



What if Jesus taught your kids?  
He can...through you!

# SAMPLE Lesson

**AGE LEVEL:** Grades 1 & 2

**LESSON:** Elijah Runs Away

**BIBLE POINT:** *God protects us when we're afraid.*

- ✓ OVERVIEW OF HANDS-ON BIBLE CURRICULUM
- ✓ HOW HANDS-ON BIBLE CURRICULUM WORKS
- ✓ SAMPLE LESSON:
  - Lesson
  - Handout



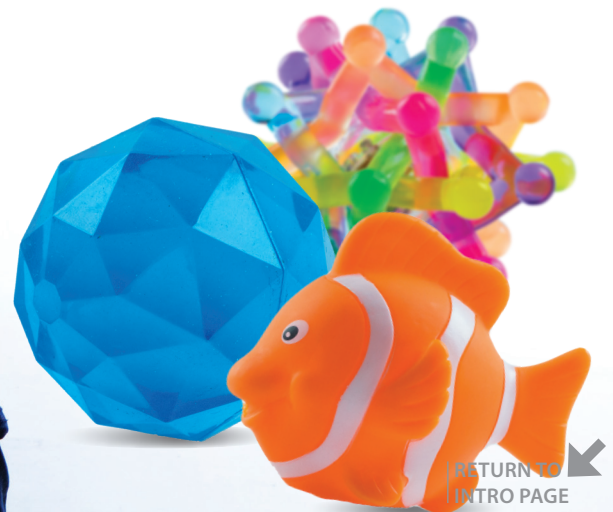
## The Bible comes alive when you teach as Jesus taught!

Just as Jesus used everyday objects to teach eternal truths, *Hands-On Bible Curriculum* uses **fun gizmos** that help Sunday school leaders teach.

### What's a gizmo, you might ask?

Gizmos are fun, interesting objects that help kids discover God's truths in unforgettable ways.

They help kids retain 90% of what they're taught! Kids will remember what they learned weeks, months, and years later because they truly experienced the lesson!



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INTRO PAGE](#)



# Why churches love using Hands-On Bible Curriculum:



## Learning Labs

Six age levels (Toddler–Grade 6) receive their own Learning Lab, which includes:



### Captivating Gizmos

Jesus taught using everyday objects, and you can, too! Gizmos help kids experience God's Word. They stay attentive. Engaged. Involved.



### Music and Sound Effects CD

Great music and sound effects are interwoven throughout each lesson!



### Easy Teacher Guides

Your volunteers will find everything they need to prepare each lesson in an easy-to-follow, step-by-step teacher guide.

## Plus, every lesson includes:



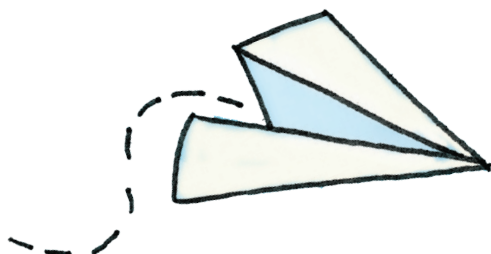
### The Jesus Connect

You'll find a Jesus Connection in every lesson! This helps kids make the connection between the Bible story and Jesus, whether you're exploring the Old or New Testament!



### Hands-On Fun at Home

Fun, reproducible take-home pages give parents engaging family activities that reinforce the Bible truths their kids are learning in Sunday school.



## Elijah Runs Away • Lesson 4

## Bible Point

**God protects us when we're afraid.****ONE-POINT LEARNING!**

Using repetition, kids *really* learn the one Bible Point each week!

**Bible Verse**

"This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go" (Joshua 1:9).

**Growing Closer to Jesus**

- Children will
- talk about what scares them,
  - see that God's protection is like a shield, and
  - learn that they can cast their cares on God.

**Teacher Enrichment****Bible Basis**■ **Elijah runs away.****1 Kings 19:1-18**

When Ahab told Jezebel what had happened to the false prophets on Mount Carmel, she was furious and vowed to kill Elijah. Elijah ran for his life.

