



# Jesus Knows When We Are Afraid



## THE MISSION AIM

Jesus is with us when we are afraid, and He will help us to be brave.



## KEY VERSE

**Psalm 27:1:** "The Lord is my light and my salvation – whom shall I fear? The Lord is the stronghold of my life – of whom should I be afraid?"



## Pre-Mission Activity



## Supplies Needed

- Large hearts posted around the room (large enough for several recruits to write on)
- Markers, pencils
- Tape
- Rubber snake or create your own snake

## Directions

**SAY:** So how did it go this week telling Jesus you love Him? There are some hearts around the room. Take a moment to write down what you did, how it went and what you can do this week to tell Him you love Him.

**SAY:** This week we are going to be talking about how Jesus can help us when we are afraid. So I thought we'd play a little game with "Snakey" who some of you may just be afraid of. Don't worry, she doesn't bite, really...at least she hasn't recently. Anyway, we're going to play "Snakey" tag. This is just like frozen tag except the person who is "It" needs to touch you with "Snakey" and then you are frozen with fear (i.e. you stand where you are). However, the cool thing is that since we know Jesus, if you are frozen anyone can come by and whisper in your ear "Jesus takes away fear" and then you are free to go again. Any questions? Ok, so who wants to be "It"?

**DO:** Play a few rounds with different people being "It".



### Mission Uplink 1



Have ready YouTube playlist: "Season 1 – Jesus On The Inside Episode 2: Jesus Knows When We Are Afraid"

Play "Jesus On The Inside (S1) Episode 2 (1/4)". Episode begins with the Ready to Serve theme song, followed automatically by the MISSION # 1 VIDEO. Pause the video when the MISSION # 1 CARD appears on screen and remains as you and your recruits complete Mission # 1.

If using PPT for video, have JOI-Episode\_2-Jesus\_Knows\_Afraid.pptx ready and play slide one. Pause on the MISSION # 1 CARD so you and your recruits can complete Mission # 1.



### Mission #1



### Supplies Needed

- Flashlights
- Bible
- Small cards with Psalm 27:1 printed out on them (one for each recruit)



### Mission Assignment

**SAY:** Oh no! We've lost communication but we can start the mission without the Recon Team. What we really need to do is give Ravi some reminders about who can help him out when he's afraid.

**SAY:** There are many things that cause people to be afraid. For example, I'm afraid of \_\_\_\_\_. We're going to talk more about our fears later but for now, let's find out about who can help us when we're afraid.

**DO:** Make your room as dark as possible but be sure to leave a small light on (i.e. a flashlight). Read/tell Matthew 14:22-27 (DO NOT GO FURTHER PLEASE) as dramatically as possible.

**SAY:** Jesus' disciples were grown men and yet the Bible says that they were terrified while the wind and waves knocked their boat around! Never feel that you are too old to be afraid. We are all afraid sometimes. Let's take a look at a few things here because they remind us of where Jesus is when we are afraid.

Did you notice that Jesus saw that the disciples were afraid in the storm? Jesus knew that they were afraid. He always knows. Then he came to them and he told them "Don't be afraid." We can always trust that Jesus is saying, "Don't be afraid!" even if we can't hear His voice out loud. Repeat after me, "Don't be afraid. God is with you!" We are NEVER alone. God is always with us.

There is an amazing verse in the Bible, that just so happens to be our key verse and it says, "The Lord is my light (turn on the lights) and my salvation – whom shall I fear? The Lord is the stronghold of my life – of whom should I be afraid?" Psalm 27:1. In our fears God is our light and He is like a big huge fortress or castle surrounding us. He is our protector. God wants you to trust Him and believe that He will calm your fears. It's not easy but we really do need to trust in Him. Can you repeat that verse slowly with me?



**DO:** Hand out Psalm 27:1 to each child and repeat the verse together.

**SAY:** You've done a great job looking at what Ravi can do when he's afraid. Let's hope we can get this verse through to the team. Oh, I almost forgot, we have the verse but we should add something to it. Let's write, *DON'T BE AFRAID, GOD IS WITH YOU* on the back of the card. Okay let's give it a go.

**DO:** Pretend to stick a memory verse card into the DVD player.

**SAY:** Let's hope they get this. We'll try to get back to them and see how they are handling their situation with Michael and Christie.



