



LESSON SNAPSHOT

BOTTOM LINE: I can talk to God when I'm scared.

OBJECTIVE: In this lesson kids will learn that they can talk to God whenever they are afraid, and he will help them to not be afraid anymore.

KEY PASSAGE: Jonah 1:17-2:2, Jonah Prays From Inside a Fish

MEMORY VERSE: *"Never stop praying." 1 Thessalonians 5:17 (NIV)*

SUMMARY: We can talk to God anytime we want. We have a special name for when we talk to God – prayer. We can pray to God whenever we are afraid – he loves us and will help us not be afraid anymore.

SIMPLE PRAYER:

Dear Jesus,

When we are afraid, help us not be afraid anymore.

Amen



MEMORY VERSE

“Never stop praying.” 1 Thessalonians 5:17 (NirV)

LARGE GROUP MV ACTIVITY: Say the verse together with the hand motions from week 1. Now say the verse without the hand motions. Now do the hand motions without saying the words. Now say the verse together again with the hand motions.

Week 1 Hand motions: When you say “Never” have the children wave their hands in front of them and shake their heads no. On “stop” have them extend their hands in a stop position. For “praying” have them press their hands together in prayer.

SMALL GROUP MV ACTIVITY: Have kids say the verse together in a variety of positions: standing, sitting, bowing, standing on one foot, jumping, etc.



SKIT OR PUPPET SHOW

TITLE: I'm Scared

ITEMS NEEDED: Bed sheet

CHARACTER BREAKDOWN: 1M, 1F

CHARACTERS: Jim, Doris

Jim stands on stage. He seems fine, but then he realizes something.

JIM: Oh no. I just realized I'm all alone. I get scared when I'm all alone.

He looks up at the sky.

JIM: Oh no. The sun is going to set soon. It will get dark. I get scared when it's dark.

There is a noise off stage.

JIM: Oh no. I just heard something. I don't know what that is. I get scared when I don't know what things are.

There is another noise.

JIM: Whatever it is, it's coming this way. Maybe it's a monster. I'm scared of monsters. I better hide.

Jim throws the sheet over him.

DORIS: I thought I heard someone talking, but there's no one here.

Doris sees the sheet. It is trembling.

DORIS: What a minute, what is that? That sheet is shaking. I think there is something underneath it. It might be a monster. I'm scared.

There is a sneeze from under the sheet.

SKIT OR PUPPET SHOW

DORIS: I'm out of here.

Doris starts to run away.

DORIS: No wait. The Bible says that when I am scared, that I should pray to God. God loves me and he will help me not be so scared anymore.

Doris puts her hands together and closes her eyes to pray.

DORIS: Dear God, I'm afraid that there might be a monster under that sheet. Help me not be scared. Amen.

Doris opens her eyes.

DORIS: Now that I think about it, I don't think monsters are real.

There is another sneeze from under the sheet.

DORIS: And even if they were real, I'm pretty sure they wouldn't sneeze.

Another sneeze.

DORIS: Actually, that sounds like one of Jim's sneezes. Jim, is that you?

JIM: Yes. Are you a monster?

DORIS: No, it's Doris.

Jim removes the sheet.

JIM: Oh, thank goodness. I thought you were a monster. I was scared, so I hid under this sheet.

DORIS: I thought you were a monster too. I was scared at first, but then I prayed to God.

JIM: And he helped you not be scared anymore?

DORIS: He helped me to not be scared anymore.

JIM: Next time I'm scared, I'm going to pray to God.

DORIS: Good.

SKIT OR PUPPET SHOW

JIM: Yeah, it smells pretty bad under that sheet.

DORIS: Oh Jim.

Jim and Doris exit.



SNACK

ITEMS NEEDED: Goldfish crackers

ADVANCED PREPARATION: Post a sign outside the preschool area that says:
“Today’s snack is goldfish crackers. Please let your child’s teacher know if it is not ok for your child to have this snack.”

CONNECTION: Remind your little ones of the big fish that swallowed up Jonah. Say:
“When we pray, God helps us not to be afraid. All of our fears become as small as these little goldfish crackers.”



CRAFT ACTIVITY

ITEMS NEEDED: Construction paper, pencils, scissors, tape, scraps of paper, crayons

ADVANCED PREPARATION: None

DIRECTIONS: Trace each little one's right and left hands onto construction paper (fingers together). Have an adult helper cut out each hand and tape them together along the edges, leaving the top open. These are your praying hands.

On small scraps of paper, have kids draw "scary" things. For those who do not wish to draw, an adult helper can write down the words on the scraps of paper. When finished, fold the scraps of paper and place them inside the opening between the praying hands.

Remind kids that no matter what scares us, we can pray to God and he will help us not be scared anymore.