Elijah felt alone, abandoned by the Israelites, and tired of running and hiding to protect his life. It seemed to him that he was the only one in all the world who truly followed God. Elijah shared his feelings with God, and God responded by promising to bless Elijah with his presence.

God's lesson to Elijah in all that happened on the mountain may have been in response to something we're not told. Elijah apparently wanted God to judge Israel through a terrifying event such as a mighty wind, an earthquake, or a fire. But God wanted Elijah to know that those kinds of judgment weren't part of his plan at that time. Rather, in coming to Elijah in a gentle whisper, God showed Elijah that he wanted him to continue his mission of speaking to the Israelites for him. And Elijah was reminded that God was with him even when he felt utterly alone.

After demonstrating his presence, God again asked Elijah what he was doing there (1 Kings 19:13). Elijah still showed that he didn't really understand the significance of what had just happened to him, but God continued to lead him on his mission, knowing that Elijah would eventually understand the lesson of the events he'd just experienced.

After giving Elijah instructions for his next move, God gave some encouraging news: Seven thousand others in Israel hadn't worshipped Baal, either. So Elijah was assured not only that God was beside him when he felt alone, but also that thousands of others in Israel were faithful to God. He would never *really* be alone.

**Prayer**

- Read John 14:15-17.
- Think of a time when you were afraid, but you prayed and sensed the presence of the Holy Spirit. How did that help you?
- Pray: Lord, protect my students and me when we're afraid by...

**BIBLE BACKGROUND**

helps teachers grow spiritually, too!

## Lesson 4







## Before the Lesson

- Collect items for the activities you plan to use, referring to the Classroom Supplies and Learning Lab Supplies listed in the chart.
- Make photocopies of the “Growing Together” handout (at the end of this lesson) to send home with your children.
- Pray for your students and for God’s direction in teaching the lesson.

## THIS CHART

makes organizing the lesson and supplies a breeze!

## This Lesson at a Glance

	What Children Will Do	Classroom Supplies	Learning Lab Supplies
<b>Welcome</b>	<b>Welcome!</b> —Receive a warm welcome from the teacher, and make name tags.	“Trust God” name tags (p. 24), markers, scissors, tape or safety pins	
<b>Attention Grabber</b>	<b>Scary Shark</b> —Play Scary Shark, and talk about what they’re afraid of.		
<b>Bible Exploration &amp; Application</b>	<b>Elijah Is Scared</b> —Listen to the story from 1 Kings 19 of Elijah’s flight from Jezebel, and learn that God is gentle with them when they’re afraid.	Bible, CD player	
	<b>Fraidy Spider</b> —Catch plastic bugs in a <i>spider web</i> and talk about the things that make people feel afraid; then read Psalm 91:2-6 and learn that God will rescue them.	Bible, safety scissors	
	<b>Fear Crazy</b> —Compare the bouncy pattern of two kinds of balls to how people might react when they’re afraid about something.	Bibles, CD player	
	<b>Cast Your Cares</b> —Create shapes representing their worries and fears, read 1 Peter 5:7, and toss their worries into the trash.	Bible, paper, trash can	
<b>Closing</b> 	<b>God Sticks With Us</b> —Create sticky sculptures to remind them that God sticks with them and protects them.		

## COOL SUPPLIES

With Hands-On Bible Curriculum, every lesson includes gizmos, game cards, posters, and other memory aids to reinforce the Bible Point.

Elijah Runs Away

## Welcome

**SUPPLIES:** "Trust God" name tags (p. 24), markers, scissors, tape or safety pins

- Greet each child individually with an enthusiastic smile.
- Thank each child for coming to class today.
- As children arrive, ask them about last week's lesson and "Growing Together" activities. Use questions such as "What did you learn about God's power?" and "What did you learn about the difference between our God and false gods?"
- Say: **Today we're going to learn that ► God protects us when we're afraid.**
- Help children put on their name tags. If some children weren't in class last week, or if some of the name tags were damaged, photocopy the "Trust God" name tags and have children follow the instructions to create new name tags.
- Tell the children that the attention-getting signal you'll use during this lesson is clapping your hands three times. Ask children to respond by clapping their hands three times as they stop talking and focus their attention on you. Rehearse the signal with the children, telling them to respond quickly so you have plenty of time for all the fun activities planned for this lesson.

