



No Fear!

Pathway Point: 🎯 God is most powerful.

In-Focus Verse: “Finally, be strong in the Lord and in his mighty power” (Ephesians 6:10).

Travel Itinerary

The first step in exploring the spiritual armor God provides to believers is to acknowledge that we face spiritual enemies. Satan and the spiritual forces that fight against God are real and powerful. When we face our own inadequacy for battle, we understand our need for a Champion who will fight for us and protect us. We recognize our dependence on the armor God provides.

Talking about Satan’s threats and our vulnerability can make both children and adults feel anxious. But instead of minimizing the enemy—maximize God! Vividly portray his awesome power. Help kids experience God’s protective love that surrounds them. As kids trust God and learn to wear the armor he provides, they will discover that no enemy is too great for God. Celebrate with kids that the battle has already been won by Jesus!

DEPARTURE PRAYER

(up to 5 minutes)

As kids arrive, give each one a bottle of water. These water bottles will be used several times during the lesson. Use a permanent marker to write each child’s name on his or her bottle.

Gather children to sit in a circle. During your discussion, pause and encourage kids to sip water as they think of answers. You’ll want kids to drink some but not all of their water.

Ask: • **What are ways water is used?**

• **Why is water so important?**

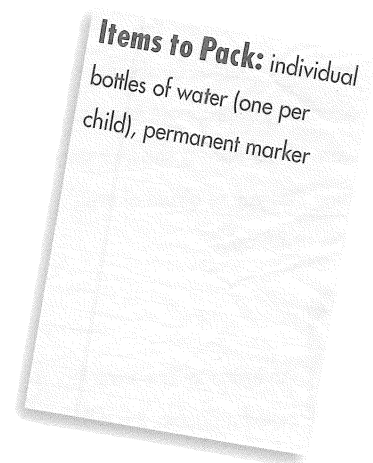
• **In what situations might water be dangerous?**

Say: **Most of the time, water is helpful. In fact, we can’t live without it. But sometimes water can be dangerous. Today’s story is about a time when Jesus’ disciples were in real danger from water. They needed someone powerful to save them. Fold your hands around your water bottle while we pray.**

Pray: **Dear God, thank you for giving us water. You provide water**



The activities in this book have been designed for multi-age groups. Select from the activities, or adapt them as needed for your class.



Give kids time to think of different ways water is used. If they need help, mention putting out fires, soaking sore feet, generating power, and for baptism.

for drinking, washing, playing, and watering plants. But sometimes water can be scary too, like during storms or floods. Help us trust in your great power to protect us. Amen.

Have kids take one last drink, then close bottles tightly and place them out of the way until later in the lesson.

Items to Pack: newsprint, markers, masking tape



(15 minutes)

How Scared Are You?

Through this activity, children will explore diverse responses to common fears.

Before class, use newsprint and markers to make two signs. One should read "Not Scared At All!" and have a happy face. The other should read "Very Scared!" and have a sad or frightened face. Post these two signs on opposite sides of the room.

Say: **Not everyone is scared by the same things or to the same degree. We're going to do an activity to show which things are scary for us and which are not. When I read a sentence, decide if it's very scary, not scary at all, or perhaps somewhere in between.** Point out the signs and indicate where kids should stand to show different degrees of fear.

Allow kids to move after each question.

Ask: • **How scared do you feel...in the dark in your room at night?**

• **How scared would God be in that situation?** Allow time for kids to move again. Include this question after each of the following questions about fears.

- **How scared would you feel...on the first day at a new school?**
- **...if your teacher called on you and you didn't know the answer?**
- **...if a strange dog approached and began to growl at you?**
- **...if you were separated from your parents in a crowded place?**
- **...if there was a severe thunderstorm while you were at home?**
- **...if there was a thunderstorm while you were in a boat on a**

lake?

Gather kids together and discuss the following questions.

Ask: • **What is it about these situations that makes people feel scared?**

- **When you are scared, what do you do to feel safe again?**
- **Why isn't God afraid of anything?**
- **How can God help us when we're afraid?**

Say: **God is never afraid because he is in control; nothing can**

TOUR GUIDE TIP

Be sure kids don't tease others about their fears.

