



God Can Use People Who Are Afraid



THE MISSION AIM

God can take our fear and turn it into courage.



KEY VERSE

Joshua 1:9: "Be strong and courageous. Do not be terrified; do not be discouraged. For the Lord your God will be with you wherever you go."



Pre-Mission Activity



Supplies Needed

- Copies of "Name that Phobia" sheet for each recruit (see attachment page 7)
- "Name that Phobia" answer sheet (see attachment page 8)
- Pens

Directions

DO: As recruits enter, give them a copy of the "Name that Phobia" sheet. Once they have had some time to match the answers, take them up with the entire group.



Mission Uplink 1



Have ready YouTube playlist: "Season 2 – More Bible Heroes Episode 3: God Can Use People Who Are Afraid"

Play "More Bible Heroes (S2) Episode 3(1/3)". 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 MBH-Episode_3-God_Can_Use_People_Who_Are_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

- Squares of paper
- Pens
- Container to collect papers in



Mission Assignment

SAY: Let's read our Mission together (reading mission card from satellite uplink). "Your mission is to discover what things the recruits in your squad are afraid of and how they impact the choices they make. This might be trickier than you'd guess. God bless!"

SAY: Wow! I wonder what has happened at headquarters? If I came home to a house that had things tossed around and out of place, I think I would be just as scared as the Recon Team! How would you feel if you can home to that situation? (*Scared, Nervous, Worried, Confused, Angry...*)

SAY: Different situations can make us respond in different ways. Something that might make me scared, might not scare you. For example, I am scared of _____ (fill in the blank, based on your own personal feelings). How many of you are scared of that, too?

SAY: See, some of us have that fear, but others feel like it's no big deal! We're going to play a game today to complete our first mission. I'm going to give each of you a piece of paper. On that paper, I want you to write your name and something that you are afraid of. Try to think of something that you think no one knows about you. When you're done, fold the paper in half and hold onto it- don't show anyone!

DO: Give out the pieces of paper and get your recruits to complete the task. After everyone is done, collect all the papers in a container.

SAY: We're going to see how good you are at guessing your recruit mates!

DO: Have recruits sit in chairs away from the table (they need to be able to jump up quickly). Pull a paper from the container and read out the fear. If the recruits think they know to whom it belongs, they stand up. The first one to stand up gets to guess. If they don't get it, allow the next person to try. Remind them that they can't guess their own and that they shouldn't shout out an answer until they've been chosen!

SAY: Great game, recruits! Now that we know a bit more about the fears we have, let's think about how these fears can impact our choices and behaviour. The team told us about Alex and his fear of a bully in the neighbourhood. Alex and his friend live in a neighbourhood that isn't always safe, and his friend is being bullied by this kid. Alex fears the danger in his neighbourhood. How is this fear impacting Alex's choices? (*He's too scared to help his friend; he isn't doing anything about the bullying*)

SAY: You're right! Alex is letting his fears make choices for him, even though he knows the right thing to do would be to help his friend. How do your fears impact the choices you make? (Examples: Fear of heights--> don't go up on high buildings, Fear of flying--> don't travel as much. Fear of spiders--> might not play in the forest or go camping, etc.)



Squad Leader, if you have a large group, you may wish to split them into two teams. Have teams sit together to play and reward points to the team whose member guesses the answer.



DO: Give the team time to discuss how their fears affect their lives.

SAY: It can be easy to allow our feelings to control what we say and do, but the Bible tells us that fear shouldn't control our lives. Joshua 1:9 says, "Be strong and courageous. Do not be terrified; do not be discouraged. For the Lord your God will be with you wherever you go."

SAY: This doesn't mean that we won't fear things, but we need to remember that no matter what, God will help us get through our fears.

SAY: Let's send this information back to headquarters and see if the Recon Team have figured out what exactly is going on there!



