

Teachers Dig In

Dig In to the Bible

- Read: Acts 20:13-38; 21:26–23:35
- In This Passage: Paul says goodbye to his friends in Ephesus, knowing that God has warned him about scary things coming his way, and he won't see them again. Sure enough, when Paul goes to Jerusalem, a riot starts and people try to kill him. He is arrested and beaten, but he uses these scary times as opportunities to share Jesus' love. He keeps his focus on Jesus rather than on the scary things that are happening.
- Bible Point: God's family doesn't need to be afraid.
- Summary Verse: "And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near" (Hebrews 10:25).

Dig Deeper

- You'll Be Teaching: *God's family doesn't need to be afraid.* Fear is a natural, biological response. But how we respond to fear can make a big difference. Show kids that although scary things will happen to them, by keeping their focus on Jesus' love and on our mission of spreading that love, we don't need to live in fear.
- Think About: What fears are camping out in your heart right now? Give them to Jesus.

Dig In to Prayer

- Pray for kids to have a changed perspective by focusing on Jesus rather than their fears.

Quick Tip

- A lesson on fear can easily bring up some tough stuff. Listen well to kids, and don't dismiss their fears or emotions. Instead, say things like "That sounds scary! How can Jesus help you with that fear?" And if you hear anything concerning that alerts you to the possibility of abuse, be sure to report that to your children's ministry director.

This Lesson at a Glance



MUSIC VIDEO

Kids sing songs of praise to God.

Supplies

- “I Won't Be Afraid” (watch or download [here](#))
- “Won't Worry 'Bout a Thing” (watch or download [here](#))
- “God Is for Me” (watch or download [here](#))



TALK-ABOUT VIDEO

Kids watch a video and discuss the Bible point.

Supplies

- “Nicolai” teaching video (watch or download [here](#))



OBJECT LESSON

Kids watch ice melt in an interesting way.

Supplies

- water
- ice cube tray
- food coloring
- 2 clear jars or glasses
- dish soap
- vegetable oil
- spoon

Easy Prep

- Freeze colored water to make colorful ice cubes.
- Fill 1 jar with water.
- Fill another jar with a little bit of dish soap and then several inches of oil.



OPENING

Kids share about a topic related to the lesson.

Supplies

- Bible*



DEEPER BIBLE

Kids cover their fears with love.

Supplies

- Bible*
- paper*
- pencils
- washable markers



CORE BIBLE DISCOVERY

Kids share Jesus' love with different "mean guys."

Supplies

- Bible
- paper
- crayons
- heart stickers (4 per child)



HIGH-ENERGY GAME

Kids play a very active version of Hot Potato.

Supplies

- beach balls or other soft balls
- upbeat music (optional)
- music player (optional)



LOW-ENERGY GAME

Kids pretend to be scary animals.



CRAFT

Kids make night lights.

Supplies

- dessert-size paper plates (1 per child)
- star stickers
- Glue Dots
- 1½-inch glow-in-the-dark stars (available at dollar discount stores) (4 per child)
- clear plastic cups

Easy Prep

- Make a sample craft to show kids.



LIFE APPLICATION WRAP-UP

Kids stomp on their fears.

**Marked supplies can be reused from Core Bible Discovery*

Let's keep kids safe! You can help by using supplies as instructed for only ages 3+, purchasing child-safe items, and being aware of allergy concerns.



MUSIC VIDEO
I Won't Be Afraid

[10 min]

Supplies

- “I Won't Be Afraid” (watch or download [here](#))
- “Won't Worry 'Bout a Thing” (watch or download [here](#))
- “God Is for Me” (watch or download [here](#))

Tip

- Don't have internet in your classroom? That's okay! You can choose your own worship songs from our Best Of Dig In Music DVD [here](#).

Sing Songs to God

Sing the three songs in any order.



TALK-ABOUT VIDEO

Nicolai

[10 min]

Supplies

- “Nicolai” teaching video (watch or download [here](#))

Tip

- Don't have internet in your classroom? That's okay! You can download the videos before class using the “download” button at the link provided, or purchase DVDs [here](#).

