

## How to Conquer Fear



### Lesson 1 - Love God to Conquer Fear

### Lesson 2 - A Timeline of Promises

**Scripture:** 1 John 4:16-18, Romans 8:1, Isaiah 41:10, John 3:16

**Teaching Focus:** When you make decisions and do everything in your life from a love of God, you can face trouble focused on God and not fear. If you are a child of God, you can live life without fearing your past, present, or future.

**Memory Verse:** 2 Timothy 1:7,  
Isaiah 41:10



### To Prepare

Materials Needed:

#### Lesson 1

- Whiteboard, black and red markers, dry eraser
- One copy of student worksheet for each student
- Regular and red pencil for each student.
- Color copies of the lesson visuals provided at the end of the lesson.

#### Optional Craft Activity

- One copy of Secret Key Craft visual on cardstock for each student
- Red crayon, pencil, or marker
- Gold and silver glitter

- Glue and small paint brushes for spreading the glue evenly on paper.
- One sheet of black cardstock for each student

#### Lesson 2

- Whiteboard, markers, dry eraser
- Cardstock copy of student worksheet for each student.
- Scissors and masking or painter's tape for each student OR for each group of students to share. See other option and details in Teacher Note at beginning of lesson text.
- Red crayon or marker, yellow crayon or marker, and a regular pencil for each student
- Crayons of various colors
- Color copy of the student worksheet for the teacher prepared as instructed.
- Color copies of the lesson visuals provided at the end of the lesson.



### Lesson Outline

#### Lesson 1

Read Scripture references, teach explanations, and review memory verse as you give simple instructions for students to follow on their worksheet. Play CLAP-A-WORD game. Facilitate optional craft activity.

#### Lesson 2

Guide students in constructing their timeline. Teach biblical truth and instruct students to write words or illustrations on their timeline representing the truth being taught.

Teach memory verse with simple actions then play SPEAK-STOP-SPEAK game.



### Teacher Notes

Pray that as the students hear and learn the story from the Bible, God's Spirit will reveal to them the truth that God knows they each individually need to hear and believe.



Both lessons keep students activity engaged doing simple task to create a take home reminder of the lesson.



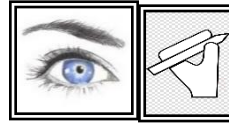
When the lesson calls for Scripture to be read or a verse is given, reading directly from the Bible gives emphasis to the students that the story being taught is from God's Word.



God's Word is powerful. Helping students memorize Scripture hides God's Words within their heart. For younger students, the memory verse can be a shortened version of the verse.

The Salvation Invitation gives a student the opportunity to decide to believe

upon and follow Jesus Christ as their Savior and Lord. Give interested students a place and time to come for counseling.



Lesson 1 uses a student worksheet and bible story visuals. Lesson 2 provides a hands-on craft activity throughout the lesson which visualizes the truth being taught.

(Scripture taken from the NEW AMERICAN STANDARD BIBLE®, Copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation. Used by permission.)

Visit the following link to download FREE BIBLE STORY VISUALS FOR THIS LESSON, which are provided by Sweet Publishing / FreeBibleimages.org:

<https://www.freebibleimages.org/illustrations/david-goliath/>

<https://www.freebibleimages.org/illustrations/daniel-lions/>

<https://www.freebibleimages.org/illustrations/moses-spies/>



## Lesson 1 – Love God to Conquer Fear

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**Teacher notes: PREPARATION**

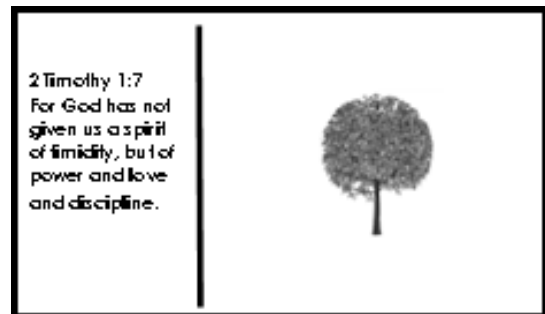
### **Materials Needed**

- **Whiteboard, black and red markers, dry eraser**
- **One copy of student worksheet for each student**
- **Regular and red pencil for each student.**
- **Color copies of the lesson visuals provided at the end of the lesson.**

### **Instructions**

**Divide the whiteboard into two sections. Write the 2 Timothy 1:7 verse in the left section of the board. Draw a simple tree in the middle of the right section of the board.**

**Make copies of the student worksheet found at the end of this lesson and distribute a copy and a red pencil to each student. Add simple illustrations to whiteboard as indicated within the lesson for students to copy on their worksheets.**



## LESSON

Have you ever been afraid of someone or something? What does fear feel like to you?