## BIBLE POINT



## Attention Grabber

## ■ Scary Shark

**SUPPLIES:** none



Have the children sit in a circle. Hold up the *rainbow shark* and say: **Sharks are scary creatures. Let's talk about what we're scared of. I'll pass around the shark. When it comes to you, say one thing that you're scared of. I'll start. I'm scared**

**of...** (Complete the sentence by naming something you're afraid of.)

When all the children have had a turn, have the children stand up. Say: **Let's play Scary Shark. We'll toss the shark around. When it comes to you, pretend it's something you're scared of and quickly toss it to someone else.**

Play Scary Shark for a few minutes. Then put the shark in the Learning Lab and have the children sit down again.

Ask: • **Why did you want to get rid of the scary shark so quickly?** (Because I don't like scary things; because it might have bitten me; I don't like to be afraid.)

• **What do you do when you're scared?** (I hide under the blankets; I find my mom or dad; sometimes I cry.)

• **Who protects you when you're afraid?** (God; my parents; my teachers; my friends; my big brother.)

Say: **Everyone has fears. When we're afraid, sometimes we want to hide. Other times we may want to turn and run away. We're going to be hearing another story today about the prophet Elijah. We're going to talk about a time when Elijah was scared. Even though Elijah knew that ► God protects us when we're afraid, he was still scared. Let's find out what he did.**



It's important to say the Bible Point just as it's written in each activity. Repeating the Bible Point over and over will help children remember it and apply it to their lives.

## BIBLE POINT



## ATTENTION GRABBERS

immediately engage kids and get them ready to learn this week's Bible Point.

## Lesson 4

## EACH WEEK,

kids experience the Bible story in fun, interactive ways—never the same way twice!

## Bible Insight

Elijah experienced the depths of discouragement just after his two great spiritual victories—the defeat of the prophets of Baal and the answered prayer for rain. God first let Elijah rest and eat; then he confronted him with the need to return to the work he had been given as God's prophet. God's purpose for Elijah's life was not yet over.

## Bible Exploration &amp; Application

■ *Elijah Is Scared*

SUPPLIES: Bible, CD player



track 5

Cue the CD to track 5, "Elijah Is Scared." This segment includes the sounds Elijah heard when he was in the cave on Mount Sinai. You will pause the CD after each sound.

Push several classroom tables together to represent the cave Elijah hid in.

Gather the children across the room from the tables. Show the children the story in **1 Kings 19:1-18**. Have them follow you as you do the actions in this story.

Say: **King Ahab's wife was Queen Jezebel. She hated Elijah. She sent him a message that said "By tomorrow I will have you killed."**

**When Elijah heard the message, he was so scared that he ran for his life.** Slap your thighs with your hands to make running noises.

**He ran and ran through the town of Beersheba and out into the desert. Finally he was tired, and he sat down under a bush. He wanted to give up. He was scared. He was hot and tired. He just wanted to die.**

**Elijah lay down under a tree and went to sleep.** Make snoring noises.

**Then an angel came and touched him. "Wake up, Elijah," the angel said. "I have brought you bread to eat and water to drink."**

**Elijah woke up and ate the food and drank the water. Then he went back to sleep.** Make snoring noises.

**Later, the angel came again and brought more food. Elijah ate and drank and started on a long journey. He walked for 40 days and 40 nights until he came to Mount Sinai, the mountain of God.**

**Elijah hid himself in a cave and stayed there all night.** Have the children sit underneath the tables and pretend they're in a cave.

**Then God said, "Elijah! Why are you here?"**

**Elijah answered, "All-powerful God, I have served you as well as I could. But the people have broken their agreement with you. I am the only prophet left, and they're trying to kill me. I'm scared."**

**God said, "Go, stand on the mountain, and I will pass by you."**

**Listen to the CD and be ready to tell me what Elijah heard.**

Start the CD. There will be a loud, rushing wind sound. After the wind dies down, pause the CD and ask:

• **What did Elijah hear?** (Wind; a loud whooshing sound.)