Discuss and Watch “Nicolai”

Say: **We're learning that God's family doesn't need to be afraid. Let's meet Nicolai from Norway to find out what scary job he does.**

Watch “Nicolai.”

Ask: • **Do you think it would be scary to take care of reindeer? Why or why not?**

- **What do you think would be the scariest animal to care of?**

Say: **God's family doesn't need to be afraid. When Paul was beaten and arrested in the Bible, he wasn't afraid. He knew God would take care of him, and he just kept doing his job: telling people about Jesus. Nicolai isn't scared even when the reindeer charge. He wants to keep herding reindeer! No matter what God calls us to do, he'll be with us!**



OBJECT LESSON Meltdown

[10 min]

Supplies

- water
- ice cube tray
- food coloring
- 2 clear jars or glasses
- dish soap
- vegetable oil
- spoon

Easy Prep

- Freeze colored water to make colorful ice cubes.
- Fill 1 jar with water.
- Fill another jar with a little bit of dish soap and then several inches of oil.

Watch Ice Melt

Say: **We've been learning that God's family doesn't need to be afraid.**

Let's watch ice melt and think more about that!

- Put an ice cube in water. Watch it for about 30 seconds—nothing interesting will happen quickly.
- Ask kids what they think will happen if you put an ice cube in the jar of oil.
- Put an ice cube in the jar with oil and dish soap. Before long, the ice cube will start to melt with small drops dripping off and spreading out around the bottom of the jar.
- If your ice cube isn't floating, hold it up with a spoon so kids can see the drops fall.

Talk About It

Ask: • **What did you think about the way the ice melted?**

Say: **The ice in the water will melt eventually, too. But it would be boring to watch and wait for that! The oil is more powerful, though. The ice quickly started to fall into little colorful drops!**

The ice is kind of like the things that scare us. Scary things happen, but God is like the oil—he's stronger and more powerful than anything scary! That's why God's family doesn't need to be afraid.



OPENING Welcome

[5 min]

Supplies

- Bible*

Welcome

- Thank kids for coming.
- Just for fun, have kids stack their hands in a cheer and say “I love Jesus!”
- Make announcements.
- Introduce new kids.
- Celebrate birthdays by having kids say “happy birthday” five times as fast as they can.
- Collect the offering.

Introduce the Lesson

Say: **Today we’ll learn God’s family doesn’t need to be afraid. So let’s start by talking about things we find scary.**

Share

- Share about something that scares *you*.
- In pairs, have kids share about something that scares *them*.
- After pairs have discussed, have a few kids share with the whole group what they talked about in their pairs.
- Try to remember kids’ answers for the Life Application Wrap-Up.

Summarize

Open a Bible, and say: **Even when life is scary, God’s family doesn’t need to be afraid. We can be strong and brave because Jesus loves us and God is on our side! Let’s find out more.**

Pray, asking God to help you not be afraid.



DEEPER BIBLE

Love Covers Fear

[15 min]

Supplies

- Bible*
- paper*
- pencils
- washable markers

Cover Fears

Say: **God's family doesn't need to be afraid. Think of something that scares you.** Pause.

Let's draw those scary things. Distribute paper and pencils, and allow time for drawing.

Have kids hold up their pictures. Say: **Wow! Looking at all your drawings is scary. But the Bible tells us something that is stronger than fear!**

Read the first part of 1 John 4:18.

Say: **Jesus' love can help us not feel scared! Let's cover our fears with hearts to remind us of Jesus' love.**

Distribute markers, and have kids completely cover their drawings with a big, colored-in heart.