Remind them that everyone feels afraid at times. You can promote openness by sharing something appropriate that you were afraid of as a child, or something that you're afraid of even now as an adult.

FUN FACT

An irrational or intense fear is called a *phobia*. It is different from ordinary fears in that the

intensity of the fear is far greater than the actual danger. Some phobias have interesting names.

Ereuthophobia is the fear of blushing. The fear of bees is called melisso-phobia. What if the disciples had cymophobia (the fear of waves) or astraphobia (the fear of lightning)?

harm him. God loves us and promises to protect us. Since 🌪️ God is most powerful, we don't have to be afraid.

**STORY
EXCURSION**

(15 minutes)

Wild Wind, Wet Waves

Children will experience the wildness of a storm and the calm when Jesus showed his power.

Say: **Today's wild and wet Bible story comes from Mark 4:35-41.** Open your Bible and show children where this account is found. **Let's act out this story together and imagine what it might have been like to be on the boat with Jesus.** Ask for volunteers to play the parts of Jesus and two disciples. Have these children sit in an imaginary boat. Choose another child to turn lights on and off to imitate lightning.

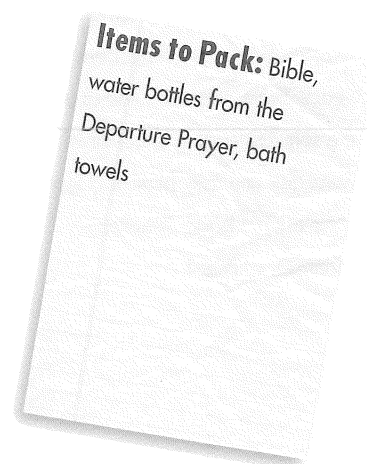
Give half of the remaining children bath towels and give the other half two water bottles each. (Children do not have to have their own water bottles.) As you distribute bottles, check that the lids are on securely. Tell children to listen and act out their parts as you retell the story.

Say: **When I mention the wild wind, everyone with bath towels should flap them toward the imaginary boat carrying Jesus and the disciples. When I mention the wet waves, everyone with water bottles should shake them to make sloshing sounds.** Practice both parts with the children.

Have children re-enact the story as you read. Pause after each mention of specific actions so children have time to participate.

Say: **At the end of the day, Jesus and his disciples got into a boat to cross to the other side of the lake. Jesus lay down in one end of the boat and went right to sleep. When they were in the middle of the lake, a terrible thunderstorm came up. There was no time to get to shore. The wild wind blew the boat! The wet waves roared! Lightning flashed all around them! The disciples felt the water coming into the boat around their ankles. They thought the boat was about to sink and they would drown. They went to Jesus and woke him up. They shouted over the noise of the storm, "Jesus, don't you care if we drown?"**

Jesus woke up and looked around at the wild wind, the wet



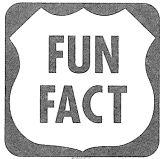
**TOUR
GUIDE
TIP**

Make sure this energetic activity remains safe.

Provide enough space between kids with towels so they will not hit others. Don't allow kids to "snap" towels. Remind kids to keep water bottles tightly closed.

**SCENIC
ROUTE**

Increase the fun in your storytelling by providing a few spray bottles for kids to simulate rain and mist!




FUN FACT

Hurricanes are given names for ease in tracking. Names are taken from annual lists in which male names alternate with female names. Lists repeat every six years. Some hurricane names are the same as people in the Bible! Someday you may hear of a hurricane named Isaac, Rebekah, Matthew, or Peter!

waves and the crashing lightning. He stood up. He calmly said, "Quiet, waves." Then he said, "Hush, wind." The lightning stopped. Suddenly everything became completely still.

Let's imitate how quiet the lake was. Wait for children to settle. **Let's get quieter still.** Pause, then whisper: **Let's listen to that silence for ten seconds.** Wait, then continue in a whisper. **The disciples looked at the quiet lake. They looked at Jesus. They looked at each other and said, "Jesus stopped a storm! He's someone special!"**

The disciples were right. Jesus is someone special. Jesus is God. Since  God is most powerful, we don't have to be afraid.