Say: **But God wasn't in the ferocious wind.**

Restart the CD and listen to the earthquake sounds. Then pause the CD and ask:

• **What did Elijah hear?** (Loud noises; rumbling.)

Say: **A tremendous earthquake shook the mountain and made huge rocks break in half. But God wasn't in the mighty earthquake.**

Restart the CD and listen to fire noises. Then pause the CD and ask:

• **What did Elijah hear?** (A fire; more loud noises.)

Say: **It was a terrible fire, but God wasn't in the fire.**



## Elijah Runs Away

Restart the CD and listen to the gentle whisper. Stop the CD and ask:

- **What did Elijah hear?** (A gentle breeze; a whisper.)

Say: **Elijah heard a quiet, gentle sound. He knew that God was there, and he put his cloak around his face and went out to meet with God.** Have the children leave the "cave."

Then a voice said, "Elijah! Why are you here?"

And Elijah said again, "All-powerful God, I have always served you as well as I could. But your people have broken their agreement with you. All the prophets have been killed, and now the people want to kill me, too."

God said, "Don't worry. You're not alone. I have more for you to do. I want you to let people know that I have chosen a new and better king. And I want you to go and pour oil on Elisha as a sign that he will take over for you when you come to live with me. I'm taking care of all who have been faithful to me. There are 7,000 people in Israel who are still faithful to me."

Ask: • **What was Elijah afraid of?** (He was afraid of the queen who wanted to kill him; he was afraid of dying; he was scared of being all alone.)

• **If you had been there when God sent wind, an earthquake, and a fire, what would you have done or thought?** (I would have been scared; I would have prayed for God to take care of me; I would've hidden in the cave.)

• **What did God sound like?** (God was quiet; like a whisper.)

• **What did God do to take care of Elijah?** (God kept him safe in the cave; God kept him from being killed; God sent an angel with food.)

Say: **Even when Elijah was scared, God was with him. ►God protects us when we're afraid.** When Elijah was scared, God was quiet and gentle so that Elijah would feel safe. God wants us to feel safe, too. God loves you and will always take care of you, just as he took care of Elijah. He is always with us. He even says so in the Bible. Let's take a look.

Open your Bible to today's Bible verse, **Joshua 1:9**, and read it aloud to the class:

► **"This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go."**

Say: **Our Bible verse reminds us that God wants us to be brave because we are never alone. God is with us no matter where we are, whether we are at school, in church, at home—or even in a cave! Because we are never really alone, we don't have to be scared. Let's learn some more about what we can do so we don't feel scared.**

## ■ Fraidy Spider

**SUPPLIES:** Bible, safety scissors



Have the children sit in a tight circle. Hold up the spider web and say: **This spider web isn't real.**

Ask: • **Why do spiders have webs?** (To live in; so the spider can catch food.)

Say: **One reason a spider has a web is to catch bugs to eat. Once a bug gets stuck in a spider's web, getting away is almost impossible. The Bible tells about people getting stuck, too. People don't get eaten like bugs caught in a spider's web, of course, but it can still be scary to get in a place where**

### teacher tips

We use active games and lessons—even if they involve crawling under furniture or rolling around on the floor—to help make the Bible Point clear. Children learn from experiencing such activities and discovering a life application through a debriefing process.

### BIBLE POINT

### BIBLE VERSE

### GREAT TIPS FOR TEACHERS!

Even people who have never taught before will find tips to make them successful!

### KIDS LOVE

to learn with Hands-On Bible Curriculum's unique gizmos!

## Lesson 4

HANDS-ON  
ACTIVITIES

allow kids to experience  
Bible truths in ways they  
can understand.

you feel like you can't get out. Let's talk about the kinds of things that make people afraid like that. For instance, you might feel afraid when someone pressures you to do something wrong. That can be scary when you don't know what to do.

For each scary thing we think of, we'll catch a *black insect* in this fake spider web.

Ask: • **What kinds of things might make people feel afraid because they know they did something wrong?** (Telling a lie; wanting to take something that's not theirs.)