Mission Uplink 2



YouTube: Play "More Bible Heroes (S2) Episode 3 (2/3)". 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

- Copies of "The Story of Gideon" (see attachment pages 9 and 10)



Mission Assignment

SAY: Let's have a drumroll as we read our next mission together (reading mission card from satellite uplink). "Your mission is to tell the story of Gideon and how he learned the meaning of Joshua 1:9."

SAY: Wow! There are some really strange things happening at headquarters. I'm impressed they're all keeping their cool. I would have a hard time not giving into my fear with such bizarre things going on.

SAY: What did Simon do to help overcome his own fears, so he could help figure out what was going on and search for Kate with Michael? (quoted scripture).

SAY: Right! Simon reminded himself of God's promise by quoting the Bible. Not just Joshua 1:9, but also Psalm 118:6-7: "The Lord is with me, I will not be afraid. What can man do to me? The Lord is with me; He is my helper. I will look in triumph on my enemies."

SAY: The Bible can help us remember God's promises for us. This is important when fighting our doubts and fears, because it can be easy to let them overcome us.





The Story of Gideon is from Judges 6.

DO: Pass out copies of “The Story of Gideon”.

SAY: The team wants us to look at an example of how others have needed this assurance from God in order to get over fears and concerns. It’s the story of Gideon. As Sarai mentioned, Gideon is known for being a great warrior, but he was also afraid. We are going to retell the story of Gideon together.

SAY: Who would like to be..._____? (Go through the list of characters for the play and assign them to recruits).

DO: Once all roles have been assigned, read through “The Story of Gideon” together.

SAY: Great role play, team! Let’s think a little more about what we just learned. What was Gideon really afraid of? *(That he was crazy: that God couldn’t really want him to do it, that he was unsure God would help him, etc...)*

SAY: Gideon was not yet a famous warrior. He was simply a young Israelite farmer. He was afraid that he couldn’t do what God wanted him to; that God couldn’t possibly think he was capable of saving his people from their enemies. Not just that, he seemed to fear that he was going crazy. Because he didn’t see himself as a hero, he wasn’t sure if he could trust what was happening. There was no way he could defeat the Midianites on his own. So what did God do to help him? *(He sent signs.)*

SAY: Right! God gave him a sign that it really was him, that he would help him defeat the Midianites, even though he was an insignificant, scared person. God not only send a sign, he sent MANY signs. Every time Gideon doubted, God showed him he would be there. He didn’t give up on Gideon. God waited patiently until Gideon gained the courage he needed to fight!

SAY: Thanks for helping complete this mission, recruits. Let’s send the story back to Recon Headquarters.



Mission Uplink 3



YouTube: Play “More Bible Heroes (S2) Episode 3 (3/3)”. 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



Today's PRAYER HUDDLE is incorporated into the Field Mission Project.



Supplies Needed

- Copy of "Verses on Bravery" (cut into strips for each verse) (see attachment page 11)
- Permanent markers or pencil crayons
- Shrinky dink paper (from craft store) or homemade shrinky dink paper (<https://www.skiptomylou.org/how-to-make-shrinky-dinks-with-recycled-6-plastic/>)
- Hole punch
- Wax paper
- Baking sheets
- Metal spatula or flat lifter
- Access to an oven
- String or key chain rings.

Mission Project

SAY: I guess the Recon Team had nothing to be scared of after all! It was certainly a good opportunity for them to remind themselves about how to be courageous! Let's check our last mission together (reading mission card from satellite uplink) "Your mission, as a team, is to find those promises God has made that help us to have courage. Your individual mission is to find the verse that means the most to YOU and take it with you into the world to keep you brave, no matter what!"

SAY: Throughout the Bible, God reminds us again and again that we don't need to be afraid. Hopefully, the Recon team can help Alex to remember this! I think the story about Gideon and other examples in the Bible will help Alex to realize that it's okay for him to be afraid, but he needs to take courage that God will help him to do what's right.

SAY: For our prayer huddle today, I want us to reflect on what God's word says about courage.

DO: Have each recruit take one of the verses from "Verses on Bravery".

