

Day 1



**Need to Know:** Bust Fear With Prayer

**Bible Story:** Jesus Teaches On Prayer (Luke 11:1-13)

**Memory Verse:** "I prayed to the Lord, and He answered me. He freed me from all my fears." Psalm 34:4

**Bible Story:** Read Luke 11:1-3 or use the provided Bible Story Cards.

**Optional Family Discussion Questions:**

- *What are some of the things Jesus teaches us to do when we pray?*
- *What if Jesus doesn't answer our prayers right away or give us things we ask for?*
- *When you pray about a fear, can it change the way you feel and the way you look at your fear? How?*
- *If you have a friend who's not sure how to talk to God, what can you tell them?*

**'MAKE IT' - FEAR BUSTER BRACELETS:** Use pipe cleaners, string or twine to make bracelets. Work as a family to memorize Psalm 34:4 while making the bracelets. Talk about how this verse reminds us we can pray any time we're afraid. Encourage creativity; for example each string color or bead can represent a promise/truth from God. Kids can wear bracelets to remind them they can pray to God about their fears.

**'PLAY IT' - MONSTER HANGMAN:** Have family members write a fear on a card. Take turns guessing a letter. If the letter is in the word, write it in the correct blank. If it's not, write the letter on the side and draw a body part on the monster (head, body, two arms, two legs, two eyes, mouth and hair. . .allow kids to make suggestions about how the monster should look. Have players take turns guessing letters until the word is guessed or the monster is complete. Continue playing until all words submitted have been guessed.

**'MOVE IT' – MONSTERS IN MOTION:**

**Monster March:** Have kids stand up and march around like they're monsters (change it up each time: stomp loudly, walk like a robot, etc.).

**1, 2, 3:** Have kids stand up and say, '1, 2, 3...' Then, you say any of the following actions: freeze, dance, hop, spin, twist, jump, clap, run, etc.

**'PRAY IT':** Discuss prayer requests as a family, then pray:

- That your kids would know God loves them and is always with them
- That your kids would remember to pray any time they're afraid



## Jesus Teaches on Prayer

Luke 11:1-13

*Jesus spent lots of time by Himself talking to God. One day, Jesus' friends, the disciples, saw Him praying. They said, "Lord, teach us to pray."*

*They gathered around, and Jesus told them exactly how to talk to God. Just like the disciples, we can learn to pray this way, too!*

*Let's find out what Jesus told them...*



(Point to picture of King) *This picture shows how great God is! Jesus explained to the disciples that they should start praying by honoring God and telling Him how great He is! God is great because He loves us, takes care of us, and is always with us. We can thank Him for all He has done for us every single day.*

(Point to food picture) *What's in this picture: fingernails or food? (Food) Yes! Jesus told the disciples to ask God for the things they needed when they prayed. God wants us to talk to Him about the way we feel and things we need.*

(Point to the Bandaid picture) *This picture reminds us that we all mess up and do wrong things. Jesus told the disciples to ask God to forgive them and help them do what is right. We can ask God for those things, too!*



*After Jesus told the disciples exactly how to pray, He told them a story.*

*Jesus said, "Suppose there's a man who has a guest at his house, and he has no food for his guest. At midnight, he goes to his friend's house and knocks on the door to ask for three loaves of bread. Someone answers inside, (change voice) 'Don't bother me. The door is already locked, and my family is asleep!' (return to your normal voice) The friend will not get up and give you the bread, but if you keep knocking and bothering him, he will surely give up and give you what you need."*

*Jesus told the disciples this story to explain that when we pray, we should keep asking God for the things we need, and we should trust Him to answer us!*



***Then, Jesus taught the disciples about a dad giving gifts to his son. If the son asked for a fish, would the dad give him a snake?! (No) Of course not! If the son asked for an egg, would the dad give him a scorpion?! (No) No way!***

***Parents know how to give good things to their kids, and God is the BEST Father of all! He loves us and wants to give us good things! Even if He does not answer our prayers the way we want Him to, we can trust that He is giving us what is best for us!***

***God does not want us to worry about anything. Instead, He wants us to pray and talk to Him about everything. When we are afraid, we can talk to Him and ask Him to help us bust our fears. Let's say this together:***

***Bust Fear*** (pound fists)

***With Prayer*** (make praying hands)

Day 2



**Need to Know:** Bust Fear With Faith

**Bible Story:** Jesus Stops A Storm (Matthew 8:23-27)

**Memory Verse:** "I prayed to the Lord, and He answered me. He freed me from all my fears." Psalm 34:4

**Bible Story:** Read Matthew 8:23-27 or use the provided Bible Story Cards.

**Optional Family Discussion Questions:**

- Have you ever felt afraid during a storm?
- What can you do when you feel afraid?
- What does it mean to have faith?