Have kids hold up their drawings. Say: **Much better! Now I remember all about Jesus' love!**

Ask: • **What do you do to feel better when you're scared?**

• **How does it help to remember Jesus loves you?**

Learn a Rhyme

Say: **When Paul was scared, he focused on Jesus' love. Then he knew God's family doesn't need to be afraid. I'm going to give you a quick rhyme to say to yourself whenever you feel afraid. Ready?**

Practice this sentence with kids several times:

When I'm afraid, (*clench fists*)

I will pray (*fold hands*)

Cuz Jesus loves me (*hands to heart*)

Night and day. (*hands flash like sunshine*)

Say: **Let's try this with real scary situations. I'll say something scary, and then you'll say the rhyme!**

Read the following scary things, pausing after each for kids to respond.

- **A dog is growling at you.**
- **There's loud thunder.**
- **You saw a big spider.**
- **Someone was mean to you.**
- **There's a new slide on the playground, but it's really tall.**

Let kids add their own scary situations, and have everyone respond with the rhyme.

Say: **Great job! Any time you feel scared, just say that rhyme to remember that God's family doesn't need to be afraid.**



CORE BIBLE DISCOVERY

Paul Is Arrested (Acts 20:13-38; 21:26–23:35)

[20 min]

Supplies

- Bible
- paper
- crayons
- heart stickers (4 per child)

Put Heart Stickers On

Say: Today we're going to learn that God's family doesn't need to be afraid. We'll see how a guy named Paul was brave even when scary things happened to him!

First, Paul went to talk to some friends in one city. He told them he had been through some bad things! And he also said he knew more bad and scary things were going to happen to him soon.

That's scary! But Paul said he wasn't afraid because he knew Jesus loved him. And he knew the most important thing was to share Jesus' love with other people! God's family doesn't need to be afraid.

Since Jesus' love is what helped Paul be brave, let's put heart stickers on!

Give each child four heart stickers to put on his or her arms.

Say: Paul told his friends to make sure they keep following Jesus.

Trade a heart sticker with a friend and say, "Love Jesus!" Pause for kids to trade stickers, putting the ones they receive on their arms.

Spread Love

Say: Then Paul went to a new city, and things got scary, just like he thought they would. A lot of the scary things that happened involved some mean guys, so let's make some mean guys.

Distribute paper and crayons, and have kids each draw an angry-looking person.

Say: The mean guys came to hurt Paul. Shake your paper to show how angry the mean guys were. Pause.

Then an army came and arrested Paul! Sit on your hands. Pause.

But even though that was really scary, Paul wasn't afraid. Instead, he asked the people who arrested him if he could talk to the mean guys. Then he told them all about Jesus! Put a heart sticker on your mean guy picture. Pause for kids to transfer a sticker from their arms.

Even though things were scary, Paul knew God's family doesn't have to be afraid. He knew Jesus' love is the most important thing.

At first the mean guys listened to Paul. They were really interested! But then Paul said he also shared Jesus' love with people the mean guys didn't like. Put a heart sticker on the back of your paper to show how Paul shared Jesus' love. Pause.

It made the mean guys really angry to hear that Paul was talking to people they didn't like! They got angry all over again! The army took Paul away from the crowd.

The army was mean to Paul, too. But that night, God talked to Paul to help him feel better. Put a heart sticker over your own heart. Pause.

God told Paul that he would get to share Jesus' love with people in a new place! Trade a heart sticker with someone who isn't sitting near you. Allow time.

Then Paul found out about some *other* mean guys who had a plan to hurt him! But God kept Paul safe and got Paul to a new city. God's family doesn't need to be afraid. Even though Paul was in danger, God protected him.

Through everything, Paul remembered Jesus' love. That helped him feel stronger! And he kept on doing his job of sharing Jesus' love with other people.

Say a Rhyme

Say: **Let's practice remembering Jesus' love with a fun little sentence.**

When I'm afraid, (*clench fists*)

I will pray (*fold hands*)

Cuz Jesus loves me (*hands to heart*)

Night and day. (*hands flash like sunshine*)

Repeat the rhyme a few times.



HIGH-ENERGY GAME

Potato Problems

[10 min]

Supplies

- beach balls or other soft balls
- upbeat music (optional)
- music player (optional)

Tip

- You can purchase downloadable music and other items to enhance your DIG IN program [here](#).

