



Supplies

- Bible
- various heavy classroom objects, such as blocks, books, or toy cars (1 per child)
- tissue paper (1 square for every 3 kids)
- paper towels (1 square for every 3 kids)
- blankets (enough for all kids to hold an edge)

Talk About Fears

Say: **We all have things that make us afraid.**

Share about something that makes *you* afraid, such as being up really high, spiders, or speaking in front of a group of grown-ups.

Ask: • **What's something that makes *you* afraid?** Kids may say the dark, loud storms, or their grandpa's basement.

Say: **Let's pretend these [classroom objects] are those things that scare us.** Give each child a classroom object, and take one for yourself.

Say: **When we're afraid, we like to have someone really strong and powerful there to take care of us. Let's look for something strong enough to take care of these pretend fears and hold them up.** Hold up your object.

Test Tissue Paper

Form groups of three kids, and give each group a piece of tissue paper.

Say: **Let's see if this tissue paper is strong enough to hold these things.**

- Encourage two kids from each group to be the tissue paper holders. They can pick up opposite sides of the tissue paper and hold it between them.
- Lead the third child in each group to put a classroom object on the group's tissue paper.
- If the tissue paper doesn't break, say: **I don't know about you, but I have more than just one thing that scares me. Let's see if the tissue paper can hold more things.**
- Ask the third child in each group to add additional objects until the tissue paper breaks. As kids add items, encourage kids to think of other things that make them afraid.

Test Paper Towels

Say: **The tissue paper isn't very strong. It couldn't hold all those things.**

Let's see if this paper towel is stronger.

- Give each group a paper towel.
- Encourage kids to switch roles and pile the same classroom objects on the paper towels that they tried to hold with the tissue paper.

- Kids can continue adding objects until the paper towels break or the objects just start falling on the floor.

Test a Blanket

Say: **The paper towel is stronger, but it still couldn't hold all our fears.**

Let's try these blankets.

- Encourage kids to bring all the objects to the blankets.
- Then gather kids around the edges of the blankets.
- Help them work together to lift all the objects up off the floor using the blankets.

Say: **The blankets can hold all our [classroom objects]. They're pretty strong. Today we're learning God is all-powerful. That means he's so strong that he can help us with all our fears. And God promises to always be with us. Listen to this.** Read aloud Isaiah 41:10.

Say: **God has the power to take care of us. We don't have to be afraid.** Lead kids to pray and thank God that he's powerful and takes care of them.