

Do Not Be Afraid



With Halloween coming up, there are a lot of scary decorations around. Have any of you seen them? They make me very afraid! Do any of you ever get scared? I definitely do! Today we're going to watch and read along with a story about a woman who was not afraid of anything.

Watch:



Link:

[The Little Old Lady Who Wasn't Afraid of Anything - By: Linda Williams](#)

The story is about a woman who runs from a scarecrow and then realizes that she doesn't have to be afraid.

1. *In the story, was the Little Old Lady afraid?* (Yes, in the beginning. Why?)

2. ***What makes her not afraid?*** (She tries to be brave. Maybe she knows she doesn't have to be scared of a scarecrow.)
3. ***Was this a real or pretend story?*** (Pretend.)
4. ***Are there really pumpkin people who chase us at night?*** (No!)
5. ***Are there things that make us afraid?*** (Yes!)
6. ***What sorts of things make people afraid?*** (spiders, snakes, the dark, monsters, something hiding under your bed, big dogs)
7. ***Have you ever been afraid?*** (Yes!)

I have been afraid too. Sometimes I am afraid a lot. Let's play a quick game to see that we can all be afraid sometimes. You are not alone! Follow along with me as I teach you a new song!

Song:



Sing: "If You're Scared of _____, Clap Your Hands" to the tune of "If You're Happy and You Know It". (The purpose of this interactive song is for children to identify their fears and understand that they are not alone in feeling that way.)

- *If you're scared of spiders, clap your hands.*
- *If you're scared of spiders, clap your hands.*
- *If you're scared of spiders, then your face will surely show it (scared face and scared noise!)*
- *If you're scared of spiders, clap your hands.*

Repeat with common other fears, especially child fears. Replace clapping with other motions such as stomp your feet, jump up and down, slap your legs, wiggle around, shout, "Oh no!"

- (Last verse) *If we're all scared of something, turn around.*
- *If we're all scared of something, turn around.*
- *If we're all scared of something, then we are not alone.*
- *If we're all scared of something, turn around. Sit down!*

***We can learn from this song that everyone is afraid sometimes.
God knows that we will be afraid, but He doesn't want us to stay that way.
The Bible says so many times, "Do not be afraid!"
Today we're going to learn how we can do that.***

“Do Not Be Afraid. He has Risen”

Scripture: Matthew 28: 1-10

After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb (the place where his dead body was.)

*There was a violent earthquake (the ground shook!), for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it. His appearance was like lightning, and his clothes were white as snow. The guards were so **afraid** of him that they shook and became like dead men.*

*The angel said to the women, “**Do not be afraid**, for I know that you are looking for Jesus, who was crucified (killed). He is not here; **he has risen** (He is alive!), just as he said. Come and see the place where he lay. Then go quickly and tell his disciples: ‘**He has risen** (He is alive!) from the dead and is going ahead of you into Galilee. There you will see him.’ Now I have told you.”*

*So the women hurried away from the tomb, **afraid** yet filled with joy, and ran to tell his disciples. Suddenly Jesus met them. “Greetings,” he said. They came to him, clasped his feet and worshiped him. Then Jesus said to them, “**Do not be afraid**. Go and tell my brothers to go to Galilee; there they will see me.”*

1. *How did the women feel when they got to the tomb? (Afraid.) Why? (They didn't know where Jesus' body was!)*
2. *What did the angel tell them? (Do not be afraid.) Why? (He has risen!)*
3. *So what did they do then? (They ran to tell others.)*
4. *Who did they meet along the way? (Jesus!)*
5. *What did Jesus say to them? (Do not be afraid!)*

I LOVE what happened here, so many years ago. People were afraid, just like we are today. But they didn't have to be, because Jesus had risen from the dead. See? That's the answer! Today, we are afraid of so many things. But we don't have to be, because Jesus has risen from the dead. He is alive and He is with us when we are afraid.

Does anyone know what the word TRUST means? Trust means to believe. We can believe in a lot of things, but God says that the MOST IMPORTANT thing is to believe in HIM. When we put our trust in God, He helps us to not be afraid anymore.

