



# Lesson 19

## A New Kind of Fear

### Primary Small Group Lesson

<p><b>Bible Story</b></p> <p>Jesus Calms the Storm</p> <p><b>Mark 4:35-41</b></p>	<p><b>Materials</b></p> <ul style="list-style-type: none"><li>• Name tags</li><li>• Snacks</li><li>• How Are You Feeling? emoji chart</li><li>• Dice, one per student</li><li>• A stack of index cards</li><li>• A pen</li><li>• A set of ZAP cards</li><li>• The Question Pack from the CKC Games Bag</li></ul>
<p><b>Bible Verse</b></p> <p>“Fear of the Lord leads to life, bringing security and protection from harm.”</p> <p><i>Proverbs 19:23, New Living Translation</i></p>	
<p><b>Key Teaching Point</b></p> <p>Receive freedom from fear.</p>	



## Small Group Session 1

(15 Minutes)

Distribute name tags and snacks. Choose one of the following icebreaker activities to do together while students eat their snack:

**Icebreaker Options** (Choose one):

- Ask students to share their highs and lows (the best and worst things that happened to them either today or from the past week).
- Let students take turns sharing how they're feeling today using the "How Are You Feeling?" emoji chart (from the CKC Games Bag).
- As the students are eating their snacks, ask, "**What are you afraid of?**"

### **Pray Together**

Collect prayer requests from the students. The leader or a student can pray for the entire group or a leader can pair up students and invite them to pray for one another.

### **Small Group Game: ZAP!**

**Materials:** A set of ZAP cards and the Question Pack

1. Find the "ZAP!" cards in your CKC Games Bag. Divide your small group into two teams. Ask one team to answer a question.
2. If the team answers correctly, they pull a card from the envelope. If they pull a number, they earn a point value and can choose whether they want to keep those points or pull another card.
3. If they pull again and they get a number value, they get to add that number to their accumulated points. Each time they must decide whether to pull again or stop. If they pull a ZAP card, all their points are lost. If they stop before pulling a ZAP card, record the accumulated total of points.
4. Keep score as you go along and put the points back in the bag for the next team or player. The person or team with the highest accumulated points wins.

## Small Group Session 2

(35 Minutes)

### **Life Application Activity**

**What kind of things are kids your age afraid of?**

Take student responses. Write down each response on its own index card, and randomly pass one to each student.

With each index card, discuss the following question, "**What is one thing we know about God that could help us overcome this fear?**"



Examples:

- “I’m afraid of the dark.” - God is a comforter.
- “I’m afraid of being home alone.” - God is a protector.
- “I’m afraid that God won’t forgive me.” - God keeps his promises.
- “I’m afraid that there won’t be enough food to eat at home.” - God is a provider.

As the students respond, record each response on a new index card. Lay out these index cards on the table in front of the students where they can see them.

### **It’s time to exchange our fears with faith!**

#### Fear-to-Faith Matching Game

Before you begin, flip over the index cards so that the students cannot see what’s written on the cards. Select one student to begin. The first student will flip over one card to see what’s written on the other side. If it is a truth about God that would conquer the fear written on the index card in their possession, ask the student to pick up the card and lay down their “fear” card face-up in its place. They’ve exchanged their fear with faith! If the card is NOT a match with their “fear” card, flip it back over and continue with the next student. Continue until every student replaces their “fear” card and picks up a new index card with a truth about God written on it.

**We can receive freedom from fear as we take our eyes off our fears and put our eyes back on God who is stronger and mightier than the things that we are afraid of!**

### **Receive the Gift!**

**Thanksgiving:** Thanking God for who he is and what he has done.

Students will need the index cards from the life application section for this prayer activity. Spread them out on the table or small group space for everyone to see.

Pass around the dice, making sure each student has one. Explain that they will be engaging in a prayer of thanksgiving to God. Depending on the number they roll on the dice, they will be prompted with the following:

1. Thank you, God, for being with me when {a difficult situation}.
2. Thank you, God, for being a {insert the name or attribute of God on the index cards}.
3. Thank you, God, for being greater than my fear of {insert fear}.
4. Thank you, God, for {something Jesus has done that they are grateful for.}
5. Thank you, God, for {something they’ve seen God do in the past week}.
6. Thank you, God, for {open response}.

You can start the prayer statement, and let them finish, or you can ask them to repeat after you. Continue multiple rounds as the Lord leads.



## **Bible Verse Game**

Review the Bible verse with a [Bible verse game](#).

“Fear of the Lord leads to life, bringing security and protection from harm.”

*Proverbs 19:23, New Living Translation*

## **Reflection**

Give each child their reflection journal. Invite them to reflect on the following questions and to record their answers in their journal. They may also draw their responses if they wish:

1. What gift can I receive from God?
2. How can this gift impact my life?

