

Trusting God When I Am Afraid

Lesson Scripture: 2 Chronicles 32:1-23, 2 Kings 18:17-19:36

Bible Truth: I will trust God when I am afraid.

Bible Story: 2 Chronicles 32:1-23

Bible Verse: “When I am afraid, I put my trust in you.” (Psalm 56:3, NIV)

FOCUS

Learning Activity: “What Can I Do with my Fears?”

Preparation

None

Presentation

Say: **Can you think something that makes children afraid? Let’s write those things on these pieces of paper.** Write down any

fears listed by the children. The fears mentioned should include

things such as fear of the dark, fear of death, fear of monsters, fear of talking in front of people, fear of not having any friends, etc. When finished, place the fears in a small box.

I want to make these fears disappear. Spend several minutes doing different things with the box in an effort to make the fears disappear. Throw the box in the air. Hide it under a chair. Ask another helper to eat the fears. (Be sure they refuse!). Shake the box really hard. After each action, open the box and see if the fears have disappeared.

No matter what I do, I can’t seem to get these fears to go away. Can anyone think of a way to make these fears to away? Allow children to answer. **The only way to get rid of these fears is to give them to God.** Take fears out of the box and put them inside a Bible. **When we give our fears to God and trust Him, we don’t have to be afraid anymore.**

Materials

paper
markers
small box with a lid
Bible

SCRIPTURE MEMORIZATION: Psalm 56:3

Preparation

Write Psalm 56:3 on a poster board.

A week before this lesson, give a copy of the following skit to one of the older children. Ask him or her to memorize the lines for the sleepy kid and be ready to present it during this week's lesson.



Explanation

(Sleepy kid should sit on the first row and act as if he is very sleepy. While you talk to him, he will stretch out and yawn making a lot of noise. Then he needs to pretend to fall asleep and fall on the floor.)

TEACHER: (Walks toward sleepy kid who is sitting on the floor, and helps him to get up.)
Are you ok?

SLEEPY KID: Yes, I think I fell asleep.

TEACHER: **Did you get any sleep last night?**

SLEEPY KID: (Rubs his eyes.) Not much. I kept hearing weird sounds that scared me.

TEACHER: **Did something hurt you?**

SLEEPY KID: No, but I was awake all night. I was afraid that if I fell asleep something would hurt me.

TEACHER: **You don't have to be afraid of the dark or going to sleep.**

SLEEPY KID: But I really hate the dark.

TEACHER: **God will be with you any time of the day and night. He is more powerful than anything that could harm you.**

SLEEPY KID: Well, if God is with me, I think I'll be able to go back to sleep. (Closes eyes to sleep again.)

Say: **Sleepy kid was afraid of the sounds he heard at night. We've all been afraid at some point. Can you remember a time you felt scared? What can you do when you are afraid?** Allow children to answer questions. Read Psalm 56:3 with the children. **Our Bible memory verse tells us to trust God when we are afraid.**

Memorization Activity

Ask two children to stand in the front of the room, facing each other. They will start the game. The first child says the first word of the memorization verse. The other child says the next word. They continue saying alternating words until the verse is completed or until one of them cannot say the next word. When a child cannot say the next word, he/she will sit down. Another child is chosen to play against the champion. The last child standing is the winner.

*Instead of a competition, you can also divide the children into pairs and have them practice the verse using the same procedure described in the game.

INSTRUCT

Bible Story: "Hezekiah Trusts God," 2 Chronicles 32:1-23, 2 Kings 18:17-19:36

Preparation

Read and study 2 Chronicles 32:1-23 and 2 Kings 18:17-19:36.

Make two messages by rolling two pieces of paper into scroll shapes and tying each with a string.

Materials

paper
string
Bible

Choose two children to be the messengers. The first messenger will bring the letter from the king of Assyria. The second messenger will bring Isaiah's message.

Presentation

Say: **How would you feel if a bully told you he was going to beat you up tomorrow?** Allow children to answer. **Most of us would be terrified.**

Even though Hezekiah was king of the Israelites, God's chosen people, he felt terrified. The king of Assyria, a bully, had promised to destroy Hezekiah and his kingdom.

This man was Sennacherib, and he was the king of Assyria. Sennacherib wanted to fight against Judah, King Hezekiah's kingdom. Hezekiah knew he had to do something to protect his people from the king of Assyria. He worked hard fortifying the city walls, organizing an army, and storing water in case the enemy attacked the city. Hezekiah did everything possible to protect his kingdom.

On one day, King Hezekiah looked out his window in the palace and saw some men running towards the palace. Ask your first messenger to bring you the prepared scroll. "Who are those men?" he asked himself. "What do they want?"

The men were messengers sent by Sennacherib, the king of Assyria. They carried a letter for King Hezekiah. Open the prepared message as if you are reading it.

King Hezekiah,

Don't trust that your God will save you. I have come to capture you. Remember how I destroyed the countries around you. Your God won't be able to save you.

Sincerely,

Sennacherib, king of Assyria

Hezekiah knew that the king of Assyria had a great army. His army had conquered many other countries surrounding Judah. King Hezekiah was afraid, but he knew what he needed to do. He took the letter and ran to the temple. He got on his knees and placed the letter before the Lord.

Then Hezekiah prayed, "Oh Lord, You are God of all the earth. Please, hear me, oh God. The king of Assyria wrote saying that You are too weak to save us from his army. He's coming to capture us. Please help us. Then the whole world will know that you are the one true God."

After Hezekiah prayed, he did one more thing. He sent a message to Isaiah, God's prophet. "Pray. Pray long," the message said. "The king of Assyria is mocking our God. There's no doubt that God will punish him for this."

Isaiah sent the king a message. Ask the second messenger to bring you the second prepared scroll. Open the message and begin to read:

King Hezekiah,

Don't worry. God won't allow the king of Assyria to harm you or the people. God has heard your prayer. He will take care of you.

Isaiah

God did as He said. That night, an angel visited Sennacherib's army and destroyed thousands of soldiers. When Sennacherib woke up the next morning and saw what God had done, he felt terrified. He fled Judah and returned to his own country.

When the story is finished, have a discussion time with the children. Say: **Hezekiah didn't send the king of Assyria a message picking a fight with him. He avoided trouble. What are some ways we can avoid frightening situations?**

What did Hezekiah do to protect the city? Allow children to answer. **Yes, he improved the city's defenses. How can you protect yourself from fear?** Allow the children to answer. Then suggest that they can protect themselves from fear by memorizing the Word of God, being careful about what they watch on television or read in books, trying not to think of frightening things, etc. **What was the most important thing Hezekiah did?** Allow children to answer. **Hezekiah**

immediately prayed to God for help and asked Isaiah to pray for him. When you are afraid, it is important for you to pray for help and to ask others to pray for you.

APPLICATION

Learning Activity: Art, "Sometimes I'm Afraid"

Preparation

None

Presentation

Give each child a piece of paper and markers or crayons. Ask them to draw or write something that makes them afraid. When they finish drawing, ask them to fold their paper in half and write today's Bible memory verse, Psalm 56:3, on the outside of the paper.

Materials
paper
pencils
markers or crayons

MINISTRY TIME

Preparation

None

Presentation

Say: **We learned from our Bible lesson today that when we are afraid, we need to pray for ourselves, and we need ask others to pray for us.** Invite children to kneel on the floor and place their papers from the application activity in front of them. Give them time to pray silently about their fears. When finished with this individual time of prayer, invite children to share their fears with a friend or the teacher and pray for each other.

Materials
papers from the application
activity