



WEEK 5

PRESCHOOL 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

WELCOME TIME

Heroes meet in the Youth Room for worship.

ACTIVITY | 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.

TEACHING TIME

VIDEO | Sing, Episode 5

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

THE BIG IDEA | God can always be trusted.

- When I say, "I am not afraid because. . ." everyone say, "**God can be trusted!**" Ready? [Repeat this a few times.]
- Now, let's shout the whole thing together: "**I am not afraid because God can be trusted.**"



SCRIPTURE | Psalm 56

- **INSTRUCTIONS:** Look up the story in your Bible and read it!
- David wrote Psalm 56 when he had been captured by an enemy kingdom. He was so afraid then that he started acting really strange so that the people holding him would leave him alone. Then he was able to escape!
- Throughout this time, David remembered God, who is more powerful than any king. That's why he wrote this Psalm and said 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!

VIDEO | "God is Bigger"

- We all have times when we are scared. Here's a song we can remember when we are afraid!
- **INSTRUCTIONS:** Show [this video](#), [VeggieTales: God Is Bigger Than The Boogie Man](#)) "God is Bigger" by VeggieTales.

PRAYER

- Thank You, God, for always being with us. No matter where we go, no matter what we are doing, we never have to be afraid because we can trust You will always be there taking care of us!

DISCUSSION TIME

ACTIVITY | Happy Sad

- **INSTRUCTIONS:** Before the kids arrive, double-side print this week's printable and cut it out. Show the kids that when you turn it one way, the face looks afraid and sad. But when you turn it the other way, it's a happy face. Then, pass out crayons and markers. Give the kids a chance to color their happy and sad faces.
- When we are afraid and sad, we can trust God and turn our frown into a smile!
- When we are afraid, we can put our trust in God!

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, triangle, bongo drums, maracas, etc.

PLAY TIME

While you're waiting for parents to pick up their kids . . .



ACTIVITY | Coloring Page

- **INSTRUCTIONS:** Give each kid a coloring page along with crayons, markers, or colored pencils. Remind them of today's story, memory verse, and Big Idea as they color!

Encourage your preschoolers to help clean up the room while they wait for their parents.