SAY: I will open our prayer time and then we will go around the room and share our verses on courage. I will close our prayer time at the end of our time of reflection.

DO: Pray!

SAY: "Awesome God, thank you so much for helping us to overcome our worries and fears, so that we can be brave for you. It can be easy to let fear run our lives. Help all of us, including Alex, to realize that you are always with us and will help us to do what is right even when we are scared. We now reflect on your word and it's reminders about being courageous."

DO: Have recruits read out the scriptures.

SAY: "God, you knew we would need these words of encouragement. Thank you for sending them to us, and thank you for making us courageous. Amen!"



SAY: Before we leave today, I want you to think about which one of the verses we just read speaks to you. Write the scripture reference down on your shrinky dink paper. Feel free to decorate it and make it into any shape you choose.

DO: Design a charm/key chain with the shrinky dink paper. If it is not in your budget to buy this paper, you can make your own with any clear plastic that is #6 (like a salad container). As recruits work on this, remind them to punch a hole at the top for putting it on a key ring or string.

If time allows, take them to the oven to shrink down. Place them on a lined cookie sheet. It only takes about one minute. If the plastic is still curled when you bring them out, use a metal spatula or lifter to flatten it. If there is no time, you can collect them and shrink them for the next lesson.

SAY: Now you can carry God's Word with you always. When your fears get the better of you, it will be there as your reminder of God's promise. Don't forget: you might be afraid, but you're not alone!

See you next time!

NOTES



Guess the Phobia

Match the name of the phobia with the fear.

Arachnophobia	Fear of Thunder and Lightning
Dentophobia	Fear of Dolls
Trypanophobia	Fear of Books
Acrophobia	Fear of Clowns
Glossophobia	Fear of Spiders
Astraphobia	Fear of Large Things
Bibliophobia	Fear of Public Speaking
Pediophobia	Fear of Heights
Megalophobia	Fear of Dentists
Coulrophobia	Fear of Needles

Guess the Phobia- Answers

Arachnophobia - Fear of Spiders

Dentophobia - Fear of Dentists

Trypanophobia - Fear of Needles

Acrophobia - Fear of Heights

Glossophobia - Fear of Public Speaking

Astraphobia - Fear of Thunder and Lightning

Bibliophobia - Fear of Books

Pediophobia - Fear of Dolls

Megalophobia - Fear of Large Things

Coulrophobia - Fear of Clowns

The Story of Gideon

Characters: Narrator 1, Narrator 2, Narrator 3, Language Guru, Farmer, Israelite, Prophet, Gideon, Angel

Narrator 1: A long time ago, the Israelites made some really bad choices. Their sins caused the Lord to leave them to the Midianites, who oppressed them.

Language Guru: Oppressed is a fancy way to say that the Midianites ruled over them and were really unfair about how they treated them.

Narrator 2: ANYWAYS... the Israelites tried to get away from Midian by moving up into the mountains. They made homes in the caves away from the Midianites.

Narrator 3: But, the Midianites still wouldn't leave them alone.

Farmer: It's true! Every time we planted our crops, they invaded us and ruined everything! Even our sheep and cattle were taken from us!

Language Guru: Invade is a fancy way of saying that they took over the Israelites things without their permission, of course!

Narrator 1: Thanks for clarifying, guru! So, as we were saying... the Midianites were like a swarm of locusts taking over the land.

Israelite: It was so annoying! We were starving. The Midianites were just mean bullies who wouldn't leave us alone! We all cried out to God to help us!

Narrator 2: God heard the Israelites and sent a prophet to explain the situation to them.

Prophet: Yup! God asked me to pass this message along: "I brought you up out of Egypt, out of the land of slavery. I rescued you from the hands of the Egyptians and I delivered you from the hand of all your oppressors; I drove them out and gave you their land."

Language Guru: Oppressors are the people who oppress you. Remember the word oppressed? I told you about it earlier.

