



WEEK 5

ELEMENTARY LESSON GUIDE



BIG IDEA

I am not afraid because
God can be trusted.

THE BIBLE

When I Am Afraid: Psalm 56; 1 Samuel 21:10-22:2;
(Isaiah 41:10; Proverbs 3:5-6)

LARGE GROUP TIME

Champions meet in the Youth Room for worship.

WHAT? *What are we talking about today?*

ACTIVITY | Fear Fishing

- **INSTRUCTIONS:** Purchase plastic fish or make your own out of cardboard and laminate it with packing tape. Write with a dry erase or washable marker on each fish to represent the things we fear. Put a paperclip on each fish and a magnet on the string from a "fishing pole" made from a dowel rod. Let the kids fish in a bucket or pool without water. After the fish have been caught, read the word on the fish and tell the kids to throw their fish into a bucket with water. The words should disappear off the fish.
- We might be afraid of things, but guess what? There's always someone we can turn to!

QUESTION | Have You Ever Been Scared?

- **Would anyone like to share a time when you've been scared?**
- There are lots of things you may be afraid of. The truth is, everyone gets scared. But the Bible tells us God is here to help us when we get scared!

THE BIG IDEA | I am not afraid because God can be trusted.

- **INSTRUCTIONS:** Dim or turn off the lights in the room, and ask kids to take turns trying to frighten you! If you are not comfortable with this, just ask kids to make their most frightening faces.



- Oh wow, that was pretty scary! **What do you normally do when you're scared?** Well, from now on, remember this Big Idea and trust God instead!
- This week's Big Idea: **I am not afraid because God can be trusted.**

SO WHAT? Why does it matter to God and to us?

VIDEO | Sing, Episode 5

- **INSTRUCTIONS:** Play this week's [teaching video](#).

SCRIPTURE | Psalm 56; 1 Samuel 21:10-22:2

- **INSTRUCTIONS:** Look up the story in your Bible and encourage the kids to do the same. Read it!
- David wrote Psalm 56 when he had been captured by the Philistines and was taken to Gath. He was so afraid of the king that he pretended to be mentally ill so that his captors wouldn't think he was a threat, and then he was able to escape.
- Throughout this time, David remembered God, who is more powerful than any king, and wrote that he will trust God when he is afraid.
- When we are afraid, we can put our trust in God. God will always take care of us. God can always be trusted!

OBJECT LESSON | Trust Pushes Fear

- **INSTRUCTIONS:** Before the kids arrive, place a glass vase on a tray. Label the vase, "YOU." Then, label a cup, "FEAR" and place baking soda in the cup. Place vinegar in a cup labeled, "GOD."
- We all have fear inside of us for different reasons. [Pour baking soda into the vase.]
- But God promises to take care of us and knowing that will help push fear out of our hearts. [Pour vinegar into the vase.]
- Everyone gets scared, but we can trust God to take care of us.

VIDEO | What's The Word: Trust

- **INSTRUCTIONS:** Show [this video](#), ([What's That Word: Trust](#)) "What's the Word: Trust" from Crossroads Kids' Club.
- **What is trust?**
- **How does someone show that they are trustworthy?**

SCRIPTURE | Isaiah 41:10; Proverbs 3:5-6

- **INSTRUCTIONS:** Look up the verse and read it!
- **What do these verses tell us about God?** That's right! God is always with us! God will give us strength when we feel weak and will help us when we can't do things on our own.



- **What do these verses tell us about each other?** The verses tell us everyone gets scared! We all are afraid of something. And we can all trust God with our fears. We may know a lot of things, but we don't know everything. We can trust God knows best!

NOW WHAT? What does God want us to do about it?

ACTIVITY | Rock, Paper, Scissors, Trust!

- We are going to play a game that requires a whole lotta trust!
- **INSTRUCTIONS:** *Split kids into two teams, and have each team select a representative to face off with Rock, Paper, Scissors. But before they go, each person tells the other person what they are going to put (they don't have to put what they say though!). The goal is to win, of course. But if a player won by "trusting" the other person, they get an additional point. For example: If player 1 says they will pick "rock," (and actually does "rock") and player 2 puts "paper," to win –team 2 gets a point for winning, and a point for trusting. If player 2 puts "paper" but player 1 changes it up and puts "scissors" instead, team 1 gets a point for winning, but team 2 also gets a point for trusting.*
- **What are the different things you had to trust in this game?**

PRAYER

- Dear God, Thank you for being the one we can trust. Instead of believing what our fears say, help us to trust You and the promises you give us in the Bible. You are a good and powerful God and you are always watching out for us.

MEMORY VERSE | Making the Band

- **INSTRUCTIONS:** *Since this series is called, "Sing!" try different ways to sing the memory verse. This week, encourage the kids to perform the memory verse while using classroom instruments, such as a xylophone, castanets, tambourines, egg shakers, etc.*

SMALL GROUP TIME

DISCUSSION

- **Why was David afraid in Gath?**
- **What did he do to escape the Philistines?**
- **What can we do when we are afraid?**
- **Read Isaiah 41:10 and Proverbs 3:5-6. What are the reasons to trust God?**
- **What are some things you are afraid of?**
- **What does it mean to trust someone?**
- **What are some things you know about God that remind you God can be trusted?**

MEMORY VERSE | Psalm 95:1 (NIV)