Have a fantastic Week ☺

Krystal Manuel – Children's Ministry Coordinator

The Pumpkin Prayer

Lord, open my mind and fill me with Your wisdom

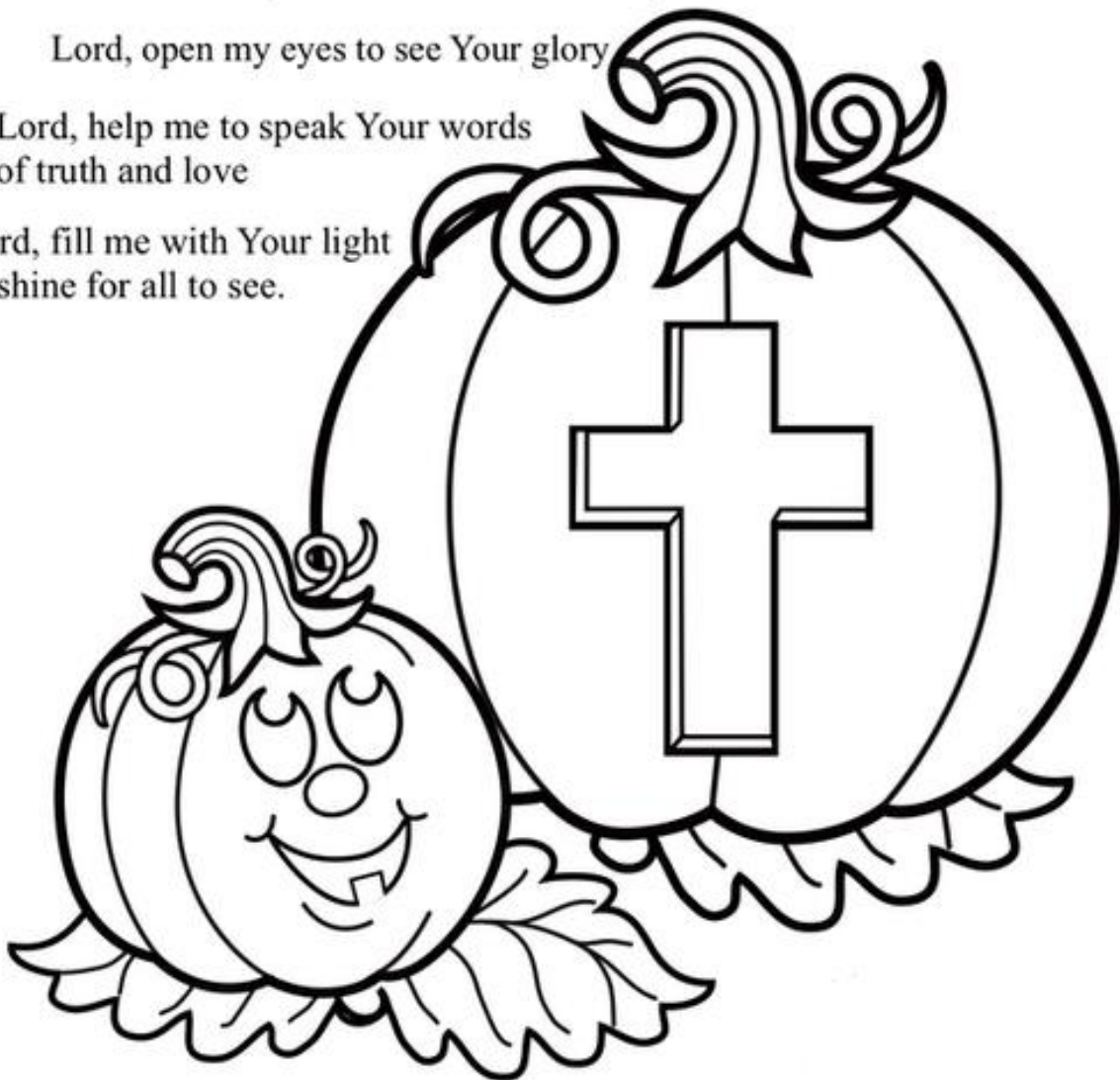
Lord, take out all my sin and fill me with Your love

Lord, let my life be a sweet aroma to you

Lord, open my eyes to see Your glory

Lord, help me to speak Your words
of truth and love

Lord, fill me with Your light
to shine for all to see.



As we place a candle or a light inside our pumpkins, we are reminded that Jesus doesn't want to leave us empty inside, he wants to fill our hearts with his love and his light: "For God, who said, 'Let light shine out of darkness,' made his light shine in our hearts" (2 Corinthians 4:6a).