## Mission Uplink 2



**YouTube:** Play "Jesus On The Inside (S1) Episode 2 (2/4)". Pause the video when the MISSION # 2 CARD appears on screen and remains as you and your recruits complete Mission # 2.

**PPT:** Click to advance to next slide. Pause video when MISSION #2 CARD appears on screen and remains as you and your recruits complete Mission # 2.



## Mission #2



## Supplies Needed

- Bible
- Table turned upside down to represent a boat
- If possible, download the CD *Great Big God* from Vineyard or have a clip from Youtube for the song, "*Sometimes I Feel Afraid*" by Jo and Nigel Hemming
- Small slips of paper to write individual fears on
- Pencils/pens
- Large paper boat taped to the wall by the bottom and sides, leaving the top open OR a large plastic boat (often found in sandbox sets) that has a spot for papers to fit inside



## Mission Assignment

**SAY:** Simon sure is right. There are definitely times we need to feel braver. Before we get to our next mission, let's take a few minutes to look back at the disciples and see how they handled their fears. We are going to need some actors and actresses for this one. We'll need someone to be Jesus and anyone else who wants to join in will be His disciples.

**DO:** Organize the recruits so that they are gathered together with "Jesus". You could even create a boat by turning a table upside down. During the telling of the story be sure to stop to have the kids make sound effects (i.e. the sound of the wind blowing or waves splashing) and to physically move with the waves. If there are recruits who choose not to participate be sure that they are in a location where they can see the story unfold.



**SAY:** I'm going to read Luke 8:22-25 to you. As I read, act and speak out your parts. Remember, your boat is in a storm so be sure to rock and move like you would if your boat was tossing around in the wind.

**DO:** Read Luke 8:22-25 and have the recruits act it out.

**SAY:** Why did the disciples wake Jesus up? What did Jesus do? Jesus wants us to call on Him when we are afraid as well. He wants us to pray and ask Him to come and help us in the middle of our "storms" or fears. That leads us to the second mission of the day. Drum roll please... (Reading mission card from satellite uplink), "Recruits, discuss some of your fears and spend time praying over them."

**SAY:** On the papers that I am handing out, write or draw fears that you or your friends may have. Write a different fear on each one. As you complete your writing or drawing, go and stick them inside the boat on the wall so that you can't see them anymore or put them in the boat at the front so that they are well hidden. Continue writing down any fears until I tell you that it's time to finish up.

**DO:** Walk around and help recruits think of ideas and write them down. Make sure that the papers going into the boat are hidden.



If you are using the song, "Sometimes I Feel Afraid", **SAY:** Let's listen to a song about some of the fears that we have. As you listen, think about your own fears.



### Prayer Huddle



YouTube: Play "Jesus On The Inside (S1) Episode 2 (3/4)". Pause the video when the PRAYER HUDDLE CARD appears on screen and remains as you and your recruits complete the prayer huddle.

PPT: Click to advance to next slide. Pause video when PRAYER HUDDLE CARD appears on screen and remains as you and your recruits complete the prayer huddle.



### Supplies Needed

- None

### Directions

**SAY:** Take a look at our boat. Notice how all of the fears that we have put into the boat are hidden. They are gone. When we pray over our fears we can ask Jesus to make us brave and He will help us not to be afraid. Let's stand up and repeat the following prayer together. "Dear Jesus (pause) thank you for being with us (pause). Thank you that when the disciples were afraid you were there for them (pause) and you helped them to be brave (pause). Thank you that every fear that I've put in the boat (pause) has been given to you (pause). Please help me to be brave and trust you (pause) even when I'm terrified. You commanded the waves to stop (pause) and you can command my fears away too (pause). Thank you (pause). Amen (pause).

**SAY:** Remember that when you are afraid, the best thing to do is to call on God in prayer and ask Him to help you to be brave. Speaking of being brave, I wonder what on earth has happened to Christie and Michael. Let's get back to the team and find out if they've heard anything.







### Mission Uplink 3



YouTube: Play "Jesus On The Inside (S1) Episode 2 (4/4)". Pause the video when the FIELD MISSION CARD appears on screen and remains as you and your recruits complete the Field Mission Project.

PPT: Click to advance to next slide. Pause video when FIELD MISSION CARD appears on screen and remains as you and your recruits complete the Field Mission Project.