**Teacher notes: Allow students to share their answers aloud to the group.**

Today we are going to talk about your fear and learn the secret of not being fearful.

Everybody, kids and adults, has or will experience fear. Fear is the uneasy anxious feeling that trouble, danger, or pain is near. Fear takes away your joy, peace, and even hope. Fear can also cause great sadness and confusion.

God does not want you and me to be fearful. God did not create you for fear. Your fears do not come from God.

## Letters 2 Light | Fireflies: Lesson 1 – Love God to Conquer Fear 4

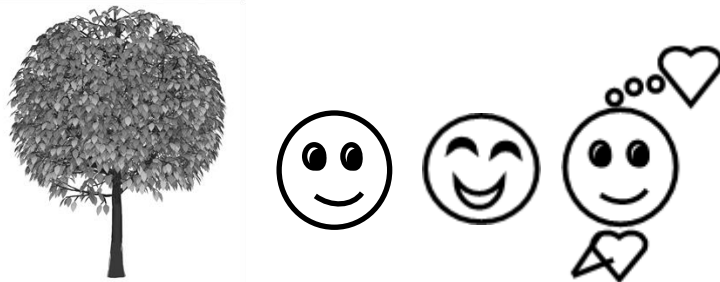
Did you know fear comes from sin? At the beginning of Creation, God gave Adam one command.

### Read Genesis 2:16-17

Have you ever thought about the name God gave that tree? God called the tree Adam and Eve were to avoid the Tree of Knowledge of Good and Evil.

Before Adam and Eve's chose to disobey God, they only knew that which was good such as peace, joy, and unconditional love.

On the sheet you were given, draw three faces to the right of the tree. Draw a peaceful face, a joyful face, and a loving face. Watch how I draw these faces on the whiteboard, then you can copy my drawings.



When Adam and Eve ate from the tree of knowledge of good and evil, things changed. Not only did they know of goodness but now they also knew evil and all that comes from evil like fear, pain, sorrow, death, and shame.

On your sheet, draw three faces to the left of the tree. Draw a sad face, an afraid face, and a shamed face. Again, watch how I draw these faces and you can copy my drawings.



Before sin there was no knowledge of fear, but now there is.

After Adams and Eve disobeyed God, they experienced fear.

## Letters 2 Light | Fireflies: Lesson 1 – Love God to Conquer Fear 5

### Read Genesis 3:8-10

When Adam and Eve chose to disobey God and eat from the Tree of Knowledge of Good and Evil, they were accepting for themselves and for all people the knowing and feeling of all that is evil including fear. God had warned them, and He had named the tree correctly. Because of this first sin, you and everyone gathered here today know both good and evil. Man's sin brought fear into our world. God did not. The Bible says,

### 2 Timothy 1:7

**For God has not given us a spirit of timidity, but of power and love and discipline.**

*Timidity means lacking courage or bravery; being fearful.*



Look at the verse on the whiteboard and repeat the verse with me.

A spirit of power in this verse refers to standing firm or having the strength to do the right thing. A spirit of love means choosing to love God and others even when we do not understand God or when others do not show us love. Finally, a spirit of discipline means having self-control to resist the temptation to do sin.



Look at the verse on the whiteboard and repeat the verse with me.

Look at the middle section of your worksheet where there is a circle above four smaller pictures.

The large circle represents God because like a circle, God has no beginning or ending, God is eternal.

The face that looks afraid represents timidity or fear. The muscled arm represents the spirit of power, and the heart represents the spirit of love.



Look at the verse on the whiteboard and repeat the verse with me.

For the spirit of discipline, there is a light bulb inside a head. The light bulb represents Jesus because He told his disciples, "I am the light of the world; he who follows Me will not walk in darkness but will have the Light of life." (John 8:12) Every temptation begins in your mind as a thought. Having Jesus and God's Word in your mind will help you have the self-control needed to walk away from sin.



