

Highlands Kids

Small Group Leader Guide

Series Title – Fear Not

Bible Story – Parting of the Red Sea –Exodus 14

Main Point – I won't fear because God is in control!

Grade - 1st through 5th

Game Time

Ball Toss

Required Items: Jumbo Stacker Cups, Ping Pong Balls or Ball Pit Balls

- Split the kids into at least two teams or have them play in their small groups.
- Set up two rows of 3 different color stacker cups. One row for each team.
- Have another cup full of the ping pong or ball pit balls at the front of each teams line.
- Line up each team in front of their row of stacker cups in a single file line.
- Each kid will toss their ball into the cups and earn points based on which cup they ring. (Closest Cup: 1 point, Middle Cup: 5 points, Furthest Cup: 10 Points)
- Play timed rounds and have leaders add up the score at the end of each round.

Prayer

Ask your small group to think about what the Holy Spirit might have been saying to them during worship.

- **Provide** space for reflection and listening to the Holy Spirit (at least 30 seconds).
- **Explain** that they can talk to God about anything they are thinking or feeling.
- **Pass out prayer cards.**
- **Explain** that there is power in several people praying about the same thing and that other people will pray about what they write on their prayer cards.
- **While the kids are filling out Prayer Cards, start asking kids what they want to pray about and have them pray for each other.**
- Here are some suggestions of prayers for kids that don't know what to pray about:
 - "Thank you for my family" or "friends" or "church."
 - "Please protect my family" or "my school."
 - "Help me to have joy" or "do well in school/sports/activities."

Memory Verse

"For God has not given us a spirit of fear, but of power and of love and of a sound mind." 2 Timothy 1:7 NKJV

1st Video Break

Ask: What happens when you feel fear? How do you usually deal with it?

- Take responses from your group and show value to each answer.
- Fear affects all of us differently. Some of us freeze, some of us run, some try to ignore it. But no matter how we feel, we don't have to face fear alone. God sees us, He understands us, and He wants us to come to Him.

Ask: What does it mean that "God is in control"?

- Take responses from your group and show value to each answer.
- It means that God is powerful, loving, and knows everything, even when we don't.
- God is in charge of the whole world, and that includes our lives. When things feel scary or confusing, He's still working for our good, even if we don't see it yet.

Ask: What are some ways we try to take control instead of giving it to God?

- Take responses from your group and show value to each answer.
- Worrying too much, not praying, trying to fix everything by ourselves.
- But the Bible says in 1 Peter 5:7 that we should "cast our anxieties on Him because He cares for us." When we trust Him, we don't have to carry fear alone

2nd Video Break

Ask: What's one thing that helps you feel safe when you're scared?

- Take responses and show value to each answer.

Ask: What are some things Jimmy tried to do to stop being afraid?

- Take responses and show value to each answer.
- He used a flashlight to scare away shadows and tried not to be afraid without actually trusting God.

Ask: What does it mean when Bob says, "God isn't just near you – He lives in you"?

- Take responses and show value to each answer.
- When we believe in Jesus, God gives us His Holy Spirit to live in us. That means we're never alone, God is always with us to help, guide, and strengthen us.

Read: Philippians 4:6-7 (Have a child read out of the Bible)

Ask: What does Philippians 4:6-7 tell us to do instead of worrying?

- Take responses and show value to each answer.
- It tells us to pray about everything. When we pray and trust God, He gives us peace that guards our hearts and minds.

Ask: How does filling your mind with God's Word help you fight fear?

- Take responses and show value to each answer.
- God's Word reminds us of His truth and promises. When we focus on His power and love, fear has no room to stay in our hearts.

3rd Video Break

Ask: What was so scary about the situation the Israelites were in?

- Take responses and show value to each answer.
- They were trapped. Pharaoh's army was behind them, and a giant sea was in front of them. It looked like there was no way out. Anyone would be afraid in that situation!

Ask: What do you think the Israelites felt when they saw the Red Sea split in two?

- Take responses and show value to each answer.
- They probably felt amazed, surprised, maybe still nervous, but God was showing them He is more powerful than anything they fear. That's what helped them walk through on dry land.

Ask: How do you think Moses felt in that moment?

- Take responses and show value to each answer.
- Moses had to trust God even before the miracle happened. He stood in faith when everything looked scary. That's a reminder that courage isn't the absence of fear, it's trusting God even when you're afraid.

Ask: What does this story teach us about fear and control?

- Take responses and show value to each answer.
- Even when things feel out of control, God is always in control. The Israelites couldn't fix the situation, but God could, and He did! We can give our fear to God because He's bigger than our problems.

Ask: How can remembering that God is in control help you this week?

- Take responses and show value to each answer.
- When we're scared of something, school, friends, being alone, or big changes, we can remind ourselves: God is in control. He sees the big picture. He loves me. He's not going to leave me.

Bible Challenge

1st through 5th Grade – Bible Drill & Bible Trivia

Leader Guide:

“Hey everyone! We’ve already learned how to put on the **Belt of Truth**, the **Breastplate of Righteousness**, and the **Shoes of the Gospel of Peace**. This week, we’re talking about something you hold, not wear, the **Shield of Faith**.

Let’s read the next verse in Ephesians 6 together and find out what this shield is all about!”

Read Ephesians 6:13-15

“Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, 15 and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.”

“Back in Bible times, Roman soldiers carried **large shields**, almost as tall as their bodies. These weren’t tiny shields like Captain America’s. They were meant to **cover the whole body** and could be used together with other soldiers to form a wall.

Paul says our faith in God is like that kind of shield. The enemy, the devil, wants to shoot *flaming arrows* at our hearts and minds. What are those arrows?

- Doubts
- Lies
- Temptation
- Fear
- Shame

But when we hold up the **Shield of Faith**, we say, “No! I trust God’s Word more than the lies. I believe Jesus is stronger.” That faith stops the arrow before it hits us.

Faith means **trusting God is who He says He is**, and that He will **do what He promised**, even when we can’t see it yet.”

Bible Drill – Hebrews 11:1

Bible Trivia:

1. What is the Shield of Faith for? (B)
 - a. To look cool in battle
 - b. To block arrows and hits from the enemy
 - c. To show off to other Christians
 - d. To wave at your friends
2. What are some examples of the “flaming arrows” the devil sends? (D)
 - a. Balloons and bubbles
 - b. Fireworks
 - c. Loud music
 - d. Lies, fear, and temptation
3. What does faith mean? (C)
 - a. Hoping you win a video game
 - b. Trusting your friend won’t let you down
 - c. Trusting Jesus even when you can’t see everything
 - d. Guessing the right answer
4. Which Bible verse says faith is confidence in what we hope for? (A)
 - a. Hebrews 11:1
 - b. John 3:16
 - c. Ephesians 6:10
 - d. Psalm 23:1
5. What happens when we hold up the Shield of Faith? (C)
 - a. We fall asleep
 - b. We become invisible
 - c. The enemy’s lies can’t hit our hearts
 - d. We earn more points in Heaven