Play Hot Potato While Running

Say: **Let's play a game!**

- Kids spread out around the room.
- One child has the ball. The goal is to get rid of it as quickly as possible.
- The child will tag someone with the ball. That person must stop and take the ball.
- No throwing is allowed; the child with the ball must be holding it to tag someone with it.
- Everyone else will run to avoid getting tagged.
- If you'd like, play music during the game.

Talk About It

Ask: • **How did you feel in this game when you were running away from the ball?**

- **Were you scared of the ball? Why or why not?**
- **What's something you *would* run away from if you saw it?**

Say: **This game was fun, not scary! But sometimes we run away from things that *are* scary. When scary things happen, we can remember Jesus' love and that God's family doesn't need to be afraid.**

**LOW-ENERGY GAME****I'm a Lion!****[10 min]****Pretend to Be Animals**

Say: **Let's play a game where we can be different animals! I'll name an animal, and you pretend to be that animal!** Name the following animals, and allow time for kids to pretend to be each one.

- lion
- snake
- bear
- shark
- tiger
- spider
- alligator
- bee

Talk About It

Ask: • **Which animal that you pretended to be is the scariest one?**

• **What would you do if you saw that kind of animal coming toward you?**

• **Why weren't you scared during this game when you saw other kids pretending to be that animal?**

Say: **We weren't scared during the game because we knew we were just *pretending* to be sharks and tigers. If we saw a *real* shark or tiger coming toward us, that would be scary! But even when scary things happen, we can remember that Jesus loves us and God is with us. God's family doesn't need to be afraid.**



CRAFT Fright Night Light

[20 min]

Supplies

- dessert-size paper plates (1 per child)
- star stickers
- Glue Dots
- 1½-inch glow-in-the-dark stars (available at dollar discount stores) (4 per child)
- clear plastic cups

Easy Prep

- Make a sample craft to show kids.



Make Night Lights

Say: **God's family doesn't need to be afraid. God came to Paul at night when his life was very scary. God encouraged him and told Paul he could share Jesus' love!**

Things always seem scarier at night, don't they? Let's make night lights so when it's dark, we can remember to trust God with our fears.

Show kids your sample craft. Then follow these directions to help kids make their own night lights.

- Have each child use a Glue Dot to stick a glow-in-the-dark star inside the bottom of a cup.
- Have kids decorate the outside of their cups with star stickers.
- Have each child use Glue Dots to put three glow-in-the-dark stars close together on a plate.
- Kids can use Glue Dots to attach the cups upside down on the plates, covering the stars.

Classroom: Adventure

- Have kids hold their crafts near a light or window for a minute, and then turn off the lights and let kids see how their night lights glow.

Talk About It

Ask: • **Tell about any night lights you already have or used to have.**

Say: **God's family doesn't need to be afraid. It can be scary when it's dark! But your nightlight will encourage you and help you remember Jesus' love. This nightlight is special. The stars glow because they absorb light from the sun or lightbulbs. Then even after the lights are off, they shine! We can absorb Jesus' love so we're not afraid.**

Encourage kids to take their crafts home and put them by their beds as a nighttime reminder that they don't need to be afraid. (They'll need to have a light on or a nearby window for the night lights to "charge" before bed.)



LIFE APPLICATION WRAP-UP

Stomp and Pray

[5 min]

Stomp

Say: **Today we learned that God's family doesn't need to be afraid.**

Earlier you shared some things you're scared of. Let's stomp as we pray for God to be stronger than those things.

- Name some of the things kids shared in the Opening activity. (If you skipped that activity, have kids call out fears now.)
- After each thing, stomp once. Then pray: **God, you are stronger than [the thing you named].**
- Pray: **God, thank you that your family doesn't need to be afraid. You are big, and your love is big! In Jesus' name, amen.**
- Thank kids for coming to church, and tell them you hope to see them next week.