

Fear Knot

Leader Guide: Lesson # 1

Elementary: Grades 3 – 6

“Everyone Calm Down!”

Fear of Snakes

Series Verse

Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go. Joshua 1:9 NIV

The Point of the Lesson:

Each child will learn about a man named Gideon, who, when he saw an angel, thought he was going to die. Perhaps a little panic had set into Gideon’s heart? The Lord responds with a statement, “Calm down, you are not going to die.” The point? We can be calm in the face of fear because God says we can.

The Power of God’s Word:

The Lord said to him, “Calm down! Don’t be afraid.”
Judges 6:23a GWRD

The Prayer of Each Child:

Dear Jesus, I know Your word says I can be calm in the face of fear. Please help me to loosen the fear knots in my life that tie me up and keep me in fear. Help me to take a step this week in approaching my fears by listening and understanding that God is near and He is in control. Help me to remember that I should remain calm and not overreact to fearful situations. Amen

The Lesson in a Word:

Calm

Prepare: (Before service)

Object Lesson: A rubber snake.

Game Materials: None

Student Handouts: *There are two handouts for students. One is a Family EnterAction Guide that is given out (one per family only) the first couple of weeks of a new series. We recommend passing out coupons (provided on CD) to all the students that direct the parents to a central pick up location, such as the Children's Information Booth at your church, so that those parents who are interested can pick them up and you aren't sending several home to the same family.*

Photocopy & spiral bind **EnterAction Guides** (provided on CD or purchase ahead of time from www.empoweringkids.net).

Photocopy **Student Handouts** (provided on CD) There are two artwork options available to you on the CD, either the full color one in [Adobe Acrobat Reader](#) (.pdf format) or the one in Microsoft Word (.doc format). The one in the PDF format is completely ready to go and just needs to be duplicated, but cannot be altered. (We recommend using this one.) The one in Word format can be changed so that you can add your church name, logo or anything else you would like before duplication. (Note: This format does not include the color artwork for the background, so you would need to use this along with the artwork template.) If you have questions here, please feel free to call Empowering Kids at 1-866-EMPOWER (USA only) or 949-855-0512 (International) or email us at Mary@empoweringkids.net, and we will be happy to help you with this.

Pencils (enough for all the students)

G3 Game: Mickey Mouse Gloves or other large, silly gloves (1 per group)

Note: Blue text in the Leader Guide indicates words to be spoken.

Preview: (5 minutes)

During Check In Time:

We recommend that you have a variety of games and activities available for your kids to interact with after they have checked into your program. Some ideas for this are board games, a large Lego table, crafts or bead projects, a large whiteboard and markers (just for the kids), video games (be sure to screen the games for appropriateness), large floor games (rug or beach type games), drawing paper and markers, and a snack bar if possible. Have a signal, like a certain song that is played each week, to let the kids know when it is time to clean up and come sit down for the program to begin.

Welcome from MC:

Hey everyone, welcome to (Name of your church). We are so glad you are here with us today. We are going to have a great time together worshipping God and getting to know Him better. I have something exciting to tell you all! Today is the FIRST day of a brand new series! That's right, we are starting a series called "Fear Knot." Actually, the series is called "Loosen the Fear Knot." All of us have certain things we are afraid of: fear of snakes, fear of the dark, fear of heights, fear of spiders, fear of bullies, fear of scary movies, fear of strangers or fear of drowning. In fact, those eight fears I just mentioned are the top eight fears among elementary students listed in an informal survey when they were asked what scared them. We are going to take a look at what God says about fears and what our approach toward fear should be. This is going to be a great series. (MC can share one of his/her childhood fears to make a connection with the students)

Object Lesson: (Holding a rubber snake)

Hey everyone, I brought my friend with me today. It's my pet snake Reggie. Everyone say hi to Reggie! Ok, it's not a real snake. I mean, it's not breathing or anything; it's a plastic snake but I know even a plastic snake can make some of us nervous. Today's lesson is going to talk about the fear of snakes and how to be calm in the face of PANIC! In fact, let's get started with our kid connect question today, here it is.

Kid Connect Question: (Provided on CD on Power Point)

Would you rather hold a snake or look at it inside its cage?

Play: (5 Minutes)

Here is a quick game to play with the kids to get them moving and having fun. It should take approximately five minutes if you move it quickly.

Ready, Set, PANIC!

Supplies Needed

None

Preparation

Remove any hurdles or anything breakable from the play area. Choose some leaders in advance to be the game referees.

