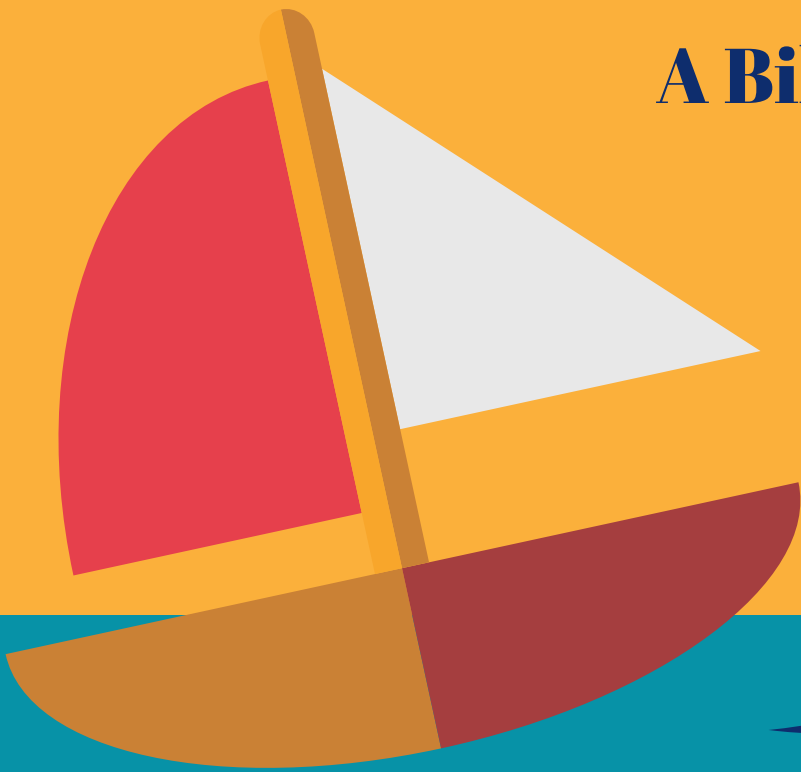


# Help when I am afraid

**A Bible Study for Kids by**

  
**Every Generation**  
MINISTRIES





I can ask Jesus Christ to  
help me when I am afraid

## Dear Parents,

Thank you for taking the time to download this Bible Study for Kids from Every Generation Ministries!

EGM exists because every child must have a chance to respond to God's Word in their real lives. We are overjoyed that you share this desire and have sought out resources to help nurture the relationship between God and the children in your life.

This parent's guide will walk you step-by-step through five different elements of a transformational Bible study: relationship, experience, truth, discussion and response. It will explain **why** EGM uses this model of teaching and **how** to lead your children through it, including discussion prompts, parent notes and engaging activities for all ages.

While this Bible study in itself will not transform a child's heart (only God can do that), we hope you find it to be a valuable resource.

In response to God's love for children and for His Church, EGM was founded in 1993 in Poland. Over the last 23 years, the ministry has expanded to work in 13 countries on four continents. There are over 25,000 children's workers around the world involved in our training programs and/or using our Bible teaching materials. We are excited that you are one of them!

In His Steps,

Daniel C. Watts, President

## Lesson Aim

I can ask Jesus Christ to help me when I am afraid.

## Biblical Background

Mark 4:36-41 and Matthew 8:23-27

## Devotional

Every Generation Ministries believes that transformation in the life of a child begins with transformation in the life of the parent. Before you teach this lesson to your children, take a moment to read this devotional by Daniel Watts and reflect on the lesson aim in your own life: "I can ask Jesus Christ to help me when I am afraid."

Years ago I was on an Air Kazakhstan flight that did not go so well. When the pilot tried to land the plane, it began to drift on the runway and slide off across a frozen field before coming to a stop. The bins had flown open; passengers and flight attendants were all screaming in Russian and Kazakh. Tray tables were down and general chaos had taken over.

The engines throttled down as the captain came over the loud speaker and told everyone to be seated and remain calm. The captain said that help was on the way to tow us back. It was all in Russian, but I thought he mentioned something about a tractor. Sure enough, a farm tractor appeared with some big chain that was wrapped around the undercarriage of the plane. The tractor began towing the damaged aircraft back to the terminal for the repairs it obviously needed.

We got to the head of the runway, and suddenly I realized the captain was going to try another take-off. I began to feel concerned. As the pilot instructed

us to buckle up, my concern moved to fear, anxiety and then sheer panic. We hurtled down the runway and took off, my anxiety and fear nearly causing me to get sick. As that point, I realized that the landing would be the problem and that the damage done during the "frozen field slide" would cause the wheels, undercarriage and landing gear to collapse - leaving me dead in a Tupolov fire ball.

I took the opportunity to pray and ask God to give me peace. I wrote letters to my wife, daughter and son. I prepared myself to meet my Maker. The Lord gave me an overwhelming sense of peace during that flight as I learned the simple truth that we can ask Jesus Christ for help when we are afraid. However, I must confess that when we landed safely, I had a strong desire to kiss the tarmac.