Look at the verse on the whiteboard and repeat the verse with me.

## Letters 2 Light | Fireflies: Lesson 1 – Love God to Conquer Fear 6

On your worksheet, cross out the fearful face. Next draw a line from the circle representing God to each of the remaining pictures: the arm, the heart, and the head, as a reminder that God gives His children the spirit of power, of love, and of discipline.

God did not create fear and God does not want you to fear. In the Bible, God gives the secret for how not to live in fear. It is a secret because many people do not study the Bible enough to find it, do not understand it, or refuse to believe it works. Another reason many people do not know this secret is because only those who have God's Spirit living inside of them, because they have believed in Jesus Christ, can use the secret.

Let's look at some Scripture and see if you can figure out the secret to living without fear.

### Read 1 John 4:16-18

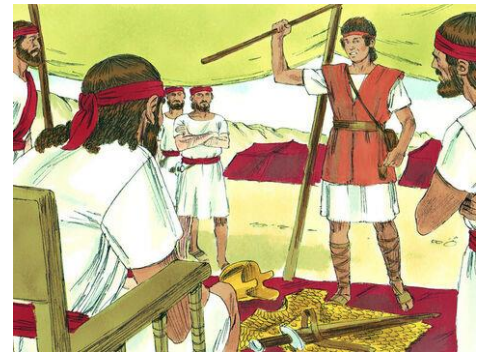
The secret to living life without fear is God's love for you and your love for God!

In the bottom section of your worksheet, draw a big heart inside the circle representing God. The heart you draw represents God's love for you.

When you understand how much God really loves you, you can trust He knows and wants what is best for you. When you learn how to make decisions and do everything in your life out of your love for God, you can face trouble focused on God and not on fear.

***Teacher notes: Visit the links provided in lesson overview to download the free bible story visuals which are provided by Sweet Publishing / FreeBibleimages.org. Show these visuals as they are placed in the lesson text.***

Think about the shepherd boy David who faced the giant Philistine warrior Goliath. When Goliath came onto the battlefield shouting and challenging the Israelite army to send someone to fight him, the Bible says the Israelite soldiers **"fled from him and were greatly afraid."** (1 Samuel 17:24) But when David heard Goliath's words, David said, **"...For who is this uncircumcised Philistine, that he should taunt the armies of the living God?"** (1 Samuel 17:26) Unlike the rest of the Israelite men, David was not focused on Goliath. He was focused on



Artist: Jim Padgett.

<https://www.freebibleimages.org/illustrations/david-goliath/>

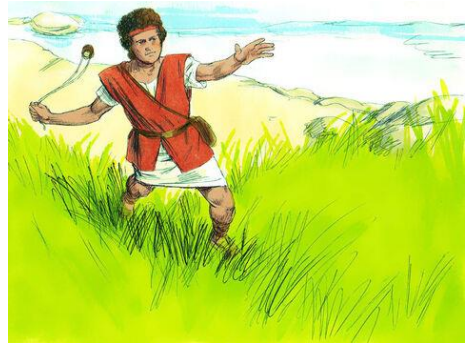
## Letters 2 Light | Fireflies: Lesson 1 – Love God to Conquer Fear 7

God. David loved God so much, he could not just stand there or hid and let Goliath continue to make fun of and challenge God's people.

When King Saul told David, "You are not able to go against this Philistine to fight with him; for you are but a youth...", David replied,

### Read 1 Samuel 17:37

Unlike King Saul, David was not focused on Goliath's strength. Instead, David was focused on God and how God had helped him in the past. When David stepped out onto that battlefield against the strongest and biggest warrior anyone had ever seen, David was not even thinking about Goliath. David was thinking about God's love for him and his love for God. For David, swinging his sling and cracking that stone through the air towards Goliath was not about killing the enemy but about loving God.



Artist: Jim Padgett.

<https://www.freebibleimages.org/illustrations/david-goliath/>

Draw an arrow from the picture of David to the circle representing God then add a heart somewhere along the arrow you drew.

Another example is Joshua and Caleb, two of the twelve sent to spy out the land of Canaan. When the other ten spies reported the people of the land were too strong and the cities too large to defeat, Joshua and Caleb said,

### Read Numbers 14:9

Joshua and Caleb were not focused on the size and strength of the Canaanites. They were focused on the size, strength, and promise of God. Joshua and Caleb had not forgotten God's promise to give the Israelites a good land. They knew God loved them and trusted God to defeat any enemy.