Prophet: Could I finish now? Thanks! As I was saying, the Lord said, "I am the Lord your God; do not worship the gods of the Amorites, in whose land you live."

Narrator 3: But, the Israelites hadn't listened to God's instructions. They had been worshiping other Gods and Idols.

Narrator 1: God didn't give up on them though he sent an angel to one of the Israelites named Gideon.

Gideon: That's me! It's true I was threshing wheat in a wine press when the angel came to me.

Language Guru: Threshing is what you do to get the grains from wheat. But, you don't normally do it in a wine press.

Gideon: Hey, I was working with what I had to get the grain ready and hide it from the Midianites.

Narrator 2: So, the angel came to Gideon, saying,

Angel: The Lord is with you, mighty warrior.

Narrator 2: Gideon answered...

Gideon: Pardon me, my Lord, but if the Lord is with us, why has all this happened to us? Where are all his wonders that our ancestors told us about when they said, "Did not the Lord bring us up out of Egypt?" But now the Lord has abandoned us and give us into the hand of Midian.

Narrator 3: The angel of the lord answered for the Lord...

Angel: Go in the strength you have and save Israel out of Midian's hand. Am I not sending you?

Narrator 3: But, Gideon was unsure about what the angel was saying. He questioned again.

Gideon: I couldn't help it! I was an ordinary guy! I wasn't strong enough to save my people. So I said, "Pardon me, my Lord, but how can I save Israel? My clan is the weakest in Manasseh, and I am the least in my family."

Language Guru: By least, Gideon means he was the youngest.

Narrator 1: But, the Lord had an answer for him.

Angel: I will be with you, and you will strike down all the Midianites, leaving none alive."

Language Guru: To strike down means that God was going to help the Israelites win the battle against the Midianites. He was going to help them defeat the Midianites.

Narrator 2: Gideon replied...

Gideon: If now I have found favour in your eyes, give me a sign that it is really you talking to me. Please do not go away until I come back and bring my offering and set it before you.

Narrator 2: Gideon wasn't quite confident about what he was hearing. Can you blame him? He was scared and confused. He didn't know why God would choose HIM to save his people. He must have thought it was one big joke!

Gideon: Yup! It was all too strange...

Narrator 3: So Gideon gave an offering of meat and bread to God, and the angel touched it with his staff sending it up in flames.

Angel: Once I sent the offering up in smoke, I disappeared. My work was done!

Gideon: After seeing that, it was hard not to believe that the Lord was truly speaking to me. But, I sometimes still let my fear get the better of me. Before I would finally defeat the Midianites in God's strength. I would ask him to prove to me again and again that he really was there, that I wasn't crazy!

Narrator 1: But every time God came through. He gave Gideon the signs he needed to remind him he need not be afraid. God was there to help him see it through!

Narrator 2: And that is the story of how God helped Gideon to overcome his fears in obeying God's will.

The End.

Verses on Bravery

For God gave us a spirit not of fear but of power and love and self-control. 2 Timothy 1:7

Be watchful, stand firm in the faith, act like men, be strong. 1 Corinthians 16:13

Be strong and courageous and do it. Do not be afraid and do not be dismayed, for the Lord God, even my God, is with you. He will not leave you or forsake you, until all the work for the service of the house of the Lord is finished." 1 Chronicles 28:20

And behold, I am with you always, to the end of the age. Matthew 28:20b

And I was with you in weakness and in fear and much trembling. 1 Corinthians 2:3

Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go. Joshua 1:9

Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you. Deuteronomy 31:6

Because he holds fast to me in love, I will deliver him; I will protect him, because he knows my name. Psalm 91:14

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope. Jeremiah 29:11

He will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler. Psalm 91:4

For I am the Lord, your God, who takes hold of your right hand and says to you, Do not fear; I will help you. Isaiah 41:13

The Lord is with me, I will not be afraid. What can man do to me? The Lord is with me; He is my helper. I will look in triumph on my enemies. Psalm 118:6-7

So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?" Hebrews 13:6