HANDS-ON ACTIVITY

ITEMS NEEDED: None

ADVANCED PREPARATION: None

DIRECTIONS:

Tell the kids that they are going on an imagination journey together. Instruct them to put on their imagination helmet. (Mime putting on a hat.) Lead them around the room into some scary places – a dark cave, the top of a high mountain, inside a jail, etc. Describe some of the scary things you encounter. Encourage the kids' input here. No idea is too outlandish.

As you role play being afraid, ask the kids for suggestions of what to do to not be so scared anymore. (Be ready for some interesting answers.) Remind little ones that they can always pray to God when they are scared, and he will help them not be so scared anymore. Incorporate this into your playacting.



MAIN LESSON

BOTTOM LINE: I can talk to God when I'm scared.

OBJECTIVE: In this lesson kids will learn that they can talk to God whenever they are afraid, and he will help them to not be afraid anymore.

KEY PASSAGE: Jonah 1:17-2:2, Jonah Prays From Inside a Fish

WORSHIP TIME:

Prior to the lesson, sing one or two songs with the kids. Use CDs or live lyrics of songs that the kids are familiar with.

LESSON:

Today's story comes to us from the Bible. (Hold up a Bible.) The Bible is God's Word to us, so we know that everything it says is true. (Open the Bible and set it down in front of you as you give the lesson.)

Jonah was a man who got in a scary situation. God talked to Jonah, and Jonah was scared by what God had to say. We should never be afraid of what God tells us. Instead, when we are afraid we should talk to God and ask him to take away our fear.

Because Jonah was afraid, he ran away. He got on a boat. A storm came. Jonah was thrown off of the boat. A large fish came along and swallowed Jonah up. Jonah was trapped inside the belly of a large fish.

Jonah was scared! I don't blame him one bit. I would be scared too if I was stuck inside a fish. Jonah realized his only hope was God. Jonah prayed to God. Jonah asked God to help him. He prayed for God to make him not afraid anymore. Here is what Jonah prayed:

READ: Jonah 1:17-2:2

And you know what? God answered Jonah's prayer. He commanded the fish to spit Jonah – "Pah-tooey" – onto the beach. God took away Jonah's fear and helped him.

We can talk to God anytime we want. We have a special name for when we talk to God – prayer.

MAIN LESSON

We can pray to God whenever we are afraid – he loves us and will help us not be afraid anymore.

SIMPLE PRAYER:

Dear Jesus,

When we are afraid, help us not be afraid anymore.

Amen



MAIN LESSON DISCUSSION QUESTIONS

WIGGLE TAMER: Play a few rounds of Simon Says.

SMALL GROUP MEMORY VERSE ACTIVITY: Have kids say the verse together in a variety of positions: standing, sitting, bowing, standing on one foot, jumping, etc.

DISCUSSION QUESTIONS:

Was Jonah brave or scared?

What swallowed up Jonah?

What did Jonah do when he was inside the big fish?

Can we talk to God when we are scared?

SMALL GROUP GAME OR ACTIVITY: Place several mystery items into small paper bags. Go through the bags one by one, each time having one kid come up and place his or her hand inside the bag. Ask the child to guess what is in the bag. Pull out the item and see if they were right. Ask if anyone was scared about what might be in the bag. Remind them that we can always talk to God whenever we are scared.



ONE PAGE LESSON FOR 1-2 YEAR OLDS

PLAY TIME: Spend the first 15 minutes on the floor playing with the kids. Cars, dolls, blocks, and simple puzzles are great for this time.

BIBLE TIME: Seat the kids in the place they will be having snack. Hold up a Bible or Illustrated Kids' Bible and say, "This is the Bible. God wrote the Bible. Everything in the Bible is true." Then allow each child to pat the Bible with his hand.

LESSON: Jonah got swallowed up by a big fish. Jonah was scared; he prayed to God and God commanded the fish to spit Jonah out. Whenever we are scared, we can pray to God and ask him to help us not be scared anymore.

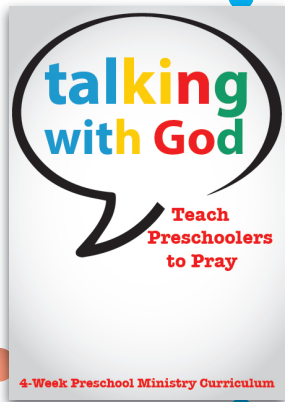
MAKE IT REAL: After the lesson say, "God loves you, and he wants you to love him too." Then point to each child and say, "God loves you (child's name)."

PRAYER TIME: Ask the children to fold their hands and bow their heads. Say, "Let's pray before our snack. Thank you God for our mommies and our daddies. Thank you for loving me. Thank you for this snack we get to eat. Amen."