Artist: Jim Padgett.

<https://www.freebibleimages.org/illustrations/moses-spies/>

Draw an arrow from the picture of Joshua and Caleb to the circle representing God then add a heart somewhere along the arrow you drew.

A third example is Daniel. He loved God too much to stop "kneeling on his knees three times a day, praying and giving thanks before his God" even when he knew he could be thrown into the lion's den because of it. (Daniel 6:10) Daniel



Artist: Jim Padgett.

<https://www.freebibleimages.org/illustrations/daniel-lions/>

## Letters 2 Light | Fireflies: Lesson 1 – Love God to Conquer Fear 8

did not let the Babylonian king and other leaders change his focus and love for God.

Draw an arrow from the picture of Daniel praying to the circle representing God then add a heart somewhere along the arrow you drew.

You can be like David, Joshua, Caleb, and Daniel when you live focused on God's love for you and your love for God. Love is the secret key to not living in fear, and only by the power of God's Spirit within you can you have and use this secret key to unlock security, joy, and peace in your life. Jesus said,

### Read Mark 12:30-31

Also, God had Paul write these words:

### Read 1 Corinthians 13:13

Learn and believe more and more about God's great love for you. Refuse to ever doubt God's love for you. Love God with all your heart and determine, through God's strength, to love others with His love. Do this and you will not have to live in fear.

Let's review 2 Timothy 1:7 once more and then play a game to test how well you know the verse.



Look at the verse on the whiteboard and repeat the verse with me.



### CLAP-A-WORD GAME

How to Play:

Have students recite the verse at least twice, then choose one child to stand with his back to the whiteboard so that he cannot see the verse. Choose another child to point to a word on the whiteboard. Lead the students in reciting the verse, but when you get to the chosen word, clap instead of speaking the word. The child with his back to the whiteboard then turns to see the verse and tries to guess which word was not spoken. Choose two different students and repeat the game until the students have said the verse at least 5 times.





### CRAFT ACTIVITY – Secret Key

#### Materials Needed

- One copy of Secret Key Craft visual on cardstock for each student
- Red crayon, pencil, or marker
- Gold and silver glitter
- Glue and small paint brushes for spreading the glue evenly on paper.
- One sheet of black cardstock for each student

#### Instructions

(1) After distributing materials to students, explain what each item represents:

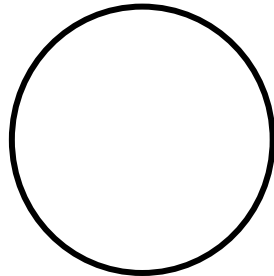
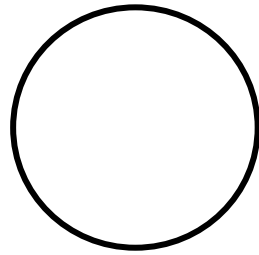
- ❖ The key represents that the secret key not living in fear is loving Jesus with all your heart.
- ❖ The keyhole represents the decision whether you will choose to trust upon and love Jesus with all your heart.
- ❖ The black paper represents the darkness of sin and fear.
- ❖ The red crayon, marker, or pencil represents the blood of Jesus.

(2) Give students the following directions:

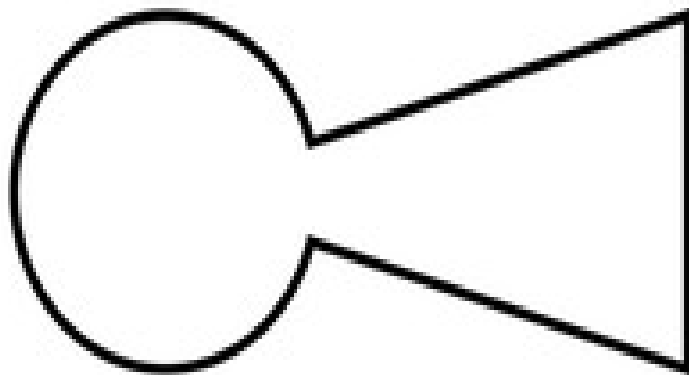
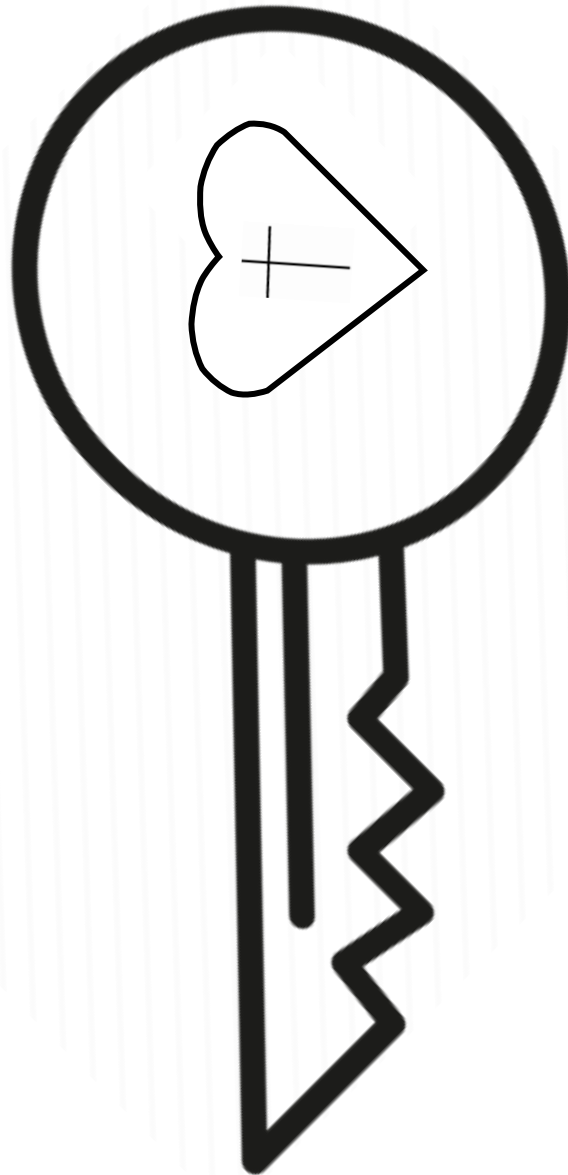
- 1 Trace the cross in the heart shape with red crayon, pencil, or marker.
- 2 Cut the key and the keyhole shapes away from the paper.
- 3 Use a small paint brush to spread an even layer of glue over the key, leaving only the heart shape without glue.
- 4 Sprinkle gold or silver glitter over key then shake off excess glitter.
- 5 While glitter continues to dry, glue the white keyhole to the far-left side of the black paper. BE SURE to turn the black paper horizontally so there will be space left to glue the key to the right of the keyhole.
- 6 Glue the key onto the black paper to the right of the keyhole.



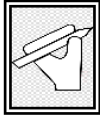
Illustration of completed craft.



Secret Key Craft



## Lesson 2 – A Timeline of Promises



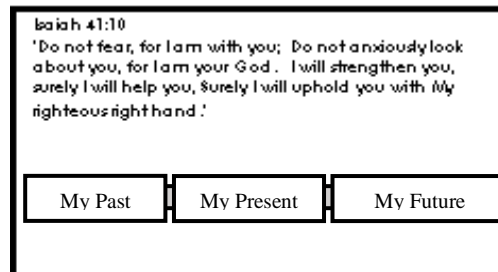
**Teacher notes: PREPARATION**

### Materials Needed

- **Whiteboard, markers, dry eraser**
- **Cardstock copy of student worksheet for each student.**
- **Scissors and masking or painter’s tape for each student OR for each group of students to share. Another option is for the teacher to cut and tape a timeline (see instructions below) for each student prior to the lesson.**
- **Red crayon or marker, yellow crayon or marker, and a regular pencil for each student**
- **Crayons of various colors ( This is in addition to the red and yellow crayons listed in the previous item.)**
- **Color copy of the student worksheet for the teacher prepared according to below instructions.**
- **Color copy of the lesson visuals provided at the end of the lesson.**