• **Why would doing something wrong make them feel as afraid as a bug caught in a spider web?** (Because they know it's wrong; because they are afraid they will get in trouble.)

If children have a tough time thinking of ideas, mention the following situations: People might be afraid of their own temptations, of sins such as lying or disobeying, or of scary events such as floods and tornadoes.

As a child mentions an idea, have him or her put a *black insect* in the middle of the spider web.

Say: **When you feel afraid because you want to do something wrong, you may think you can't escape. When someone is pressuring you to do wrong, you may think you don't have any choice but to do wrong.**

Have the children gently grab the web and stretch it across the middle of the circle. Then have them gently try to untangle the bugs. (This will be difficult.)

Ask: • **Was it easy or hard to get the bugs out of the spider web? Why?** (It was hard because the legs got caught; it was hard because the bugs stuck to the web.)

• **How did you feel as you tried to get the bugs out of the web?** (Mad because I couldn't do it; frustrated.)

• **How is that like the way you feel when you're afraid of getting in trouble?** (When I'm in trouble, I think that no matter what I do, I'll still be in trouble; I think that if I try to fix my problems, they might just get worse.)

Say: **When we're afraid of doing wrong, we feel scared because we need help to avoid the temptation. Listen to what the Bible says about God's help with those kinds of fears. Read Psalm 91:2-6.**

Ask: • **What will God do when we're scared?** (God will keep us safe; God will rescue us; God will protect us.)

• **What will God do when we need his protection?** (God will cover us with his feathers; God will protect us with his faithful promises.)

Using safety scissors, clip the *black insects* out of the spider web. Have the children help.

Say: **No matter what kind of trouble we get into and no matter what we're afraid of, we can trust God to help us. ► God protects us when we're afraid. And God promises to rescue us from the scary situations we face.**

Return the spider web and black insects to the Learning Lab.

## BIBLE POINT ►



## Elijah Runs Away

## HANDS-ON BIBLE

Set out empty paper towel tubes, enough for each child, assorted round balloons, tape, and markers. Then have children turn to **Joshua 1** in their *Hands-On Bibles* and follow along with you as you read today's Bible verse. Say: **Joshua was a brave man but, just like us, he could get scared, too. But God told him not to be afraid. Please listen as I read to you our Bible verse for today, Joshua 1:9, and see what God told Joshua:** ▶**"This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go." We don't have to be afraid, because God is with us, too! Please turn the page in your *Hands-On Bible* and let's look at the activity called "Barbells of Bravery." We will work on this together. I have some supplies here that we can use.**

Read the activity aloud to the children, and then assist them as needed as they create their barbells. When everyone has finished, say: **Wow! Look how strong you all are with your barbells of bravery!**

Ask: • **What does being strong and courageous mean to you?** (It means I can lift big things without getting scared I'll hurt myself; it means I'm brave.)

• **Why do we know we can trust God to protect us when we're afraid?** (Because God is with us; because God says we can be strong.)

Say: **God says that he'll be with us, so we don't have to be scared of anything. We can be brave and strong, even if we're small. God is big enough to protect all of us!**

Have children practice lifting their barbells; then close in prayer.

**⚠ WARNING:**  
**CHOKING HAZARD**—Be sure to pick up pieces of any broken balloons and dispose of them immediately. Balloons may contain latex.

## ◀ BIBLE VERSE



## EACH WEEK,

kids in Grades 1–6 dive into and experience the Bible.

Group's Hands-On Bible® is packed with activities and experiences that help kids grow all week long!

GREAT SONGS,  
DRAMAS, AND MORE

on the CDs help cement kids' learning!

## ■ Fear Crazy

**SUPPLIES:** Bibles, CD player



Lead kids in singing "The Books of the Bible Song" (track 14) along with the CD. (Use the tables of contents of your Bibles as the song lyrics.)

Say: **Today's Bible story is from the first book of Kings.**

Ask: • **Is 1 Kings in the Old Testament or the New Testament?** (Old Testament; New Testament; I don't know.)

Have a volunteer find **1 Kings** in the table of contents.

Ask: • **Who is our main character today?** (Elijah; God.)