Gather kids together and lay props aside. Have kids form pairs to discuss the following questions. After kids share with each other, ask for volunteers to share their answers with the group.

Ask: • **What would you have thought if you were in the boat with Jesus when the lake became quiet?**

• **How do you think the disciples felt when they realized that Jesus was so powerful?**

• **How do you feel knowing that  God is most powerful?**

• **How do you need God's power in your life?**

Say: **Jesus showed his power and protected his friends by calming the storm. God is still able to protect us today. One way God protects us from spiritual enemies is by giving us spiritual armor. We're going to be learning about the armor of God in the coming weeks. We'll discover that whatever problems or enemies we face,  God is most powerful.**

Items to Pack: tennis balls, masking tape, markers, newsprint



ADVENTURES IN GROWING

(up to 10 minutes)

The Fear Zone

Kids will play a game to discover that fears can be difficult to stop on our own.

Use two strips of masking tape to mark three playing areas as shown on page 13. Clear the playing area of any obstacles.

Work with the children to create a list of things kids fear. Write these ideas on newsprint, then post this where kids can easily see it.

Have children form two teams, the Rollers and the Defenders. Have the Rollers stand in section A and the Defenders stand in section B.

Say: **We've talked about common fears. Now let's play a game to**

TOUR GUIDE TIP

Have enough tennis balls so that each Roller will begin the game with one.

see how well we're able to stop those fears. The Rollers will call out a fear from our list, then roll a ball toward the Defenders. The balls must stay on the floor, but the Rollers can have as many balls in play at a time as they like.

Defenders will stand behind their line and try to keep the balls from getting past them and into the Fear Zone. Balls can be stopped only with your hands, and they must be gently rolled back to the Rollers. If a ball gets into the Fear Zone, it has to stay there and can't be returned to the game.

Begin the game. Encourage kids to play quickly, rolling balls as soon as they are returned. After several minutes, have teams switch roles and play again.

Gather kids together to discuss the game.

Ask: • **How successful were you at stopping the fears that came your way?**

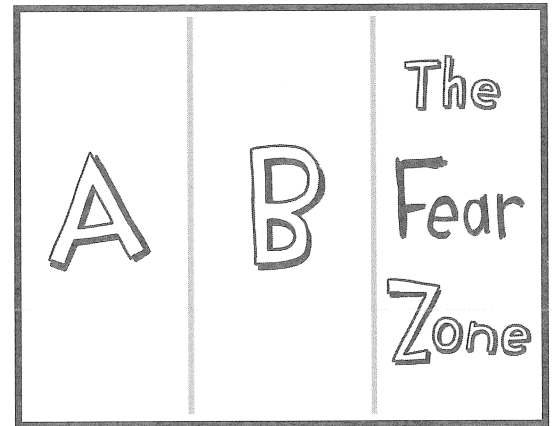
- **What made it hard or easy to stop the fears?**
- **In real life, is it hard or easy to stop yourself from having fears?**

Why?

• **Ephesians 6:10 says, "Finally, be strong in the Lord and in his mighty power." How can God's power help us be strong enough to face our fears?**

- **What fears do you need strength to face?**

Say: **Even though some of the fears got past these Defenders, nothing can get past God. No matter what the problem, we don't have to be afraid because God is most powerful.**



Remind kids of these safety rules: Balls must be rolled on the floor. Defenders should return the balls to the Rollers by rolling them along the sides of the playing area.

SOUVENIRS



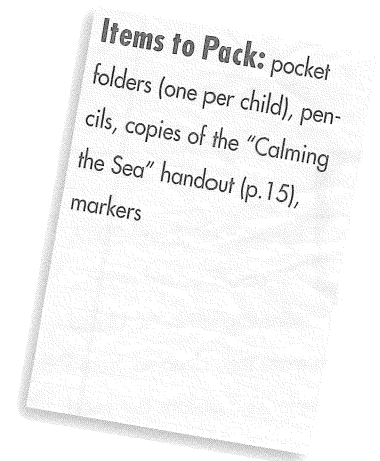
(10 minutes)