**'MAKE IT' – OCEAN BAGS:** Place a small amount of blue toothpaste in a plastic sandwich bag and seal it. Spread the toothpaste around by pressing your fingers on the outside of the bag. Use stickers to decorate the the bag.

**'PLAY IT' – HOT POTATO:** Take turns passing a stuffed animal around saying one word of the memory verse each time it passes. The person holding the stuffed animal when the last word is said is out. Play until one person is left.

**'THINK IT' – ALPHABET GAME:** Play the Alphabet Game with fears. Take turns thinking of fears (can be funny or serious) for each letter of the alphabet. For example: Airplanes, Bears, Carrots, etc. For an extra challenge, try repeating all the words given for each letter of the alphabet.

**PRAY IT:** Talk about prayer requests as a family, then pray for the following:

- That your kids would know God is real and trust Him with their lives
- That your kids would have faith any time they are afraid this week



## Jesus Stops a Storm

Matthew 8:23-27

***Today's Bible story is about a time that Jesus taught His friends, the disciples, to have faith.***

(Jesus waves)

***Jesus had been teaching all day long.***

(Jesus wears his/her beard and pretends to talk)

***Now that the sun was going down, Jesus wanted to go to the other side of the lake.***

(Jesus says, "Let's go to the other side.")

***He and the disciples climbed into a boat.***

(Jesus and the disciples pretend to climb into a boat)

***They began to row across the lake.***

(Jesus and the disciples pretend to row)



***Then, Jesus laid down in the boat and went to sleep.***

***(Jesus puts on sleep mask and curls up to fall asleep)***

***Suddenly, a storm came up. The rain was pouring all over the disciples, and the waves crashed over the boat.***

***(Storm Makers wave blue streamers and spray water with spray bottle)***

***The thunder was loud, and the lightning flashed close to the disciples.***

***(Storm Maker with flashlight flickers the light)***

***The disciples were terrified!***

***(Disciples make scared faces)***

***They worked hard to stay dry and keep the boat from sinking. They even tried scooping water out of the boats with buckets.***

***(Disciples can use cups to pretend to scoop water out of the boat. Storm Makers can continue to create the storm.)***



***The disciples went down to wake up Jesus. They said, "Lord! Save us! We're going to drown!"***  
(Disciples shake Jesus to wake him/her up. They can say, "Lord! Save us! We're going to drown!"  
Storm Makers continue to create the storm)

***Jesus woke up, and said, "Your faith is so small. Why are you so afraid?"***  
(Jesus looks at the disciples and says, "Your faith is so small. Why are you so afraid?" Storm Makers  
continue to create the storm.)

***Then, He got up and ordered the wind and waves to stop. The storm calmed down right away!***  
(Storm Makers stop the storm)

***The disciples were amazed! They could not believe that even the storm obeyed Jesus!***  
(Disciples have a surprised look on their faces)

Day 3



**Need to Know:** Bust Fear By Knowing God Is With You

**Bible Story:** Fiery Furnace (Daniel 3)

**Memory Verse:** "I prayed to the Lord, and He answered me. He freed me from all my fears." Psalm 34:4

**Bible Story:** Read Daniel 3 or use the provided Bible Story Cards.

**Optional Family Discussion Questions:**

- *What is something that has made you feel scared?*
- *Who or what makes you feel safe?*
- *Who can keep you safe and help BUST your fear away?*

**'MAKE IT' – NEWSPAPER ART:** Cut pictures and words from mail circulars, magazines or newspapers. Let kids cut and glue words/pictures together to make messages about God. Use markers, crayons or colored pencils to add to the design. Glue onto pieces of paper or poster board. Display as a reminder of God's love.