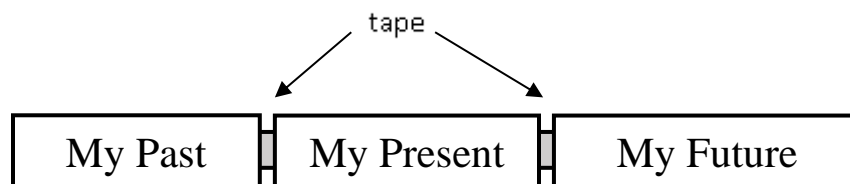
### Instructions

**Divide the whiteboard into two sections. Write the Isaiah 41:10 verse at the top of the board. In the bottom section of the board, draw an illustration of the timeline pieces the students will be assembling in the proper order.**



**Make copies of the student worksheet found at the end of this lesson and distribute a copy of the worksheet, a pair of scissors, tape, and a pencil to each student.**

**As students arrive, have them cut their worksheet along the three dotted lines. The small section at the top of the worksheet with the lesson title may be discarded. The remaining three pieces of cardstock are to be taped together in the order leaving enough space between the three pieces of cardstock to allow them to be folded if needed. See the below illustration:**



## LESSON

## Preparing Your Timeline

**Teacher notes:** *After given the instructions below to students for how to assemble their timeline, walk around to make sure students are following instructions and have older students assist younger students so the timelines can be constructed as quickly as possible yet still be correct.*

Today, you will prepare a timeline. A timeline is simply a linear representation of a period of time. The timeline you are preparing represents your life.

Some of you may have begun or even completed preparing your timeline as everyone was arriving. If you have completed your timeline, please find and help someone prepare their timeline after I give the instructions.

Before you receive a worksheet, scissors, and tape to share, listen closely as I explain what you will need to do with these items.



First, use scissors to cut your worksheet along the three dotted lines. After cutting you should have four separate pieces of paper. The small section at the top of the worksheet with the lesson title may be discarded.

The remaining three pieces of cardstock are to be taped together side by side leaving enough space between the three pieces to allow the pieces to be folded over each other so you can carry it more easily.

Be sure to tape the back AND front of the cards so that the position of the tape on the back or the card exactly matches the position of the tape on the front of the card. Otherwise, when you fold your cards, the cards may stick together.

The order the timeline pieces are taped is VERY IMPORTANT. I have an example drawn on the whiteboard for you to see. Be VERY CAREFUL to tape your paper strips in the right order. The first strip should be My Past, the middle strip should be My Present, and the last strip should be My Future.

I will give you a few minutes to prepare your timeline. You may begin as soon as you are given a copy of the worksheet.

**Teacher notes:** *As students share fears they have, write them above the timeline drawn on the whiteboard. Have a few examples of fears to share and write on board, if needed, to encourage students to participate.*

### Three Basic Fears

What are some fears you or others your age might have?

Thank you for sharing.

Although you named several different things that may cause youth your age to be afraid, there are basically three things that everyone can fear no matter what age.

First, there is fear of the past. This is when something that has already happened makes you feel uneasy, anxious, and afraid. Maybe you fear someone will discover something you did wrong. Maybe you think because of how you have behaved or where you come from you can never be good enough to be or do something you would really like to be or do.



In the first section of your timeline, take a minute and quickly add red color to the letters in My Past.

The red color represents the blood Jesus spilled when He willingly died on the cross to take your punishment for sin.

The Bible says,

#### **Romans 8:1**

**Therefore, there is now no condemnation for those who are in Christ Jesus.**

*Condemnation is being judged as guilty and punishable.* When you choose to trust upon Jesus Christ by (1) understanding that His death on the cross paid the penalty for your sin and (2) asking God to forgive your sin because of what Jesus did for you, God forgives you for everything. You do not have to fear that you are not good enough. God receives you and even gives you the right to be called His child.



Under the words My PAST, write the verse reference Romans 8:1 or draw a smiling face and a clean heart.



***Teacher notes: Write or draw on the whiteboard the same words or pictures students are instructed to write or draw so that students can copy you, if needed.***

***Give students only a minute to follow and complete each instruction as it is given. After each instruction, survey the group to determine when the***

*majority have completed what you asked them to do then continue the lesson.*

The second kind of fear is fear of the present. Fear of the present is when you see, hear, or experience something that scares you.



In the second section of your timeline, do NOT add color inside of the words My Present. Instead, you may trace the outside of the letters with any color you wish.

We are leaving the inside of these letters clear or clean to represent how unseen Spirit of God.