Can you think of a time in your life when you were afraid and asked God for help?

What are some things that children in your care will experience that may give them fear or anxiety?

Pray that God will use this lesson from Mark 4 to help children with fear, especially during this Halloween season.

## Relationship

Every Generation Ministries believes that a relationship that reflects the love of God is a crucial element of transformational ministry. The life of Christ, particularly His love, flows through our relationship with children (Deuteronomy 6:5-6). Relational activities can be fun, sincere, humorous... The purpose is to learn something about each other and to grow in relationship.

Explain to the children that you will be having a "Ugly/Scary Face Contest." Each participant will have a few moments to draw or decorate a scary face. Then, give each child a couple minutes to present their ugly/scary face. Select a winner and present them with the ugly face award (on the next page).

## Experience

Every Generation Ministries believes that experience is a key element of learning. Transformation is not just a cognitive school exercise. We learn by integrating God's Word into the everyday "experiences" of life. (Deuteronomy 6:7)

### **Supplies Needed:**

- 1 Blindfold
- 1 Large (1 quart) jar
- 2 Sheets of black paper
- 3-4 Print-outs of caution and warning signs
- 1 Roll of Tape
- 1 Pkg of small, individually-wrapped candy (be careful with peanut allergies)

Before the lesson, wrap the jar in black paper and tape it down. Tape various caution and warning signs on the jar, with wording designed to make the children nervous or apprehensive about sticking their hand in. Place candy inside the jar.

# Winner!



# Ugly Face Award

After the relationship activity, direct the children to take a seat on the floor with you and the black jar. Make sure that nobody can see inside. The jar should be presented to the children in a way that will arouse an appropriate amount of "concern." Spend some time discussing the jar and explaining that everyone will be asked to reach inside and discover its contents. Be careful not to arouse too much fear or anxiety, but rather create an environment of caution. The children should be uncertain about the contents of the jar and sensing that something is inside and unknown!

Instruct the children that no matter what happens they are not to react or comment on what they discover inside the jar. Silence will reign! Blindfold each of the children one at a time, and then give each one the opportunity to reach inside. If a child doesn't want to participate, you may ask them to wait and then at the end, you can offer to reach inside for them. When each child has had a chance to participate, the children can eat their candy.

## Connecting Questions:

**Parent Note:** These connecting questions can be done informally, with the goal being to connect the experiential activity to the next "Truth" section of the lesson.

1. How did you feel about reaching inside the jar?
2. Would you have been afraid if you knew what was inside?

**Connecting Statement (Parent Says):** Today, we are going to learn about some people who were afraid. They did not know what was going to happen to them and they were scared. They learned that we can ask Jesus Christ to help us when we are afraid.

## Truth

Every Generation Ministries believes that the Word of God needs to be “impressed” on our children. It is the Bible truth that we are teaching and is the core of the lesson. (Deuteronomy 6:6-7)

### Supplies Needed:

- 1 Fan
- 1 Spray Bottle
- 1 Metal Pan
- 1 Metal Spoon
- 1 Plastic 1/4 Measuring Cup
- 1 Small Plastic Tub with Water
- 2-3 Chairs

Be ready to create a boat using chairs. The chairs can be the edge of the boat with an empty space in the back (inside the imaginary stern) where Jesus would have slept. The children can sit across the chairs to be "in the boat."

**Parent Says:** The day was coming to an end and the sun was going down. Jesus had spent much of the day teaching, and He was tired. In order to get some rest, He and the disciples decided to get into a boat and travel across a lake to the other side. They would leave the crowd behind to get some rest.

**Parent Note:** Have all the children get into the boat(s), making sure to leave room at the back where Jesus would have been resting.

**Parent Says:** After the disciples got into the boat, they started out across the lake. Jesus laid down in the stern of the boat (**point to the empty space**) and He fell asleep. The lake was in the desert, so when the air from the Mediterranean Sea came in from the west, it would mix with the hot air and



create very violent storms. This is what happened that day on the lake.

First, there might have been thunder (**use the metal spoon and pan to make it loud**). Then the wind would have started blowing (**turn on the fan**). Then the rains would have started (**spray the bottle into the fan and create a blowing mist/rain across the room**). The thunder (**spoons**), wind (**fan**) and heavy rain (**spray bottle into fan**) started to make waves in the lake. The waves got so big that they began to break over the front of the boat (**have someone toss the 1/4 cup of water from the front of the imaginary boat**).

The disciples got scared. They were afraid and thought the boat was about to sink. They thought they would all drown. They knew something bad was happening and they were sure it was going to get worse. They thought they were going to die. In fact, they were afraid that they would get dumped into the water and then they wouldn't be able to breathe. Their lungs would fill up with water and they would sink and then die. It was really bad! (**make sure the metal spoon/pan, fan, spray bottle and occasional douse of water continues during your story telling**).

