

Don't Be Afraid

PRESCHOOL LESSON PLAN

Theme: There is no fear in Jesus

Scripture: 1 John 1:5

Memory Verse: God is light; in him there is no darkness at all. - 1 John 1:5

The Children's Sermon

Sometimes there are dark and lonely nights in our life. We aren't sure what is ahead of us or what is behind us and we often feel afraid. Sometimes there are storms in our life and we are afraid. When we are afraid, we have a light to make us feel safe. That light is Jesus. The Bible tells us that "God is light and in Him is no darkness." The Bible also says, "The Lord is my light and my salvation, whom shall I fear?" In the dark and stormy days of our life, we have Jesus to be with us. If Jesus is with us, we don't have to be afraid!

Imagine you're in your room at night, and it's very dark. You can't see your toys, your books, or even your hands in front of your face. It might feel a little scary. But then, you turn on a small lamp or a night light, and suddenly, you can see everything clearly. The darkness goes away because of the light. That's like what the Light of God does in our lives. When things feel dark and scary, God's light makes us feel better and shows us the way.

Now, think about a time when you were outside playing, and suddenly a big storm came. The sky got dark, and maybe you saw lightning and heard thunder. It might have made you want to run inside quickly to feel safe. In our lives, we face different kinds of

storms. These aren't storms with rain and thunder, but tough times when we're sad, scared, or facing a big problem. During these times, the Light of God is like our safe house. It's where we can run to and feel safe and loved.

The Light of God is always with us. It's like having a best friend who is always there, day or night, to make us feel safe and loved. Even when we can't see this light like we see the sun or a lamp, it's there. We feel it in our hearts. It makes us happy and brave, even when things are hard.

But how do we make sure we can see and feel the Light of God? We can talk to God through prayer, just like we talk to our friends. We can read stories from the Bible, which is like a big letter from God telling us how much He loves us. And we can be kind and loving to others, which is like sharing God's light with them.

Sometimes, we might forget about the Light of God when we're having too much fun or when we're very sad. But the good news is, God's light never goes away. It's always there, waiting for us to remember and feel it again. Just like the sun comes up every morning, no matter what, God's light is always shining for us.

And when we share the Light of God with others, it's like making the whole world brighter. When you help a friend, hug your mom or dad, or even smile at someone who looks sad, you're spreading God's light. And the more we spread it, the brighter our world becomes.

Dear Lord, help us to remember that when the dark and stormy nights come into our life, you are there, and we have no need to fear. Help us to always look for your Light of God, to feel it in our hearts, and to share it with everyone around us. Amen.

So, boys and girls, remember, no matter how dark or stormy it gets, the Light of God is always with us. It's our job to keep that light shining bright in our hearts and to share it with the whole world. Let's be little lights, making the world a brighter and happier place for everyone.

Bible Memory Verse

God is light; in him there is no darkness at all. - 1 John 1:5

You Will Need:

- Glow sticks or small flashlights
- Black construction paper
- Stickers of stars or other light-themed decorations

Get Ready:

- Cut out shapes from the black construction paper to resemble the night sky.
- Prepare a darkened room or area where the light from the glow sticks or flashlights can be easily seen.

Do This:

1. Give each child a piece of the black construction paper and let them decorate it with the light-themed stickers to represent the light of Jesus shining in the darkness.
2. Once they have decorated their 'night sky', gather the children in the darkened room or area with their glow sticks or flashlights.
3. Explain how the light they are holding represents Jesus, who is the light of the world, and just like their glow sticks or flashlights pierce the darkness, Jesus' light removes all fear and darkness from our lives.

Bible Interactive Experience

You'll Need:

- A small flashlight for each child (or one to share in a small group)
- "Light" stickers (stickers that are bright or have light-themed designs)
- A darkened room (safe and supervised)
- Simple illustrations of fears children might have (like darkness, being alone, etc.)

Get Ready:

- Prepare the darkened room to ensure it's safe for children to walk around in with minimal light.
- Place the illustrations of fears around the room at a low level so the children can easily see them when they shine their flashlights.
- Have the "light" stickers ready to hand out to each child after the activity.

Do this:

1. Gather the children and explain that sometimes we all feel scared, but Jesus is like a light that takes away all the darkness and fear. Read a simplified version of 1 John 1:5, "God is light, and in Him, there is no darkness at all."
2. Give each child a flashlight and turn off the lights in the room. Tell them they are going to go on a little adventure to find the "fears" (the illustrations) in the room and shine their flashlight on them. Explain that when they shine their light on a fear, it shows how Jesus can help us not be afraid.
3. As they find each fear and shine their light on it, give them a "light" sticker to put on or near the illustration, symbolizing Jesus' light overcoming the fear. After they have found all the fears and the room is filled with light from their flashlights, gather them

back and talk briefly about how Jesus' love and presence are like a light that takes away all our fears.

4. Conclude by praying a simple prayer, asking Jesus to help the children not be afraid because His light is always with them.

Snack Activity: Light of the World Fruit Cups

You'll Need:

- Clear plastic cups
- A variety of colorful fruits (e.g., blueberries, strawberries, grapes, oranges)
- Small wooden skewers or toothpicks
- A small flashlight or a phone with a flashlight function

Get Ready: Wash and prepare the fruits by cutting them into bite-sized pieces if necessary.

Do this:

1. Explain to the children that just like our fruits are different colors and bring sweetness, Jesus brings light into our lives and takes away fear.
2. Let each child pick their favorite fruits and skewer them onto the wooden skewers or toothpicks, then place them into their clear cups. Tell them that each piece of fruit represents the different ways Jesus lights up our lives.
3. Turn off the lights and shine a flashlight from underneath the clear plastic cup to illuminate it. Explain that just as the light makes the fruit cup glow, Jesus's light makes us glow from the inside, showing there's no need to be afraid with Him in our lives.

Game Activity: Light Path Adventure

You'll Need:

- A roll of blue painter's tape
- Flashlight(s)
- Pictures of Jesus (can be drawn by the children beforehand)

Get Ready: Use the painter's tape to create several simple 'paths' on the floor. At the end of each path, place a picture of Jesus. Make sure the paths are wide enough for the children to walk on easily. Dim the lights in the room to create a soft environment, not completely dark for safety.

Do this:

1. Explain to the children that Jesus is the light in our darkness and with Him, we don't have to be afraid. Share that the Bible tells us in 1 John 1:5 that God is light and in Him, there is no darkness at all.
2. Give each child a turn to walk on the 'light path' towards Jesus while holding a flashlight. Encourage them to say, 'With Jesus, I am not afraid' as they walk towards the picture of Jesus.
3. Once everyone has had a turn, gather the children and talk about how Jesus helps us not to be afraid. Encourage them to share times they were afraid and how thinking about Jesus helped them overcome their fear.

Craft Activity: Jesus Lights Up My World

You'll Need:

- A paper plate
- Yellow and orange tissue paper
- Glue
- A marker

- Safety scissors

Get Ready: Cut the yellow and orange tissue paper into small squares.

Do this:

1. Have the children draw a big, happy face in the middle of the paper plate with the marker. Explain that this happy face represents Jesus, who is the light of the world and in whom there is no darkness at all, just like 1 John 1:5 says.
2. Next, help the children to spread glue around the happy face, not covering it.
3. Then, let the children stick the yellow and orange tissue paper squares around the happy face to represent light shining out. As they do this, remind them that with Jesus, they don't have to be afraid of anything because He is always with them, shining His light and love.