



ORANGE GROUP IDEAS

MAIN IDEAS FOR THE NIGHT

Because of what Christ has done for us, the default disposition of the Christian’s heart is peace. The goal for this series is to evict the mindsets that are disturbing that peace. The occupants of your mind, such as fear, stress, worry and rejection, have no legal right to stay, but must be forced out. Let’s partner with the Holy Spirit to see that happen in our lives!

KEY VERSES:

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. John 14:27 (NIV)

When I am afraid, I put my trust (faith) in you. Psalm 56:3 (NIV)

ICE BREAKERS

Orange Group Leader: Choose the icebreaker(s) that you believe will work best for your group.

THE MOST COURAGEOUS

JUST ASK: Who is the most courageous person you know? How do you know he/she is courageous?
- OR - What's one fear you have about your future? (Ex. Big game, school test, etc.)

FEAR HOPSCOTCH

WHAT YOU NEED: A place to play, such as a paved driveway or floor space inside; Either chalk or a roll of masking tape; a rock or beanbag with the word FEAR written on it.

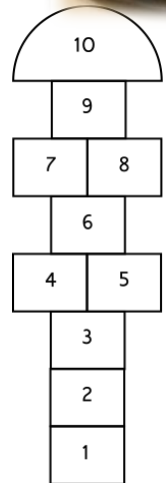
WHAT TO DO: Draw two hopscotch games on a driveway or tape it out on a floor using masking tape. FEAR can be written on a rock and then tossed to a square on the hopscotch for children to play the game.

HOW TO PLAY:

1. The first player stands behind the starting line to toss his or her marker in square one.
2. Hop over square one to square two and then continue hopping to square eight, turn around, and hop back again.
3. Pause in square two to pick up the marker, hop in square one, and out.
4. Then continue by tossing the stone in square two.
5. All hopping is done on one foot unless the hopscotch design is such that two squares are side-by-side.
6. Then two feet can be placed down with one in each square.
7. A player must always hop over any square where a marker has been placed.

Getting out: A player is out if the marker fails to land in the proper square, the hopper steps on a line, the hopper loses balance when bending over to pick up the marker and puts a second hand or foot down, the hopper goes into a square where a marker is, or if a player puts two feet down in a single box.

WHAT TO SAY: Just like in our game, God does not want us to live in fear, but to learn to trust him instead! So today we will see what God wants us to learn about how to overcome our fears.



DISTURBING THE P E A C E

FEAR

OTHER ACTIVITIES TO SUPPORT THE MAIN IDEAS:

HELPING CHILDREN DEAL WITH FEAR

*Supplies: Candle (w/ stand & matches)
Hand fan of some kind (homemade is fine)
One piece of paper for each child
1 clear plastic zip-lock bag*

This simple demonstration can help the children to visualize prayer and how it can help us when we feel afraid.

1. Invite the children to write some things on the piece of paper that cause them to be afraid (I can imagine that thunder, bad dreams, the dark, big barking dogs, and shots from the Dr. will make it on to the paper).
2. Next, light the candle, allowing the children to safely examine it. (Perhaps turn off the lights.)

Tell the kids that the flame represents them.

3. Take your own folded paper fan and wave it gently toward the flame. The breeze from the fan makes the flame wobble back and forth and up and down.

SAY: "The fan is like the things we are afraid of. When we are afraid, we can wobble all around like this flame is. We are not standing secure."

4. Next, hold up a plastic zip-lock bag. Help the children observe that since the bag is transparent, it was difficult to see.

SAY: "The plastic bag represents prayer. We can't see prayer, but it can make a big difference when we feel afraid."

To demonstrate this point, hold the plastic bag between the candle and the fan, and wave the fan back and forth as you did before. Of course this time the flame will NOT flicker, because the bag is blocking the breeze.

SAY: Although the scary situation may not go away when we pray, they can trust that God will give them peace.

5. If you like, have the children fold their fears into fans and allow them to attempt to make the flame flicker while you hold the zip-lock in place.

Use this link for simple instructions for folding paper into a fan: www.wikihow.com/Make-Paper-Fans

6. **Read Philippians 4:6-7 (NIRV):**

"Don't worry about anything. Instead, tell God about everything. Ask and pray. Give thanks to him. Then God's peace will watch over your hearts and your minds because you belong to Christ Jesus. God's peace can never be completely understood."





UNSEEN FAITH

This object talk demonstrates how faith in our Lord can help us from being crushed by fear.

MATERIALS:

*2 plastic water bottles (2-liter plastic bottles are even better!)
Old glove*

PREPARATION:

Before group time, take an old glove and draw or glue the following letters on the knuckles: F - E - A - R.



WHAT YOU WILL DO:

You will take two empty plastic water bottles, and tightly cap one of them. Do not cap the other bottle. During class, you will put on the glove and form a fist to show the word fear. Then you will hit both bottles. The uncapped bottle will crush, but the one that has the cap on tight will not crush. You will compare the uncapped bottle to a person without faith, and the capped bottle to a person who has faith. Although faith itself is not visible, what faith produces is easy to see.

WHAT YOU CAN SAY:

Today I want to demonstrate how we can see faith. Here I have two empty plastic bottles. They look the same, but there is a difference. This one with a cap is full of faith. You cannot see it now, but it is there. The other bottle does not have faith—it is empty.

(Put on the glove showing the word fear.) What do you think will happen to this bottle without faith when fear comes along? (Allow for answers, and then smash the bottle with your fist.)