SNACK TIME: Wash each child's hand with a wet wipe and then serve the snack. At this age crackers or goldfish with water are generally best, but you always want to be mindful of any food allergies.

POTTY BREAK: After snack is a great time to ask those who are potty trained if they need to use the bathroom, or change diapers of those who are not yet potty trained.

PLAY TIME: Finish the day with more playtime until it's time for dismissal.



MAKE IT STICK

5 Simple Ways You Can Make This Lesson Stick With your Kids

Talking with God Lesson 3

THIS WEEK'S LESSON: TALKING TO GOD WHEN YOU'RE SCARED

Use these four common times in a preschooler's day to reinforce this week's lesson:



DRIVING:

On your drive, sing songs and tell stories about how big and strong our God is. Remind you little ones that with such a big and strong God, we don't have to be afraid.



PLAYING:

Chase your little ones around. Tell them they are Jonah and you are the big fish who come to gobble them up. Afterward, talk about how we don't need to be scared. We can always talk to God about whatever scares us.



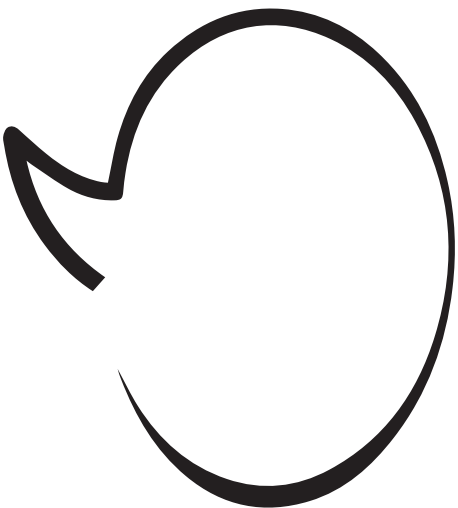
EATING:

While you eat your meal, talk about the fish that almost had Jonah for a meal. Remind them of how God helped Jonah not to be scared.

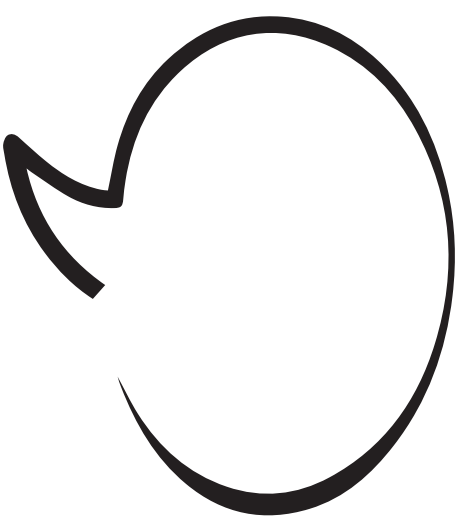


SNUGGLING:

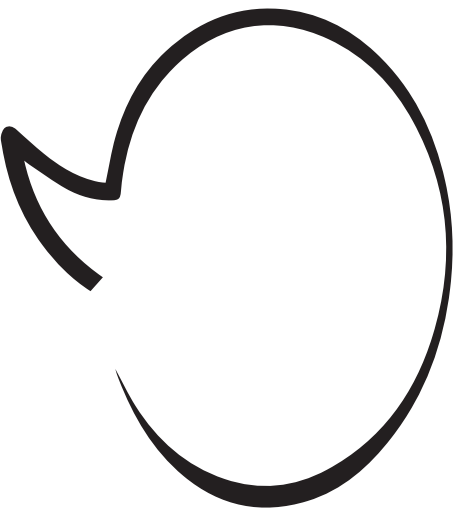
When your little ones exhibit fear this week, take some time to hold them especially close. Remind them that you are there for them. Let them know that God is always there. We can pray to him when we are scared and he will help us not be scared anymore.



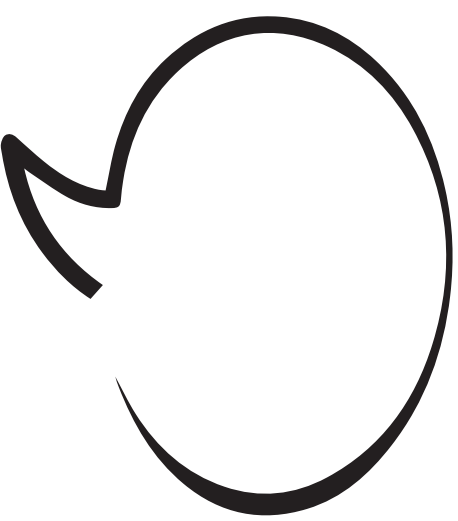
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