How to Play

Have everyone line up in a straight line, a circle, or take a seat in a designated chair (whichever you prefer for your classroom setting). Instruct the group that you will call out a place or object and when you say "Ready, Set, PANIC", they are to run in a frenzy and touch that object or place and then immediately run back to their same place in the line. The last child to make it back to his/her original spot is out. The leaders in the classroom will need to spread out evenly and they will determine who is out for each round. Continue this way until there is only one or a handful of children left in the game. They will be declared the winners and will gain points for their team.

Here are some examples of places or objects you can use:

- Touch the foosball table
- Touch Mary's (a leaders name) foot
- Give Pastor Bob a high five
- Touch the back door

Transition for MC:

Did you guys have fun? Wasn't it so easy to start to panic when we were under pressure to get back to our spot before being called out? Of course it was! We didn't want to be last so we rushed back in a frenzy so we wouldn't get out. Can anyone tell me what the opposite of panic is? (Give the children an opportunity to share). That's right, to be calm! It is so easy for us to freak out about lots of things, but God tells us to calm down and don't be afraid! God is with us wherever we go, and He wants us to know that when we start to panic, that He will calm our fears if we trust in Him!

Praise: (15 Minutes)

This is a time of corporate worship through singing and music. Plug in your own worship band, add some kids up on stage leading the other kids and have a great time singing to God before the teaching video begins. We suggest 3 songs that are lively and kid friendly. We recommend Hillsongs Kids, Jana Alayra and Saddleback Kids Praise music which are all available for purchase at www.empoweringkids.net. This series comes with its own theme song on the CD entitled "Fear Knot" with a split track, allowing you to sing along with the band or without, which is a great way to open or close your large group worship.

Process: (15 Minutes)

This process includes the 10-15 minute teaching video, practice point and memory verse. **During the Video encourage the students and leaders to interact with the video by answering the onscreen teachers back when they ask a question, calling out the lesson subtitles (What Should I see? What's the Key? And so on.) and following their directions, like, "Stand up!" You'll have to teach the kids to do this initially and then the pattern will be set and you will have active listeners!** On the DVD Menu Screen, choose Lesson 1 and then select Lesson 1 on the sub-menu to play all of the following pieces to the lesson.

Lesson in a Word: Calm

Memory Verse:

The Lord said to him, "Calm down! Don't be afraid."
Judges 6:23a GWRD

What Should I See?

A man named Gideon had seen one of the Lord's angels. Once he saw the angel, he began to moan and groan and complain that he was going to die because he saw the angel. The Lord said to Gideon, "Calm down, you are not going to die and there is absolutely nothing to be afraid of." Gideon was relieved that he was not going to die and at that very place Gideon built an altar for worshipping God. So, in the town of Ophra, (Pronounced Ophrah, *of-raw*) Gideon named the place "The Lord Calms our Fears."
(From Judges 6:22-25 CEV)

What's The Key?

You will notice in the lesson today that God told Gideon to “CALM” down. Gideon was afraid because he saw an angel of the Lord and he thought he was going to die. God reminded him, “You’re not going to die.” The key to unlocking this lesson for us is what happened next. Gideon built an altar to the Lord and actually named it! He called the place “The Lord Calms our Fears.” You see, Gideon made a little reminder for himself—something he could see, feel and touch. That’s important. Maybe there is something in your room or in your house that you could name, “The Lord calms our fears,” so whenever you look at it you will be reminded that God calms our fears and helps us loosen the fear knot inside us. That’s the key to unlocking this week’s lesson!

What's That To Me?

Our immediate response when we are afraid of something is to P A N I C . . . What we need to do is be c a l m. The reason for that is when we are afraid and PANICKING we have a tendency to not think rationally. Sure, it’s ok to be afraid of snakes and other things. But the great thing is we have the ability, with God’s help, to loosen the fear knot inside of us. Gideon saw an angel and he was afraid. Later he builds an altar to God calling it “The Lord Calms Our Fears.” Why is that? Because God told Gideon to calm down. If God says it, you can believe it.

How Should I Be?

Hey everyone, how should I be? Well, let’s start with a deep breath. Everyone, inhale....ok, exhale...Yes, calm, be calm. Remember our story today, “*The Lord calms our fears.*” He didn’t say He would get rid of our fears; He said He calms our fears. You can trust God and take Him at His word. It’s tough to be calm in fearful situations...like, having a snake wrapped around you when you are afraid of snakes. Your heart races faster, your hands go cold, you want to pass out...or...run out. It’s ok. Take a deep breath, trust God and His word and take a step, just a step, to loosen that fear knot. I first looked at them through the glass. Then held a small one then....yikes! A BIG HONKIN’ SNAKE...I am not ready for that. But, at least I took a step. This week, just be calm in the face of fear...it’s a step!