Do you see that fear was able to crush it?

What about this bottle filled with faith? (Hit the capped bottle.)

Look, fear could not crush it. In fact, it does not even look hurt. With faith, we get strength from God to overcome our fears.

Jesus once said to His disciples, "Why are you so afraid? Do you still have no faith?" (Mark 4:40)

We cannot see faith itself, but what faith produces we can see quite easily, such as strength, courage, peace of mind, and self-control. We do not need to worry or be afraid of anything when we have faith in Jesus.

Psalm 56:3 "When I am afraid, I put my trust (faith) in you."



FEAR MEETS FAITH

Supplies: index cards with questions and scriptures pre-written on them, optional sour patch kids candies and optional mirror for introduction

This teaching will take a considerable amount of time (probably 20 minutes or so). It can be used with the children during group time or given to parents to utilize sometime over the next week.

Preparation: Write out each of the five questions on five index cards (one question per card). Write the corresponding five scriptures on another five index cards.



How many of you are human here? Well if you are human (and I do believe all of you are), you are going to struggle with being afraid. You could be afraid of the dark, being alone, clowns, bugs, or the fear of something happening to someone you love. When I was younger, I used to be afraid of _____. Share a story in which you were fearful as a child.

Did you know that there are hundreds of things to be afraid of? For example, some people have what is called Acerophobia, which is the fear of foods being sour. (Anyone up for a "sour patch kid"?) Others have Catoptrophobia, which is not the fear of cats, but the fear of mirrors. (Hold up a mirror and scream!) Still others are afraid of chopsticks, numbers, and certain fabrics. These may sound like silly fears to us, but to some people, these fears are real!

What are some other things people may be afraid of? (Invite student responses.)

God knew that we would be people who struggle with fear. He knew that in our world darkened by sin, there would be many things to be afraid of. If you search the Bible, the word "Fear" is mentioned 326 times. Over and over again, God says, "Do not be afraid."

"Do not be afraid?" How is that even possible? Let's investigate today.

Conduct a question and answer time with the children. Distribute the 5 statements/questions on the index cards randomly to the children. Then distribute the five scriptures on index cards as well. As you lead the discussion, ask whoever has question #1 to read the question and open it for discussion amongst the children. Then invite whoever has the corresponding scripture card to read it aloud. Move on to question #2 when ready.



1. Our world is full of fear. Why shouldn't we be afraid? God says....

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

– Isaiah 41:10

(God is with us no matter what fearful time we are going through.)

2. What if we don't want to be afraid anymore. How can we stop?

“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

(He helps us. We can't do it on our own. He gives us His Word to hide in our hearts when we are scared, His Holy Spirit to comfort us, grown-ups who follow Jesus to help us, prayer, and friendships. Make it clear to your students that you are always there to support them and help them get over a fear.)

3. What would happen if we don't give our fears to God?

“For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, “Abba, Father.” – Romans 8:15

(Fears tend to grow, sometimes out of control. The more you are afraid, the less you live the life that God has for you. Being afraid is like being in a prison, but God has set us free. As His children, we can trust Him because He is a good Dad.)

4. How can we trust Him? Will He really help us with our fears?

“There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.” – 1 John 4:18

(Jesus' love for us is perfect. He showed us that by dying on the cross to rescue us from our sins. Perfect love is the only thing that can drive out all fear.)

5. What if we do learn to trust Him? What then?

“Fear the LORD, you his saints, for those who fear him lack nothing.” – Psalm 34:9

(If we trust God more than we fear the world, we show Him honor and love. This verse says that we will lack nothing. In other words, we will be given everything we need in Him. Wow! Now that's a promise worth holding onto!)



SCARECROW

*Supplies: A Scarecrow coloring page for each child (next page)
Colored pencils, crayons, or markers*

This activity will help children learn that God wants them to overcome their fears by trusting him. When they trust God instead of their fears, they will discover that their fears are powerless, just like an old scarecrow in the field.

Allow the children to color the scarecrow on the next page while you read the following:

Newly planted corn or pumpkins are a temptation to many species of birds and small mammals. Farmers put scarecrows in the fields (sometimes adding noise-makers, as well). Scarecrows work by providing a human-shaped presence in the garden or cornfield that frightens the wildlife away. Scarecrows look like people, even though they are not *real*.

While this might work for a while, the critters eventually get wise to the fact that the scarecrow is not a living thing and that it poses no real threat. (That's why you see birds sitting on the scarecrow in your picture.)

God wants us to understand that our enemy, the devil, puts "scarecrow fears" in our lives to make us afraid. Our "scarecrows" might be fears like being afraid of the dark, being alone, fear of clowns, or the fear of something happening to someone you love. They are fears about things that aren't at all likely to happen or to harm us; they only *feel* real.

What are some scarecrow fears that you have?

When we are afraid, it prevents us from trusting in God and from doing the things that God wants us to do. So it is important that we face our fears with faith in God. We might say that we must learn to "trust God and to doubt our fears".

Why shouldn't we be afraid? God is with us no matter what fearful time we are going through. God says....

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

– Isaiah 41:10

My fears are like scarecrows - they only look real
and want to hold me back. I will choose to trust
God and to doubt my fears.



**"So do not fear, for I am with you; do not be dismayed, for I am your God.
I will strengthen you and help you; I will uphold you with my righteous right hand."
- Isaiah 41:10**