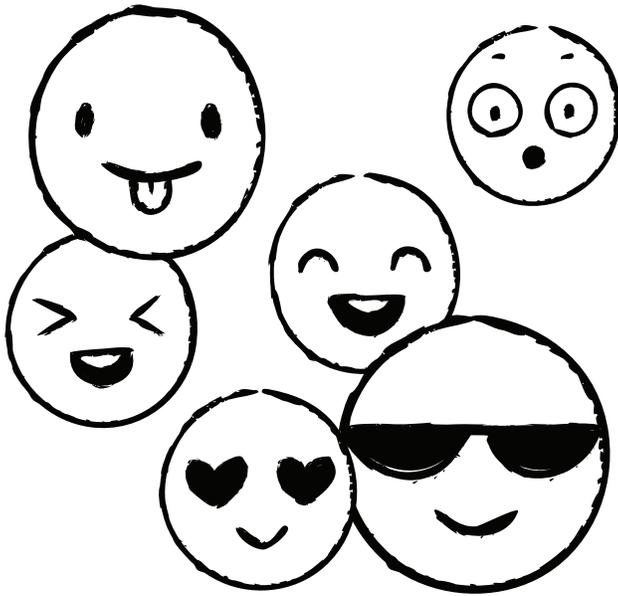
EATING:

Tell your child a story about a time you were afraid. Encourage them to talk to God whenever they are afraid because He loves them and He is listening.

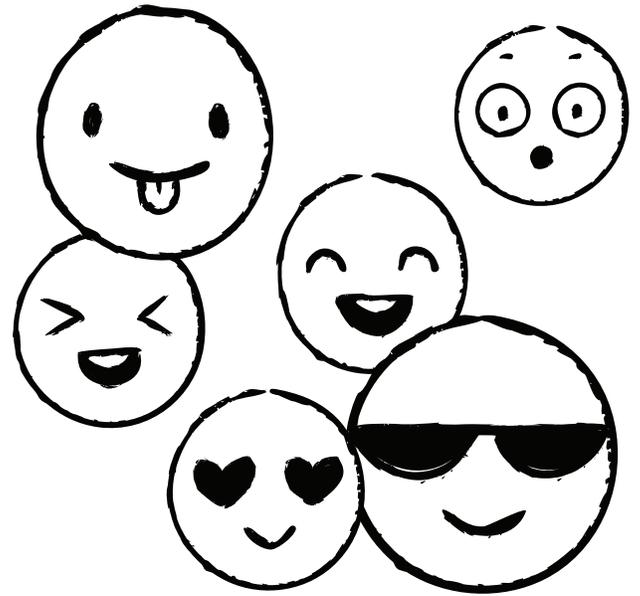


SNUGGLING:

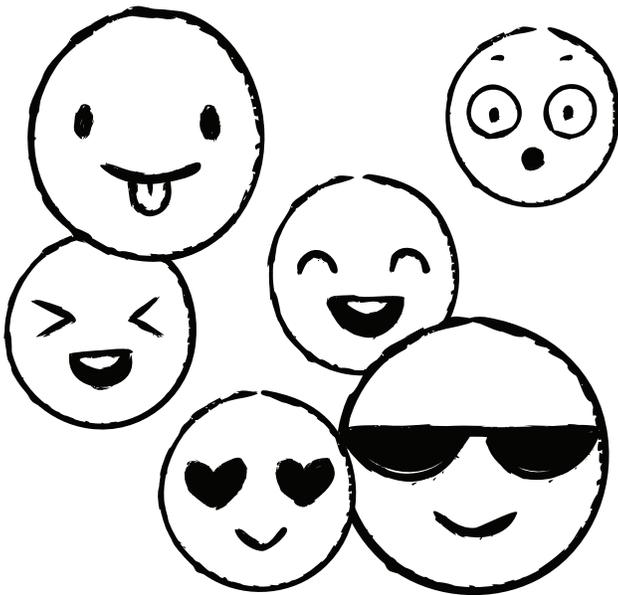
When you're rocking with your child at night, or reading a bedtime story, choose to read this week's Bible lesson at least one night of the week. (Psalm 91)



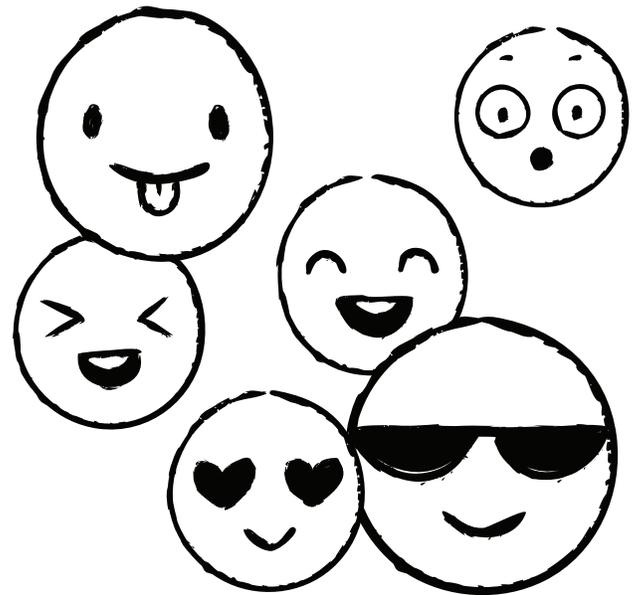
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