Practice Point:

Panicked? Scared? Running around?
Don’t stress out, just calm down

Practice: (35 Minutes)

On the Resource CD, select Power Point Game and then select Lesson 1 to show the first slide. Press the arrow key to advance to the next slide.

1. Total Recall (10 Minutes)

Question 1: Why was Gideon moaning and groaning? (He saw an angel)

Question 2: Gideon was complaining that he was going to _____. (Die)

Question 3: What was the first thing the Lord said to Gideon? (Calm down)

Question 4: Gideon built an altar in what town? (Ophra)

Question 5: What did Gideon name the place where he built the altar?
(The Lord Calms our Fears)

Question 6: What is today's lesson in a word? (Calm)

Question 7: Where is today's story found: Genesis, Judges or Senators? (Judges)

Question 8: Finish the Practice Point: Panicked? Scared? Running around?
Don't stress out, just _____. (Calm down)

2. "Live It" Testimony on Video (5 Minutes)

This five-minute video shows either Craig or Ande sharing personal stories of how they have lived out the lesson in their own lives. On the DVD Menu Screen, choose Lesson 1 and then select Live-It on the sub-menu screen.

3. Memory Madness (10 Minutes)

There is a slide on the Power Point Lesson that shows the verse, which you use at this time. Each team participates in their group trying to recite the week's verse with the hand motions. Show the slide and give the kids a couple of minutes to practice the verse together. Then take the slide away and give each group a chance to recite the verse. The MC gives points to the teams according to how well they do on the Memory Madness Challenge.

The Lord said to him, "Calm down! Don't be afraid."

Judges 6:23a GWRD

4. G3 Video Game (5 Minutes)

Here is a fun video game to play with your kids! The students will each vote by a show of thumbs up or thumbs down whether they think the person who is being interviewed about the story will get the question right or wrong. On the DVD menu screen select Lesson 1, and then on the sub-menu screen select G3. The video will pause when it is time for you to ask the kids whether they think the person will answer the question right or wrong. Assign one adult or student leader (with a Mickey Mouse glove or a large glove on their hand) to the front of each group, who will take a quick census of the thumb votes and decide what most of the group thinks the answer will be. This leader then uses his/her large "Mickey Mouse" glove to show the group vote of either thumbs up or thumbs down. After the short pause, the video will continue playing and will reveal whether the person being interviewed got the answer right or wrong. Expect to hear lots of cheering if the students guessed correctly or moans if they were wrong! It's lots of fun and reinforces some key concepts from the lesson in a creative way!

Question 1:

Why was Gideon afraid? (He saw an angel)

Answer:

Because he was on a high ropes course. He answered the question WRONG.

Question 2:

What is today's memory verse? (Judges 6:23a)

Answer:

Judges 6:23a. He answered the question RIGHT.

Question 3:

What did Gideon name the place where he built the altar? (The Lord calms our fears)

Answer:

Snakes 'R' Us. He answered the question WRONG.

WEEKLY HANDOUT

At this point, have several leaders help to quickly pass out the Student Handouts and pencils to all the students. (We don't recommend doing it earlier in the class, like upon check in, because they may leave them somewhere, roll them up, make paper airplanes, you get the idea...) This can be done in a large group by having them turn around and use their chairs to write on. Or split the students into small groups and have them answer the questions around tables with leaders facilitating the discussion of questions. Either way, allow time for the students to fill in their personal answers and then give them an opportunity to share their answers with the group. You can keep these groups consistent or mix them up each week, depending on what your church needs and demographics of the kids in your service. Remember to make it fit your program!

Things to Do Here:

Question 1: What does it mean to "trust God" when you are afraid?

Question 2: How can God help you with your fear?

Question 3: Why do you think Gideon built the altar?

**Allow the students a chance to fill in the information on the tear off flap portion of the Student Handout and turn them in to leaders. This provides them with a chance to share prayer requests, questions or comments with you! You may even want to have a special box or mailbox where they can drop those prayer requests in for you to read later. Be sure that someone on the Children's Ministry Staff at the church follows up on these prayer needs and that the kids are prayed for during the week.

Things to Do at Home:

Lastly, kids are dismissed to go and play games as they wait for their parents to pick them up. They take the student handout home and finish the last three questions during the week. You may want to offer an incentive of some type to students who return with their handout the following week to encourage them to finish it at home.

Question 1:

Read Judges 6:22-25. What one thing in this story really stands out to you personally?

Question 2:

What fear in your life has you all tied up in knots? Memorize our verse today: Judges 6:23a, *The Lord said to him, "Calm down! Don't be afraid."*

Question 3:

What did Gideon build as a reminder that God calms our fears?

Take a few minutes today and make a bookmark you can use with today's verse on it as a reminder that God calms our fears.