

Don't Be Afraid

UPPER ELEMENTARY LESSON PLAN

Theme: There is no fear in Jesus

Scripture: 1 John 1:5

Memory Verse: This is the message we have heard from him and declare to you: 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

This is the message we have heard from him and declare to you:

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

You Will Need:

- Glow sticks or small flashlights
- Dark room or area
- Obstacle course items (chairs, cones, soft toys)

Get Ready:

- Set up an obstacle course in a dark room or area using chairs, cones, and soft toys as obstacles.
- Break the glow sticks to activate them or ensure the flashlights have batteries.

Do This:

1. Divide the children into two teams and give each team a glow stick or a flashlight. Explain that the light from the glow stick or flashlight represents God's light and guidance.

2. One child from each team must navigate the obstacle course with the light, while the rest of the team guides them using only their voices. This represents how we should follow God's guidance (the light) and support each other.

3. After each child has a turn, gather the group and discuss how following God's light (His teachings and guidance) helps us avoid the 'obstacles' in life and leads us to a safe and right path, just as the light helped them navigate the obstacle course.

Bible Interactive Experience

You'll Need:

- A large piece of white cloth or a whiteboard
- Flashlights for each child
- Dark markers or black paint
- Sticky notes
- Bibles for each child

Get Ready:

- Write or paint some common fears that children might have on the white cloth or whiteboard using the dark markers or black paint.
- Prepare a dimly lit room or an area where you can control the lighting.
- Place the flashlights and sticky notes on a table accessible to the children.

Do this:

1. Begin by reading 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." Discuss what it means in the context of facing fears.
2. Turn off the lights to simulate darkness and discuss how darkness can often represent our fears and the unknown. Ask the children to share some of their fears if

they feel comfortable doing so, and write these fears on the sticky notes. Then, stick these notes on the white cloth or whiteboard over the fears you prepared earlier.

3. Give each child a flashlight and explain that the flashlight represents Jesus, the Light. One by one, invite the children to shine their flashlights on the white cloth or whiteboard, specifically targeting the sticky notes. As they shine their light on the fears (sticky notes), they can say a prayer or a declaration like, "In Jesus, there is no fear." After they illuminate their fear with the flashlight, they can remove the sticky note, revealing that the fear has been "overcome" by the light.

4. Conclude the activity with a discussion on how bringing our fears to Jesus (the Light) can help dispel them, reinforcing the message that in Jesus, there is no darkness or fear. Encourage the children to remember this lesson whenever they feel afraid and to use prayer as their "flashlight" in dark times.

Snack Activity: Light of the World Fruit Skewers

You'll Need:

- A variety of colorful fruits (grapes, strawberries, pineapple, kiwi, blueberries)
- Wooden skewers
- A small cookie cutter (star or heart shape)
- A platter or large plate

Get Ready: Wash all the fruits and prepare a clean working surface.

Do this:

1. 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.' Discuss what it means to live in God's light and how there is no fear in Jesus.

2. Start creating your 'Light of the World' fruit skewers by threading the different fruits onto the wooden skewers. Mix the colors and types of fruit to represent the diversity and beauty of God's creation. Use the cookie cutter to cut some of the larger fruits into shapes that can symbolize light, such as stars or hearts.
3. Once the skewers are filled, arrange them on the platter in a radiating pattern to represent the light of Jesus that shines in the darkness. As you do, encourage the kids to think of ways they can be a light in their own lives and in the lives of others, spreading the love and joy of Jesus.

Game Activity: Light in the Darkness Tag

You'll Need:

- A large, safe indoor or outdoor play area
- Blindfolds (one for each child)
- Flashlights (one for each child)
- Speaker or device to play music

Get Ready: Before the game, discuss 1 John 1:5, emphasizing that God is light and in Him, there is no darkness at all. Explain that the game will help them understand how to find and follow God's light, avoiding the 'darkness' of sin and fear.

Do this:

1. Designate one child as 'It', who represents 'The Light of Jesus'. Give 'It' a flashlight, turned on. Other players are given blindfolds and are 'seekers in the darkness'.
2. While music plays, 'It' quietly moves around the play area. Seekers try to find 'It' by listening and feeling their way around, but they cannot use their eyes. 'It' can gently tap seekers to guide them.

3. When a seeker finds 'It', they remove their blindfold and receive a flashlight (turned on), symbolizing finding Jesus and receiving His light. The game continues until all seekers have found 'It'.

4. After the game, gather the children and discuss how the game relates to 1 John 1:5 and the importance of following Jesus, the true light, to avoid the darkness of sin and fear.

Craft Activity: Light in the Darkness Lanterns

You'll Need:

- Mason jars or clear plastic cups
- Tissue paper (various colors but ensure you have a lot of yellow or gold for light)
- White school glue and water (to make glue solution)
- Paintbrushes
- Black construction paper
- Scissors
- Battery-operated tea lights

Get Ready: Mix equal parts of white school glue and water in a bowl to create a glue solution. Cut out cross shapes from the black construction paper.

Do this:

1. Tear the tissue paper into small pieces, focusing on creating a mix of colors but with an emphasis on yellow or gold pieces to represent light.
2. Apply a thin layer of the glue solution to the outside of the mason jar or clear plastic cup with a paintbrush. Stick the tissue paper pieces onto the jar, overlapping them slightly to create a stained glass effect. Make sure to cover the entire surface.

3. Once the jar is covered in tissue paper, apply another layer of the glue solution over the tissue paper to seal it. Allow it to dry completely.
4. Glue the black construction paper cross onto the side of the jar. This symbolizes Jesus as the light in the darkness.
5. Once everything is dry, place a battery-operated tea light inside the jar to illuminate it. Discuss 1 John 1:5 and how Jesus being the light means there is no darkness (or fear) in Him. Encourage the children to keep their lanterns as a reminder that with Jesus, they can overcome any darkness or fear in their lives.