

# NOT AFRAID

## LESSON SNAPSHOT

**BOTTOM LINE:**

When we are in pain, God is there.

**OBJECTIVE:**

Kids will learn that God can comfort them no matter how painful life is.

**KEY PASSAGE:**

Mark 4:35-41. Jesus Calms the Storm

**MEMORY VERSE:**

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

*Have the kids practice saying their memory verse, then see who can say it backwards*

**SUMMARY:**

Nobody wants to experience pain, suffering, or death. It's scary to think about. But when you remember that Jesus is with you, you can handle any of life's painful difficulties.

**SIMPLE PRAYER:**

*Dear God,*

*Be near us when we are in pain, and give us comfort. Let us know that you are always near us.*

*In Jesus' name,  
Amen*

# NOT AFRAID

## EASY AT HOME OBJECT LESSON

### ITEMS NEEDED:

Neosporin, Band Aids, other first aid supplies

*Set the first aid supplies in front of the kids.*

If you were to get hurt and get a bad scrape on your knee, which of these things would you use to help clean and treat your cut?

*Let the kids answer and walk you through a typical first aid routine, all the way through the kiss to make it better.*

*Let me ask you this. Which of these things, if any, will take away your pain?*

None of them will, will they? Cleaning the wound might make it a little more sore. So will the Neosporin. And covering it with the Band Aid will keep it clean, but it'll still hurt for a bit. Even Mom's magic kiss can't always take away the pain.

But even though Mom can't take the pain away, it helps to know she cares, doesn't it? Knowing Mom loves you and feels your pain helps you get through the hurt faster.

Life can be pretty painful, and sometimes the pain doesn't go away very quickly. But no matter how bad our pain may be, God cares and will be with us. He will be by our side, and he will comfort us.

Sometimes God takes away the bad things in our lives. Sometimes the bad thing remains, but God is there with us, helping us get through it. Whatever tough situation you are facing, tell Jesus about it, and he will be there.

# NOT AFRAID

## FAMILY GAME TIME

### **SOUR FACE**

#### **ITEMS NEEDED:**

Two lemons, sliced or lemon juice

#### **INSTRUCTIONS:**

This game is a simple endurance test. Everyone who wants to participate will put a lemon slice or a spoonful of lemon juice on their tongue. Whoever can hold the lemon the longest (or make it for 30 seconds) wins!

#### **VARIATION:**

You could also play the Beanboozled Jelly Bean game if you have that available.

#### **WHAT'S THE POINT?**

When we are in pain and life is sour, God will still be with us.

# NOT AFRAID

## LESSON DISCUSSION QUESTIONS

### ICEBREAKER

Which one is scarier: a shot at the doctor's office or a cleaning at the dentist?

### DISCUSSION QUESTIONS

**Read Mark 4:35-41**

What happened when the disciples went out on the boat?

Why were the disciples so afraid?

What was Jesus doing when the storm hit?

What did the disciples say to Jesus when they woke him?

What did Jesus do when they woke him up?

Why did Jesus scold the disciples for their fear?

How can Jesus help us when we are hurting or in pain?

How can God use our pain to share his love with others?

### SIMPLE PRAYER

*Dear God,*

*Teach us to trust you with our hurts so we will not be afraid when we are in pain.*

*In Jesus' name,*

*Amen*

# NOT AFRAID

## LESSON REVIEW GAME

**Fill in the blank.**

The disciples were in a \_\_\_\_\_ when they were caught in a storm.

BOAT

Jesus was \_\_\_\_\_ when the storm hit.

ASLEEP/SLEEPING

The disciples said, "Teacher! Don't you care if we \_\_\_\_\_?"

DROWN

Jesus said, "\_\_\_\_\_ " and the storm went away.

QUIET! BE STILL!

When we are hurting, the one person who can help us through our pain is \_\_\_\_\_.

JESUS