Open the Bible to where the Old Testament ends and the New Testament begins.

Say: **If we know that 1 Kings is in the Old Testament, we know that it will be somewhere in the first half of the Bible. That will make it easier to find the story of Elijah.** Open the Bible to **1 Kings 14**.

Ask: • **Who helped Elijah by bringing him food?** (An angel; a bird.)

Say: **God did many amazing things for Elijah. One time he sent a raven, then a widow, and then an angel to bring him food! Elijah learned that ▶ God protects us when we're afraid. Let's find out what God says he'll do for us.**

Have kids find **Psalms** in the table of contents. Then open the Bible to **Psalm 34:7**. Read it out loud to the class, or, if you have readers in your class, ask a child to read it out loud.

## ◀ BIBLE POINT



## Lesson 4

THOUGHT-  
PROVOKING  
QUESTIONS

Every week, kids make discoveries that help their faith grow.

Ask: • **What does this verse say God will do for us?** (Send an angel to guard us; send an angel to defend us.)

• **Does it help to know that God's angels will protect us? Why?** (Yes, because they are big and strong; yes, because then we don't have to be afraid.)

Say: **God says he'll send an angel to protect us, too! That's great! But Elijah didn't know that at first. He was so scared that he ran all over town and then out into the desert! He was trying to save his life. Sometimes fear makes us do crazy things, doesn't it?**

Gather children in a circle. Bring out the *bouncy pebbles*. Have children take turns bouncing the pebbles, instructing them to try catching the *bouncy pebbles* after they bounce them. After a few minutes, collect the pebbles and have the kids sit down.

Hold up a *bouncy pebble* and say: **This is a crazy kind of pebble, isn't it? The bouncy pebble goes all over the place! You never know which way it will go. It goes out of control!**

Ask: • **Were these bouncy pebbles easy or hard to catch when you bounced them? Explain.** (Hard, because it didn't bounce straight; hard, because I couldn't make it go where I wanted it to.)

• **How is a bouncy pebble bouncing out of control like feeling afraid and out of control?** (You don't know what to do; you don't know which way to go.)

• **What can we do when we're scared?** (Ask God to help us; pray; depend on God.)

• **What will God do when we're scared or need protection?** (God will send an angel to help us; God will take care of us.)

Say: **Elijah ran away, he hid, he cried out to God. He was a little bit like the bouncy pebble, going this way and that. We can be that way, too. But if we trust God to protect us when we're afraid, we're more like this return ball.** Hold up the *return ball* and bounce it a few times. **The ball might go wild, but it always returns to the hand. Just like this ball is connected to my hand, we're connected to God—and God is always there to "catch" us!**

Pass around the *return ball* and let each child have a turn bouncing it. Then say: **► God protects us when we're afraid. Now let's see exactly what God wants us to do when we're scared.**

Return the *bouncy pebbles* and *return ball* to the Learning Lab.



## BIBLE POINT ►

■ **Cast Your Cares**

**SUPPLIES:** Bible, paper, trash can

Give each child a sheet of paper. Say: **Tear your sheet of paper into a shape that reminds you of something you're worried about or scared of.**

Give children two or three minutes to tear their papers. While they're tearing, have them brainstorm things that people worry about or are scared of. You don't need to write them down.

## Elijah Runs Away



When the children have finished, have them stand in a circle. Put a trash can in the middle of the circle. Read **1 Peter 5:7**.

Ask: • **What should we do with all our worries and cares?** (Give them to God; let God know about them.)

• **According to this Scripture, why should we give our worries and cares to God?** (Because he cares about us; because he loves us.)

Have the children wad up the papers representing their worries and cares and toss them into the trash can. If some of the papers don't land in the trash can on the first throw, have kids pick them up and try again.

Ask: • **What happens to something once you've put it in the trash?** (It gets taken to the dump; it goes away.)

• **What does Jesus say will happen when we give him our worries?** (He will give us his rest; we won't feel upset anymore.)

