

# Don't Be Afraid

## LOWER ELEMENTARY 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
- White crayons or chalk
- Stickers of stars or planets

Get Ready:

- Cut the black construction paper into large enough pieces for each child to have one.
- Write '1 John 1:5' on each piece of paper with white crayon or chalk to make it stand out like stars in the night.

Do This:

1. Give each child a piece of the prepared black construction paper and a white crayon or chalk. Ask them to draw or write things that remind them of light (e.g., sun, stars, flashlight).
2. Hand out the glow sticks or flashlights and turn off the lights. Let the children see how their drawings come to life in the darkness. Explain how Jesus is like that light, making everything bright and good.

3. Finally, let the children decorate their night sky with the stickers of stars or planets while you talk about how, just like the stars light up the night sky, Jesus lights up our lives and there is no fear in His light.

## Bible Interactive Experience

You'll Need:

- A small flashlight for each child
- Dark construction paper
- Scissors
- White crayons or chalk
- Sticky tack or tape
- A dark room or space (like a closet or bathroom without windows)

Get Ready:

1. Before class, cut out several small, simple shapes (like hearts, stars, crosses) from the dark construction paper.
2. Write 1 John 1:5 on a large piece of paper or a whiteboard where all the children can see it.

Do this:

1. Gather the children and read 1 John 1:5 together: "This is the message we have heard from him and declare to you: God is light; in him, there is no darkness at all." Explain that just like physical darkness can make us scared, sometimes we feel fear in our lives. But Jesus is like a light that takes all the fear away.
2. Give each child a piece of dark construction paper and a white crayon or chalk. Ask them to draw or write something they are afraid of on the paper.

3. Once they're done, gather the shapes and use sticky tack or tape to stick them on the walls of the dark room or space you've prepared.
4. Lead the children into the dark room and hand each one a flashlight. Turn off the lights. The room will be dark, and they might feel a little scared.
5. Ask the children to turn on their flashlights and shine them on the walls to find the shapes. Once they find a shape, let them shine their flashlight on it continuously.
6. When all the shapes are illuminated, explain that just like their flashlights are making the darkness go away and revealing the shapes, Jesus lights up our lives and takes away our fears. No matter what we're afraid of, we can trust Jesus to be with us and help us feel safe.
7. Lead the children out of the room and back to the main area. Encourage them to talk about how shining the light on their fears made them feel and remind them that Jesus is always with them, so they don't have to be afraid.

## Snack Activity: Light of the World Fruit Cups

You'll Need:

- Clear plastic cups
- A variety of colorful fruits (e.g., blueberries, strawberries, kiwi, oranges)
- Toothpicks
- Small paper flags (to write the verse on)

Get Ready: Prepare the fruits by washing them and cutting them into small, bite-sized pieces. Write 1 John 1:5 on the small paper flags and attach them to the toothpicks.

Do this:

1. Explain to the children that just as our fruit cup is filled with different fruits, our world is filled with different people. But Jesus is the light that shines over all of us,

bringing us together and showing us the way. Just like 1 John 1:5 says, 'God is light; in him there is no darkness at all.'

2. Have the children fill their cups with the variety of fruits, layering them to create a colorful pattern. As they do, discuss how the different colors represent the light in our lives, and how Jesus's light removes all fear and darkness.

3. Once the cups are filled, help the children insert the toothpick flags into the top. Encourage them to share their fruit cups with someone they know, spreading the light of Jesus and the message that in Him, there is no fear.

## Game Activity: Light Path Tag

You'll Need:

- Flashlights (one per child)
- Glow sticks (several per child)
- A dark room or playing area (safety-proofed)

Get Ready: Before the game, talk briefly about 1 John 1:5, explaining that Jesus is like light and there's no darkness (or fear) when we're with Him. Lay out glow sticks on the floor of the playing area to create 'safe paths' that represent Jesus's path of light.

Do this:

1. Choose one child to be 'It' who tries to tag others, they hold a flashlight. Explain that the flashlight represents Jesus's light guiding us, showing there's no need to fear.
2. Other players must stay on the glow stick paths to be safe, representing staying close to Jesus. If they step off, they must freeze in fear until another player 'tags' them back to safety with a touch, symbolizing Jesus bringing us back to safety.

3. Play continues until everyone has had a chance to be 'It'. Discuss how staying on Jesus's path (the glow stick paths) helped them feel safe and not afraid, just like in 1 John 1:5.

## Craft Activity: Light of Jesus Lanterns

You'll Need:

- Clear plastic cups
- Battery-operated tea lights
- Colored tissue paper
- Glue
- Black construction paper
- Scissors
- Permanent markers

Get Ready: Cut the colored tissue paper into small squares. Cut out cross shapes from the black construction paper.

Do this:

1. Discuss 1 John 1:5 with the children: 'This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all.' Explain that Jesus is like light that takes away all the darkness and fear.
2. Have the children cover their plastic cups with glue. Then, stick the colored tissue paper squares all around the cups, overlapping them to create a stained glass effect.
3. Once the cups are covered, glue the black construction paper cross on one side of the cup.

4. Place a battery-operated tea light inside the cup. Turn off the lights and let the children see how their Light of Jesus Lanterns shine brightly, reminding them that with Jesus, there is no fear.