**'PLAY IT' – WOULD YOU RATHER:** Use the following questions or have fun as a family making up your own:

- *Would you rather have spaghetti hair OR bubblegum teeth?*
- *Would you rather have supersonic speed OR the power of invisibility?*
- *Would you rather have glow in the dark fingernails OR laser vision?*
- *Would you rather go down a 100-foot fireman pole OR a 100-foot slide?*

**'MEMORIZE IT' – CHALK IT UP:** Use sidewalk chalk to write Psalm 34:4; then take turns drawing giant lion paws. Talk about what it must have been like for Daniel when he was going to the lion's den. Was he scared? Was he trusting God? Was God with him?

**'PRAY IT':** Talk about prayer requests as a family, then pray:

- That your kids would remember God is with them every day, everywhere they go.
- That they would bust their fears by knowing God is with them.



## Fiery Furnace

Daniel 3

(Point to golden statue.)

***One time a mean king had made a HUGE golden statue of himself. The king made a new rule. He said everyone had to bow down to the statue and pray to it. Whoever didn't bow down would be thrown into a furnace of fire!***

(Point to three friends.)

***These three friends knew that they should ONLY pray to God and NOT pray to the golden statue!***

***What do you think they will do? (Allow response.)***



***The three friends decided they would NOT bow down and pray to the statue.***

***(Point to the king.)***

***Do you think the king is HAPPY or ANGRY that the three friends will not bow down to his golden statue? (Angry)***

***Yes! The king was so angry that he made the fire in the furnace as hot as could be. Then, he threw the three friends into the fire!***

***Do you think the three friends were scared? (Allow response.)***

***I would be scared! But, the three friends knew that God would keep them safe, no matter what.***



(Point to the king looking in the window.)

***When the king checked on the three friends, he saw FOUR men in the fire.***

***Friends, let's count the people in the fire.***

(Point to each person in the fire and count aloud.)

***There were four men in the fire! God had sent an angel into the furnace to keep Daniel's friends safe! All three friends came out of the fire with no burns at all! God kept them safe, and God wants to keep you safe, too!***

***When you are scared, don't forget that God (both hands point up) is with you, and He will keep you safe (hug self)!***

***Let me hear you say that after me:***

(Have the child repeat after you with motions)

***When I'm Scared, (make scared face)***

***God Keeps (point up)***

***Me Safe (hug self)***

Day 4



**Need to Know:** Bust Fear With Courage

**Bible Story:** Exploring The Promised Land (Numbers 13 and 14)

**Memory Verse:** "I prayed to the Lord, and He answered me. He freed me from all my fears." Psalm 34:4

**Bible Story:** Read Numbers 13 and 14 or use the provided Bible Story Cards.

**Optional Family Discussion Questions:**

- *Who had courage in the Bible story to do the right thing?*
- *True or False: Joshua and Caleb knew God was with them.*
- *When you need courage, what should you do?*

God loves us and promises to help us. There's a verse in Hebrews that says, 'The Lord is my helper; I will not be afraid. People can do nothing to me.' That is a verse to help us remember we can have courage any time we're afraid.

**'MAKE IT' – HAPPY/AFRAID FACES:** Make paper plate faces with crayons, markers, stickers or other craft supplies. Create one side of the plate to be a 'happy' face and the other side an 'afraid' face. Take turns talking about different scenarios; have kids choose to hold up the happy or afraid face – depending on how they feel. (Scenario examples: going to a new school; making new friends; getting teased; trying a new sport; sticking up for a friend).

**'PLAY IT' – MYSTERY FOODS:** Put a 'mystery' food in a sack. Allow anyone in the family who is willing to close their eyes and try the food. Talk about how it takes courage to taste something when you're not sure what it is. . .courage is doing the right thing, knowing God will help you!

**'MOVE IT' – MONSTER SAYS:** Play a version of "Simon Says" called "Monster Says" - allowing kids to take turns being the "monster." Encourage creativity and make up your own motions – or use some of the following:

- Make a scary face; Tiptoe; Crouch down low; High-five a friend; Turn around three times

**'PRAY IT':** Discuss prayer requests as a family, then pray:

- That your kids would have courage to do what is right
- That your kids would know that God loves them and is always with them



## Exploring the Promised Land

Numbers 13-14

***God told Moses to choose 12 of his men and send them to explore a new place God had for them. They had never been to this new place. So they began their journey.***

***Can you pretend to walk like the 12 men?  
(Everyone moves arms as if walking.)***



***The new land was beautiful! The men saw yummy food and brought some of it back to their camp.***

***(Point to grapes in picture.)  
Do these grapes look good to you?  
(Allow responses.)***

***They look yummy to me! But that wasn't all they saw.***



*They also saw very big people in the new land.*

*Ten of the men were very scared.*

*Let me see your best scared faces!*  
(Everyone makes scared faces.)