Because you live in a sinful world, you will still face fear even after you have believed on Jesus. However, if you are God's child, God the Spirit is always with you. Learning and obeying what God says in the Bible equips you to use the presence of God the Spirit powerfully. Plus, God has many wonderful promises for all those who have His Spirit within them.

**Isaiah 41:10**

**'Do not fear, for I am with you; Do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand.'**

God never leaves His children. He is always with you, and He wants to help you. God does not want you to be afraid and you do not have to be. Trust Him. Talk to Him. Tell God when you are afraid and ask Him to help you.



Under the words My Present, write the verse reference Isaiah 41:10 or draw a large circle to represent God and a smiley face to represent you.

My Present
<b>Isaiah 41:10</b> ○ 😊

Lastly, there is fear of the future. Fear of the future is when you are afraid something will happen that will cause pain, loss, or some other kind of trouble. When you spend time thinking about what bad things could happen, you are experiencing fear of the future. This kind of fear is sometimes called worry. Spending time worrying is useless. Scripture even points out, **"And who of you by being worried can add a single hour to his life?" (Matthew 6:27)**



In the third section of your timeline, take a minute and quickly add yellow color to the letters in My Future.

The yellow color represents the golden streets of Heaven.

Satan wants you to fear what will happen in the future because he knows if your thoughts are filled with fear then you will not enjoy the good things God has planned for you here on earth and someday in Heaven. Like David when he faced Goliath, you must focus on God's love for you and your love for God rather than focusing on your fear. The Bible says,

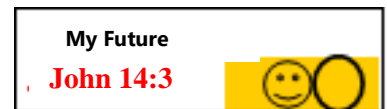
**John 14:3**

**If I go and prepare a place for you, I will come again and receive you to Myself, that where I am, *there* you may be also.**

If you have believed on Jesus to forgive your sin, no matter what happens in your life, you can know someday you will walk on Heaven's streets of gold where all things are wonderful and good. You do not even have to fear death because the physical body is just a tent in which you live. Who you really are, the way you think and feel, is on the inside and cannot be seen by anyone but God. When a person who has believed upon Jesus dies, their physical body, their tent, stops working, but who they really are continues living with God in Heaven. Children of God never really die, Instead, they simply move from living here on earth to living with God in Heaven.



Under the words My Future, write the verse reference John 14:3 or draw a gold road. Next, on the road, draw a smiley face representing you and a large circle representing God.



You have just completed a timeline of promises for your life.

If you have believed on Jesus to forgive you sin, you are a child of God and you do not have to live fearing your past, your present, or your future.

 **SALVATION INVITATION**

If you have not believed in Jesus to forgive your sin, there is no better time to make that choice than today. The Bible says, "...**Believe in the Lord Jesus, and you will be saved...**" (Acts 16:31)

To believe and put your trust upon the Lord Jesus means:

- ✓ you admit to God you are a sinner,



- ✓ you choose to trust that Jesus is God the Son who died on the cross to take the punishment for your sin then came back to life, and
- ✓ you ask God in Jesus' name to forgive your sin because of what Jesus did for you and determine to live your life for God rather than for yourself.

Admitting your sin, choosing to trust Jesus, and asking God's forgiveness can all be done through a simple prayer.

When you choose to believe and trust upon Jesus, God promises your sin will be forgiven, you become God's child with the right to call on Him, and some day you can live in Heaven with Him forever.

Everyone close your eyes. If you are already God's child, then I want you to talk to God right now and tell Him the fears you have and ask Him to help you no longer be afraid.

***Teacher notes: Pause to allow students to silently talk with God.***

If you are not yet God's child but you want to be by believing in the Lord Jesus, then come see me before you leave today so that I can show you from God's Word how you can pray that special prayer and become God's child today.

Everyone open your eyes.

Be sure to tape or hang your timeline of promises somewhere so that every day you will be reminded God loves you, and you do not have to fear.

God proved His great love for you by sending Jesus Christ to die on the cross to take the punishment for your sin. This is why the apostle John could write,

**1 John 4:16**

**We have come to know and have believed the love which God has for us...**

If God loved you that much before you were even born and while you were still separated from Him because of your sinful heart, how much more He must love you when you have chosen to believe on Jesus Christ, asked forgiveness for your sinful heart, and become God's child!

You will know fear because fear is a part of this sinful wicked world. However, you do not have to live in fear. God loves you! He is with you. God is and always will be greater than whoever or whatever you fear.

