

Elementary Lesson Guide

FAITH OVER FEAR

A simple and fun visual to help your kids see how powerful prayer is when they feel afraid! Philippians 4:6

The Verse: Philippians 4:6 | “Don’t worry about anything, pray about everything.”

The Point: We can stay strong and sturdy through difficult times by praying.

PREP

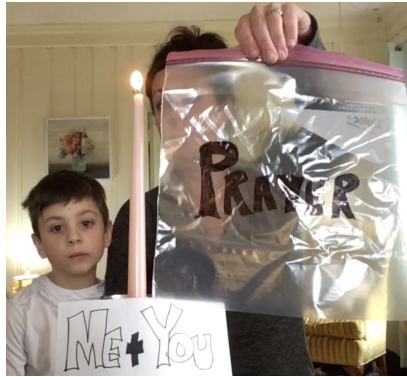
Before you get started with this lesson, choose whether you feel comfortable following along with a candle at home or whether you’d prefer to just play the video and have your kid(s) participate by creating the “fear fan.” Here is what you’ll need:

- Candle
- Paper and Sharpie
- Gallon Ziploc bag
- Lighter
- Markers or Crayons

1. Using the **sharpie and paper**, *label* the candle to illustrate that it is “YOU” like so...



2. Write on the **Gallon Ziploc bag** big and bold “Prayer” like so...



3. *Memorize the verse! “Do not worry about anything (wag pointer finger) but pray (put hands together for prayer) about everything (put both hands up). Phillipians 4:6 !!! 😊*

INTRO

1. Talk about what happened during the past week.
2. Discuss the Welcome Question: ***Tell me/us about a time you felt scared.***

VIDEO

Thank you Miss Autumn (and the help of Logan) for recording a great lesson we needed to hear! Please be sure to let her know 😊 we’re so blessed by this gift God gave her!

1. Play the video teaching segment (10 mins)
2. Key points:
 - a. We all have things we’re scared of.
 - b. When we don’t pray about them we waver more and aren’t as steady.
 - c. But we can pray to God and He will give us strength to face our fears and be comforted.
 - d. Takeaway: We can stay strong and sturdy through difficult times by praying.

DISCUSSION

First, say the Point and Verse out loud together.

Choose a few review questions.

1. **Main Question: What is one thing you can do if you are scared of something?**
Pray.
2. How might you feel when you pray? *Stronger and comforted*
3. Can you ask others to pray for your fears? *Yes!*
4. **Choose an action step question:**
 - a. **What fears will you continue or start praying for?** *Answers will vary.*
 - b. **Do any of your friends or family members have fears? If so, will you help pray for their fears?** *Answers will vary.*



PRAY

1. Ask kid(s) to share things they'd like you to pray about.
2. Pray together. *Not sure what to pray? Pray this: God, thank you for helping me fight my fears and giving my strength when I need it. I pray you'll help others know your power. In Jesus' name, amen!*