*You look scared for sure! Well, the ten scared men did not want to go back to the new land. But there were two men who were NOT scared.*



(Point to men.)

***Their names were Caleb and Joshua. They were NOT scared because they knew that God was with them, and He would take care of them!***

***But I have sad news, so let me see you make a sad face.***

(Everyone makes sad faces.)

***Here's the sad news. The people listened to the scared men and did NOT go to the new place God had for them. Because they didn't believe God was with them, they had to spend 40 years walking around in the hot desert!***

***Caleb and Joshua weren't scared because they knew God was with them!***

***When you are scared, you can remember God is with you!***

***Let me hear you say that after me:***

(Have kids repeat after you with motions)

***When I'm Scared,*** (make scared face)

***God Is*** (both hands point up)

***With Me!*** (thumbs to chest)

Day 5



**Need to Know:** Bust Fear With Trust

**Bible Story:** God Cares For A Widow (1 Kings 17:7-16)

**Memory Verse:** "I prayed to the Lord, and He answered me. He freed me from all my fears." Psalm 34:4

**Bible Story:** Read 1 Kings 17:7-16 or use the provided Bible Story Cards.

**Optional Family Discussion Questions:**

- *Why can we trust God?*
- *What can you do when you're having trouble trusting God?*
- *What is something that has made you feel scared?*
- *What could you use to help you bust that fear?*
- *Who can give you what you need so you are not scared anymore?*

**'MAKE IT' – PAINTED TOAST:** Fill five shallow glasses with a 1/4 cup of milk in each. Put a few drops of food coloring in each glass. Use a small paint brush to dip the brush into the food coloring and paint bread slices. Toast the bread lightly and enjoy.

**'PLAY IT' – TRUST BUDDIES:** Pair up and sit back to back, linking arms. Work together to see how quickly you can stand up – keeping your arms linked. If possible, race another pair of buddies or time yourself to see who can stand up the quickest. Discuss as a family that in order to win the race, you had to trust your partner. Sometimes we can't trust people, but there is someone we can trust all the time, especially when we're scared— God.

**'MOVE IT' – MEMORY VERSE MASH UP:** Practice saying Psalm 34:4 with motions (or be creative and make up your own); say the verse in the following positions: sitting, standing, hopping, spinning, standing on one foot, with eyes closed, etc.

**'PRAY IT':** Discuss prayer requests as a family, then pray:

- That your kids would ask God for what they need and trust Him to take care of them
- Thank God for always taking care of your family



## God Cares for a Widow

1 Kings 17:7-16

This is Elijah.

One day the stream near where Elijah lived dried UP (kids sit up straight).

This left Elijah DOWN (kids bend down) by the stream with no water and no food.

God knew that Elijah needed food and water, so God told him to walk UP (kids sit up straight) to a new town, and a woman would have food for him there.



Elijah did what God said. When he got to the new town, he saw a woman bending DOWN (kids bend down) picking up sticks. He asked, "Would you bring me a little water? I need a drink."

So she went UP (kids sit up straight) to get the water. On her way, Elijah asked her for a piece of bread, too.

The woman said, "I don't have any bread. All I have is a little flour and a little oil. I'm gathering sticks to take home so I can make one last meal for myself and my son. After that, our food is gone, and we will die."



Elijah could tell the woman was scared and needed to trust Jesus. So he told her to not be afraid. He told her to go DOWN (kids bend down) to her home and make some bread. Elijah explained that God would give her what she needed every day.

Even though she may have felt scared, she used UP (kids sit up straight) her last bit of flour and oil to make bread for Elijah and her family.

When the bread was done, she looked DOWN (kids bend down) into her flour jar.

Do you think that the flour jar was empty or do you think it was full? (Allow responses.)



When the woman looked into her flour jar, it had been filled UP (kids sit up straight)! And so had her jar of oil!

God gave Elijah the food he needed, and God gave the woman what her family needed, too! Right then, she knew that she could trust God.

When you are scared, you can bust your fears by trusting God. He loves you! That is why He gives you everything you have, and you can trust that He will give you everything you need!

Let me hear you say this after me:  
(Have kids repeat after you with motions)

Bust Fear (pound fists)

With Trust (cross arms over chest)