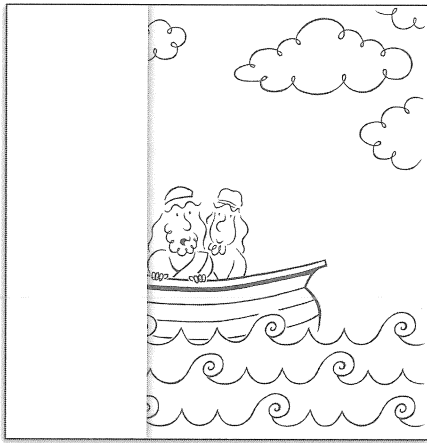
Calming the Sea

Kids will begin their Travel Journals and consider how God's power can help them face their fears.

Distribute one pocket folder to each child, and have kids write their names on the front with markers. These folders will serve as kids' Travel Journals to collect the Souvenirs activity in each lesson. Kids will take their Journals and Souvenirs home after Journey 13 as keepsakes to remind them about the armor of God.

Give each child a copy of the handout. Show kids how to fold the left edge of the page toward the center on the dotted line, concealing Jesus. With the page closed, have kids finish the left half of the boat and decorate the left flap to look like the boat is in the middle of a storm. Have the kids draw themselves in the right-hand side of the boat.





Then have kids open the page, revealing Jesus in the boat. On the left side of this boat, kids can add details showing the quiet lake. Have an older child read the In-Focus Verse, “Finally, be strong in the Lord and in his mighty power” (Ephesians 6:10). As children finish, have them form pairs and practice retelling the story to each other.

- Ask:
- **Why do you think Jesus calmed the storm for the disciples?**
 - **What did the disciples learn about Jesus?**
 - **What “stormy” situations have happened in your life?**
 - **How can trusting Jesus help you during stormy times?**

Say: **Jesus calmed the storm and did other miracles so his disciples would know that ☪ God is most powerful. Nothing is bigger or stronger than he is. Since we belong to him, we don’t have to be afraid. Even if God doesn’t make our difficulties disappear, he promises to be with us through them. As we trust in him, he will give us the strength we need.**

Have children place their pictures in their Travel Journals.

SCENIC ROUTE

Provide additional art supplies for children to use in decorating their pictures. Let kids use stickers, cotton balls, fish crackers, glitter, and glue to enhance their projects.

HOME AGAIN PRAYER

(10 minutes)

Have children find their water bottles and sit in a circle.

Say: **Today we learned how powerful God is. No matter what happens, he is able to protect us. Turn to a friend and tell about a stormy time in your life. Shake your water bottle to show how shook up you felt at that time.** Give kids time to share.

As we pray, we’ll talk to God about stormy times and quiet times. When we pray about stormy times, shake your water bottle. When we pray about calm times, hold your bottle so the water becomes very still.

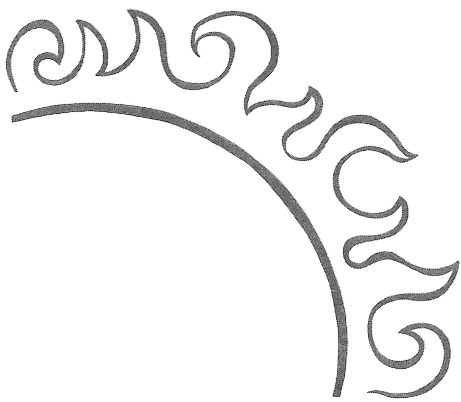
Pray: **Dear God, during the storm the disciples were frightened. They thought the boat might sink. They called to Jesus for help. He calmed the storm and kept them safe. Sometimes we are scared too. When we’re afraid, our fears shake us up. Help us remember that ☪ you are most powerful. Help us trust you to protect us, calm us, and bring us peace. Amen.**

Let children take their water bottles home with them.

Items to Pack: water bottles from the Departure Prayer activity

FUN FACT

Between 1992 and 2002, per capita bottled water consumption in the United States more than doubled, from 9.8 gallons to 21.5 gallons per year!



Calming the Sea



“Finally, be strong
in the Lord and in his
mighty power”
(EPHESIANS 6:10).

