

Highlands Kids

Small Group Leader Guide

Series Title – Fear Not

Bible Story – Shadrach, Meshach & Abednego – Daniel 3

Main Point – I won't fear because God is with me!

Grade - 1st through 5th

Game Time

Team Tic Tac Toe

Required Items: Stacker Cups and Ball Pit Balls (or Bean Bags)

- Split kids into two teams or have them play in their small groups
- Set up nine stacker cups and line them up in tic-tac-toe form. (Three rows of three)
- Each team gets 5 of the same-colored ball pit balls (Ten balls per set up, one set of 5 for each team)
- Line up two teams per cup set up and at the same time have one person from each team walk up and place their ball onto a cup. Repeat until someone gets three in a row or there are no remaining open spots on the cups.
- After the teams no longer have open spots on the cups, they can switch the spot of ball with the other team until someone reaches three in a row.
- First team to reach three in a row wins.

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 are some things that you feel afraid of – not just spiders or storms, but things in your heart of mind?

- Take responses from your group and show value to each answer.

Ask: Can you think of a time when something was scary at first but turned out okay?

- Take responses from your group and show value to each answer.
- Helps them see how fear doesn't last, and how God might have helped.

Ask: Why do you think fear makes us forget that God is with us?

- Take responses from your group and show value to each answer.
- Fear makes us focus on what might go wrong instead of trusting that God is in control. But God's Word helps us remember the truth – that He's powerful and never leaves us.

2nd Video Break

Ask: What is fear, and where does it come from?

- Take responses and show value to each answer.
- Fear is when we focus more on the problem or danger than we do on God's power and love. Sometimes our brain tries to protect us, but fear can grow too big when we forget that God is in control. The Bible says fear doesn't come from God, He gives us power, love, and sound mind (2 Timothy 1:7)

Read: 2 Timothy 1:7 (Our memory verse. Have a child recite it or read it out of the Bible)

Ask: What does 2 Timothy 1:7 teach us?

- Take responses and show value to each answer.
- God doesn't want us to live in fear. He gives us power through His Spirit, love through Jesus, and the ability to make wise choices when we trust Him.

Ask: Why is it good news that God is with us when we're afraid?

- Take responses and show value to each answer.
- Because we're never alone. When we remember God is close, just like Isaiah 41:10 says, our fear gets smaller and our faith gets stronger.

Ask: Can you think of a time you were afraid and prayed or remembered a verse? How did it help you?

- Take responses and show value to each answer.
- If they haven't, tell them that next time they feel scared, they can pause and say, "God, I know you're with me!" or read a verse like Psalm 56:3
 - "When I am afraid, I put my trust in You."

3rd Video Break

Ask: Have you ever had to do something hard even though you were scared?

- Take responses and show value to each answer.

Ask: Why were Shadrach, Meshach, and Abednego thrown into the furnace?

- Take responses and show value to each answer.
- They refused to bow down and worship the king's statue because they only worshiped the one true God.
- God had commanded His people not to worship idols. These three friends loved and honored God more than they feared the king's punishment. Their courage came from trusting that God was with them, no matter what happened.

Ask: What did they say to the king before the furnace?

- Take responses and show value to each answer.
- "Our God can save us...but even if He doesn't, we still won't bow down"
- That's real faith! They didn't only trust God if He saved them. They trusted Him because they knew He was good and worthy, no matter what happened. That helps us see how to trust God even when we don't know how things will turn out.

Ask: What happened when they were thrown into the fire?

- Take responses and show value to each answer.
- They didn't get hurt, and someone else was in the fire!
- That's because God was with them. Some people believe the fourth person in the fire was Jesus Himself! This story reminds us that no matter how bad something looks, God never leaves His people. He is right there in the middle of it.

Ask: What's one fear you want to ask God to help you with this week?

- Take responses and show value to each answer.

Bible Challenge

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

Leader Guide:

“Hey everyone! Today we’re going to talk about the **Armor of God**! Over the next four weeks, we’re going to learn how God gives us special armor to help us stand strong and follow Him, even when life feels hard, scary, or confusing.”

Read Ephesians 6:10-14

“Finally, be strong in the Lord and in his mighty power.

Put on the full armor of God, so that you can take your stand against the devil’s schemes.

For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.

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...”

“Paul is telling us something very important here: We are in a spiritual battle. That means the hard things we face, like temptation, fear, or lies, aren’t just random. They’re part of a bigger battle between good and evil. But the good news is **God gives us armor to protect us and help us stand strong!** And today, we’re learning about the first two pieces: the **Belt of Truth** and the **Breastplate of Righteousness.**”

Bible Drill – John 14:6

Bible Trivia:

1. What does the belt of truth help us do? (B)
 - a. Stay comfortable
 - b. Know what’s true and hold everything together
 - c. Hide from danger
 - d. Run faster

2. What did Jesus say in John 14:6? (B)

- a. I am one of many ways to God
- b. I am the truth and the life
- c. I am the truth, but not the only way
- d. Follow your heart – it's always right

3. What part of the body does the breastplate protect? (D)

- a. Legs
- b. Feet
- c. Hands
- d. Heart

4. What does righteousness mean? (C)

- a. Always doing what I want
- b. Looking good in church clothes
- c. Being made right with God and choosing to live God's way
- d. Being the smartest in the room

5. How do we "put on" the belt of truth? (B)

- a. By saying nice things
- b. By believing and obeying what God says in His Word and rejecting lies
- c. By doing chores
- d. By never getting scared

6. Who helps us be righteous before God?

- a. Our pastor
- b. Our parents
- c. Jesus
- d. Ourselves