Say: **Jesus has told us that we should bring our worries to him and he will give us rest. Why? Because Jesus' way is easy. When we give our worries and fears to Jesus, it's like throwing them away. He will take care of everything we're worried about or scared of. ►God protects us when we're afraid. Once we tell Jesus about something, we don't have to think about it anymore. Let's thank Jesus for his peace and his protection.** Lead children in a thank you to Jesus.

## teacher tips

Elijah felt alone and afraid when Jezebel came after him and he was running for his life. Elijah was not alone. Encourage your children that we are never as alone as we may feel; God is always there to help us.

## EACH WEEK'S JESUS CONNECTION

shows that all Bible stories point to Jesus.



## BIBLE POINT

## Closing

## ■ God Sticks With Us

SUPPLIES: none



Have kids sit in a circle, and ask: • **What did you learn today?** (I learned that God will help me when I'm scared; I learned that God will rescue me; I learned that I should tell God all about my worries because he cares about me.)

Distribute *Wikki Stix*, and ask children to each sculpt something to remind them of today's lesson. If kids need help, some suggestions might be a heart, barbells, a cross, even a spider. Make a symbol yourself. When everyone is finished, say: **Let's stick our creations somewhere on ourselves—on our clothes, our arms, maybe even our foreheads—to show that we know that God sticks with us and ►protects us when we're afraid.** Point to and explain your own symbol. Then go around the circle and have kids explain theirs.

Say: **God loves each of us so much that he protects us. Whenever you're scared, you can think about God sticking to you and protecting you. Let's thank God.**

Pray: **God, thank you for protecting us. Help us remember that you take care of us when we're afraid. In Jesus' name, amen.**

Collect the *Wikki Stix* and return them to the lab for use in later lessons.



## Growing closer to Jesus extends beyond the classroom.

Photocopy the "Growing Together" handout (at the end of this lesson) for this week, and send it home with your children. Encourage children and parents to use the handout to plan meaningful activities on this week's topic. Follow up the "Growing Together" activities next week by asking children what their families did together.

## KIDS TAKE HOME THE LEARNING

as they see that Bible truths are for every day.

**FAMILIES**

learn together all week long with weekly take-home pages.

**A BRIEF OVERVIEW**

aids parents in discussing the week's lesson at home.

**PARENTS CAN CHOOSE**

one or all activities to reinforce the Bible Point.

# Growing Together

**Bible Story**

Elijah runs away.  
(1 Kings 19:1-18)

**Elijah 4:**  
God protects us  
when we're afraid.

**Bible Verse**

"This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go" (Joshua 1:9).

## In Touch

Today the first- and second-graders learned that God will protect them when they're scared. The children learned that all of us have fears we want to hide from or run away from. But the children also learned to give all their worries to God because God cares about them. Use these ideas to help your child overcome his or her fears.

### Fears

Some kinds of fear are good for us because they keep us safe. For example, it's good for children to be somewhat afraid of the kind of danger posed by busy traffic. Other kinds of fear, such as speaking in public, can be *conquered*. Think of scary things together and decide whether the situations are dangerous or just difficult. Tell your child that it's important to avoid dangerous situations. Remind your child that God protects us as we grow and learn and that he helps us make wise choices in dangerous situations.

### Shadows



Go outside on a day when you can see your shadow. Take turns jumping on each other's shadows and trying to jump on your own. No matter how many times your shadows get stomped, they can't be stopped. Tell your child that even though very scary things threaten to stomp on us, under God's protection we're as safe as our shadows on a sunny day.

### Angels



Instead of a soft, ethereal angel, create this tough-as-nails angel to teach your child that angels are strong enough to protect us from any danger we face. Read Psalm 91:11. Then draw an angel on a piece of wood. Follow the example in the illustration.

Gather old nails, screws, bolts, washers, and thumbtacks. Help your child hammer the nails or push in thumbtacks to form the outline of the angel. Glue on bolts, washers, nails, and screws to fill in the body. If you don't have these kinds of scraps, build a strong angel with building blocks or rocks. Talk about the dangers angels protect us from and how strong the angels must be.

### Safe nights

Together, memorize Psalm 4:8. As you tuck your child into bed each night, talk about how God kept you safe that day. Then pray the verse together:

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