When you are afraid, focus on God and His love for you. Ask Him to help you focus on His love for you and your love for Him.

Remember, the secret to not living in fear is not declaring you have no fear. The secret is trusting God’s love for you and loving Him in return. Know God! Know Love!

**MEMORY VERSE TEACHING**



[Write Memory Verse on the whiteboard in the phrase format illustrated below.]



Scripture – **Isaiah 41:10**

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God made certain to give to those who place their trust in Jesus Christ and live their life to honor God this very important message:

**Read Isaiah 41:10**

**'Do not fear, for I am with you;  
Do not anxiously look about you, for I am your God.  
I will strengthen you, surely I will help you,  
Surely I will uphold you with My righteous right hand.'**



Repeat the verse with me.

For the phrase “Do not fear,” pretend to tremble in fear by slightly shaking your hands then stop and place both hands over your heart for the phrase “I am with you.”



Try the first phrase with the actions with me. **“Do not fear, for I am with you.”**

God is everywhere. Yet, when you are a child of God, God the Spirit is within you, closer than anyone else could ever be.

For the phrase "Do not anxiously look about you," look left and right as if you are worried something is going to happen then stop and point upward for the phrase "for I am your God."



Try the beginning two phrases with the actions with me.

**"Do not fear, for I am with you;**

**Do not anxiously look about you, for I am your God."**

God knows and sees all things, even those things you cannot see. Do not worry about what trouble may be coming. Instead, remember you can trust God.

For the third phrase "I will strength you, surely I will help you," pretend to be holding up a strong arm muscle with one arm for the word – STRENGTH, and hold out the other hand, palm up, as if accepting something for the word – HELP.



Now say the first three phrases with the actions with me.

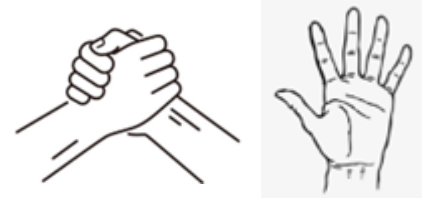
**"Do not fear, for I am with you;**

**Do not anxiously look about you, for I am your God.**

**I will strengthen you, surely I will help you,**

Reading and learning God's Word places truth inside of your heart. This truth and God's Spirit will can give you the wisdom and strength to make right choices. These right choices will lead you to God's best for you. Sometimes, you may not understand how God is helping you. In those times, you must simply trust the truth that God loves you and is for you.

For the final phrase of the verse "**Surely I will uphold you with My righteous right hand,**" clasp your hands together then raise your right hand upward.



Now say the entire verse with all the actions plus add Isaiah 41:10 which is where the verse is found in the Bible.

Your life may seem very unstable. The people and things around you will change over time. How you feel and your abilities will also change. Yet, God tell us in the Bible, **“For I, the Lord, do not change...” (Malachi 3:6)**

When you experience uncertainty because of change or trouble, remember God can uphold you because He is and always will be strong, right, and true.



Say the entire verse with all the actions.

**‘Do not fear, for I am with you;  
Do not anxiously look about you, for I am your God.  
I will strengthen you, surely I will help you,  
Surely I will uphold you with My righteous right hand.’  
Isaiah 41:10**



Now, we will play a game to help you remember the verse and test your ability to listen and focus.



### **SPEAK-STOP-SPEAK**

How to Play:

Explain to the students that they will stand and recite the verse aloud. However, when you raise your hand, they are to immediately sit and stop saying the verse. When you lower your hand, they are to stand and continue saying the verse.



Let us say the verse together following as you watch my hand.

Great job!



Try saying it again and remember to watch my hand closely.

Now I am going to make this activity more fun by quickly stopping and starting the verse multiple times. Are you ready?



Watch closely and repeat the verse.

***Teacher Note: Divide the students into two groups.***

Group #1, you are to stand and say the verse when I raise my right hand but sit and stop saying the verse when I lower my right hand.

Group #2, you are to stand and say the verse when I raise my left hand but sit and stop saying the verse when I lower my right hand.



We will all begin by standing and reciting the verse, but each group must watch the correct hand to know what to do next because I will be raising and lowering my right and left hand at different times.

***Teacher Note: Have students following these last instructions as they say the verse at least three more times.]***



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My Past

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My Present

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My Future