But while all of this was happening, Jesus was still calmly sleeping in the back of the boat. The disciples were completely terrified. They couldn't believe Jesus was just asleep. They thought that meant He didn't really care about them. Finally, they got so desperate that they woke Jesus up and asked him.

**Parent Note:** This is an excellent opportunity to read straight from the Bible and model this spiritual discipline. If you have a Bible handy, open to Mark chapter 4. You can take a moment to show them how to use the Bible and find the passage. You can also take turns reading between the children if appropriate for their age.

**Read Mark 4:38:** *Jesus was at the back of the boat, sleeping with his head on a pillow. The followers went to him and woke him. They said, "Teacher, do you care about us? We will drown!"*

**Parent Says:** The disciples realized that they could ask Jesus for help when they were afraid.

**Read Mark 4:39-40:** *Jesus stood up and commanded the wind and the waves to stop. He said, "Quiet! Be still!" Then the wind stopped, and the lake became calm. Jesus said to his followers, "Why are you afraid? Do you still have no faith?"*

**Parent Says:** On the boat that evening, they learned that when we are afraid, we can ask Jesus Christ for help.

**Parent Note:** After completing the story, you can take a moment to pray with the children. Make sure that during the prayer, you mention the lesson aim specifically.

Complete the "Truth" section by sharing a brief 3-5 minute (age-appropriate) example of a time in your life when you were afraid, you asked Jesus Christ for help, and he responded.

## Discussion

Every Generation Ministries makes a big deal out of “talk about them,” believing that it is crucial to talk about the Bible Truth above and connect it to the real lives of children. Talk about how to connect God’s Word to your child’s real life. (Deuteronomy 6:7)

**Parent Says:** We have some questions about the Bible story and how we can ask Jesus to help us when we are afraid.

1. Can you think of other people in the Bible who were afraid? Did all of them ask God for help? Share your examples.
2. Sometimes we are afraid when we think something bad is going to happen. Other times, we are afraid because we don't know what is going to happen. Share with the group a time when you were afraid.
3. The disciples woke Jesus up for help. What can we do to ask Jesus for help when we are afraid?
4. Sometimes, God stops whatever is making us afraid, like Jesus calmed the storms. Other times, He stays with us even when things do not change. How can you know that Jesus hears you and is helping you when you are afraid?
5. If your friend told you that Jesus was sleeping in the boat with the disciples in the Bible, but he is not alive on earth today to help you, how would you respond to your friend?

## Response

Every Generation Ministries believes that responding to God from a transformed heart is the ultimate goal of our time here on earth. Children are encouraged to respond to God's Word in thought and action, immediately and on into the future. (Deuteronomy 6:8-9)

**Parent Says:** There are many different ways we can ask Jesus for help when we are afraid. Some of those include:

- Praying
- Singing worship songs
- Remembering Bible verses
- Talking to other Christians
- Reading the Bible
- Talking to an adult

There are also some times when we might feel scared, such as:

- Television
- Movies
- Bullies
- Mom and Dad fighting
- Earthquakes
- Storms and lightning
- Dark rooms
- Bad dreams

**Parent Note:** Use the "When I Am Afraid" worksheet (page 14) as a response activity. Cut out colored squares that are the same size as those in the worksheet below. Each child should get 5-6 squares in one color and 5-6 in a different color.

On the first set, the children can write or draw a situation that might cause them to be afraid. On the second set, they can write or draw different ways they can ask Jesus Christ for help when they are afraid. After both sets are complete, they will glue them to the "When I Am Afraid" worksheet.

## Keep Responding

**Parent Says:** When we are afraid, one of the best ways to talk to Jesus is by remembering words from the Bible. There are two very famous verses in the Bible that talk about being afraid and asking God for help.

Both of these verses were written by King David when he was afraid. Use the following activity to memorize these two verses. The next time you are afraid, ask Jesus for help by remembering and reciting these two verses.

*The LORD is my light and the one who saves me. So why should I fear anyone?  
The LORD protects my life. So why should I be afraid? - Psalm 27:1*

*When I am afraid, I put my trust in you. - Psalm 56:3*

**Parent Note:** Write the first verse out with each word and the Bible reference on separate index cards. Lay the cards out on the floor with the words and reference in the wrong order. Ask them to work together to put the verse in the proper order.

Have the children read the Bible verse together in unison, including the reference. Then, turn over one of the cards so one of the words in the verse is missing. Have them recite the verse again in unison. Turn over another card, so two words are missing this time and have them recite the whole verse. Repeat this until all the cards are upside down and the entire group can recite the verse and reference.

Repeat this exercise with the second Bible verse.

When the children are done, have any that are interested recite the verse(s) from memory. Have some kind of reward/snack available as an incentive.

# "When I Am Afraid" Worksheet

Cut out colored squares that are the same size as those in the table below. You'll need 5 squares in one color and 5 in a different color.

On the first set, write or draw a something that might be scary. On the second set, write or draw different ways you can ask Jesus Christ for help when you are afraid. After both sets are complete, glue them in the matching column of the table.

When I am afraid	I will ask Jesus for help