### Field Mission Project



### Supplies Needed

- For each recruit: Ziploc bag or gift bag, star stickers, Lego piece or block (large enough to write the name JESUS on it), small cards with verses about fear on them (see below), music notes cut from paper that the recruits can write on

Joshua 1:9 (sections) "Be strong and courageous. Do not be terrified; for the Lord your God will be with you wherever you go."

Isaiah 41:10a "So do not fear, for I am with you; do not be dismayed for I am your God."

Psalms 91:2 "I will say of the Lord, "He is my refuge and my fortress, my God, in whom I trust."

- Markers (some permanent ones)

### Mission Project

**SAY:** I'm so glad Christie and Michael are back and that they're okay. After all we might not have our third mission today if Christie wasn't back. She's the one who suggested our last assignment. Well, let's get to it. Drum roll please, (Reading mission card from satellite uplink), "Recruits, find out more about Peter and what he did to stay brave in a crazy storm."

**SAY:** Let's go back to Matthew 14 and read what happened to Peter.

**DO:** Read aloud Matthew 14:22-33.

**SAY:** What did Peter do? (He got out of the boat and walked on the water toward Jesus.) What happened when he took his eyes off Jesus? (He began to sink and asked Jesus to save him.) What did Jesus do? (He reached out his hand and caught him.)

**SAY:** Peter looked to Jesus and when he did he was not afraid but when he started looking around at the wind and scary waves he started to sink. Jesus wants us to look to Him when we're afraid so that we don't get all wrapped up in the storm around us. I want us to spend some time today thinking practically of what we can do to keep our eyes on Jesus. We're going to create some Tool Kits with suggestions in them for when we are afraid.

**DO:** Hand out a Ziploc bag or small gift bag to each recruit. Hand out a star sticker or two to each child.

**SAY:** These stars remind us that even in the darkness Jesus creates light. Our key verse for the day says that Jesus is my LIGHT and my salvation. Remember that He is your light even in the darkness. He knows when you are afraid. Put your stickers in the bag as a reminder that Jesus knows all about you and that He can be your light.



**DO:** Hand out a small Lego piece or block to each recruit.

**SAY:** The key verse also reminds us that Jesus is the stronghold of our lives. He is like a castle wall that won't let any fear in if we trust him. This Lego/block represents that protective strength. Jesus can help us overcome our fears. Using the markers provided, write the name "Jesus" on your Lego piece/block.

**DO:** Hand out the memory verse cards that you have created. Have the recruits read them with a partner. Then have all of the recruits read one of their cards aloud at the same time.

**SAY:** We know that Jesus is our light and that He knows when we are afraid. We know that He is our stronghold and that we can overcome our fears with His strength. We can also be very practical in what we do when we are afraid. Christie reminded us that she memorizes Scripture that she can say aloud when she is afraid. When we speak the Bible out loud it sure helps us to remember that God is in charge of situations, not us. Did you hear how strong we sounded when we read those verses together? That is what memorizing the Bible does. It gives you strength. Take the time to memorize at least one of these verses this week.

**DO:** Hand out the music notes that you have created.

**SAY:** We can also try to get our mind off of scary situations by singing songs. On the music note that you have been given, write down the name of a song that you might sing when you are afraid. Or you can simply draw a symbol or picture that will remind you of your song.

**DO:** Have the recruits write on their music notes.

**SAY:** Who can share one of their song ideas?

**DO:** If the group knows the song, sing it together.

**DO:** Hand out permanent markers (remind the recruits that they are permanent so that they don't get everywhere).

**SAY:** Now, we have a few reminders in our bags of what to do when we are afraid. We can know that Jesus knows our fears and is our light. We can trust that He is our stronghold and will help us to overcome our fears. We have some Bible verses to memorize and songs to sing. Now, I want you to write down the word PRAY on your bag. All of these tools will be helpful but the biggest resource you have is your prayers to God. Tell Him that you are afraid and He will come to you, He will help you to overcome because He loves you. You are His precious child.

**DO:** Have the recruits write PRAY on their bags.

**SAY:** We sure have lots that we can share with Ravi now. A whole Tool Kit of ideas.

**DO:** Give the recruits a few moments to pray silently asking God to help them when they are afraid and that they will remember that he will be with them.

**SAY:** Wow! You have had a busy day. Let's pray again as we leave and let's ask that Jesus will be our strength and peace when we are afraid.

