

# Highlands Kids

## Small Group Leader Guide

**Series Title – Fear Not**

**Bible Story – Jesus’ life/salvation**

**Main Point – I won’t fear because God gave us Jesus!**

**Grade - 1st through 5th**

### Game Time

#### Ups and Downs

Required Items: Jumbo Stacker Cups

- Split the room into two teams (1<sup>st</sup>-2<sup>nd</sup> v. 3<sup>rd</sup>-5<sup>th</sup>; boys v. girls; birthday months; etc.)
- Place all jumbo stackers (some face up and some face down) randomly in between the two teams.
- One team are the “Ups” and the other team are the “Downs”.
- When the leader says GO, each kid will do their best to make sure they turn the cups so that they match the name of their team. For example: all the 1<sup>st</sup> and 2<sup>nd</sup> graders will turn the cups with the openings up while all the 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> graders will turn the cups with the openings down.
- At the end of 30 seconds, the team with the most up or down wins the round.
- Play several rounds as time permits.
- Note: to help the kids not run around the room, have them do each round a different way (i.e. everyone on their knees, walking in slow motion, etc.)

### 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: Have you ever worried about what other people think about you?**

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

**Ask: Why do we sometimes feel afraid of what other people think?**

- Take responses from your group and show value to each answer.
- Because deep down, we all want to be liked and to fit in. It's normal to want friends and to feel accepted. But when we care too much about what others think, we can start to forget who God made us to be. The truth is, we don't need to be afraid of others' opinions when we know how much God loves us. He made us, knows us, and is always with us.

**Ask: Think about a moment when you felt like fear was holding you back. How can the love of Jesus rescue you from being controlled by fear?**

- Take responses from your group and show value to each answer.
- Maybe it was a time you were afraid to talk to someone, try something new, or say the right thing. Jesus doesn't just take away fear, He replaces it with His love, peace, and courage.

## 2nd Video Break

**Ask: Why do you think fear exists in the world? Where did it come from?**

- Take responses and show value to each answer.
- Fear came into the world because of sin. When Adam and Eve disobeyed God, they felt shame and fear for the first time. Ever since then, fear has been part of our world because without Jesus, we're separated from God. But Jesus came to fix that and take away our fear.

**Ask: What does it mean to be "saved"? Why does being saved help us with fear?**

- Take responses and show value to each answer.
- Being saved means we believe that Jesus died on the cross for our sins and rose again. When we trust Him, we're forgiven and become part of God's family. That helps with fear because we know Jesus is with us now and forever, we don't have to be scared of being alone or of what happens next.

**Ask: What can you do this week when you feel afraid? What's your "anti-fear plan"?**

- Take responses and show value to each answer.
- I can pray, read the Bible, and remind myself that Jesus is with me. Maybe I could write a verse on a card to keep in my backpack too.
  - Step 1: Trust Jesus
  - Step 2: Pray
  - Step 3: Read His promises
  - Step 4: Tell a trusted adult

### 3rd Video Break

#### **Ask: What does it mean to be “united under Jesus”?**

- Take responses and show value to each answer.
- It means living with Jesus as the center of our lives. Unity under Jesus isn’t about getting along; it’s about aligning our hearts, values, and purposes with His.

#### **Ask: Why do you think fear tries to divide us from others in the body of Christ?**

- Take responses and show value to each answer.
- Fear isolates us – it makes us pull back, doubt others, and question ourselves. But God’s spirit unites – reminding us that we belong, we’re loved, and we have a purpose.

#### **Ask: What are some fears that can stop us from using our gifts?**

- Take responses and show value to each answer.
- Fear of failure, fear of rejection, or fear of not being “good enough”. These fears make us hide our gifts instead of using them. But God gave us our gifts to bless others – not to compare, compete or shrink back.

#### **Read: John 1:12**

#### **Ask: How do we become part of God’s family?**

- Take responses and show value to each answer.
- We become part of His family by faith in Jesus Christ – believing in Him, receiving His grace, and allowing the Holy Spirit to make us new.

#### **Ask: How does remembering that we’re part of God’s family help when we are afraid?**

- Take responses and show value to each answer.
- It reminds us that we have a Father who protects and cares for us. Being part of His family means we have security, love, and belonging. Fear loses power when we rest in our identity as His children.

## Bible Challenge

### 1<sup>st</sup> through 5<sup>th</sup> Grade – Bible Drill & Bible Trivia

#### Leader Guide:

“Alright, everyone, this is our final week of the Armor of God! So far, we’ve put on the **belt**, the **breastplate**, the **shoes**, and taken up the **shield**. Today, we’re finishing strong with two very important pieces:

- The **Helmet of Salvation** – to protect your mind
- The **Sword of the Spirit** – your one and only weapon!

Let’s read what Paul says about them.”

Read Ephesians 6:13-17

“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. Take the helmet of Salvation and the sword of the Spirit, which is the Word of God.”

#### Helmet of Salvation

Helmets are important in battle, especially back in Roman times when soldiers wore big metal ones to protect their heads. If your head was unprotected, you were in big trouble.

The **Helmet of Salvation** protects our **minds**, our thoughts, our beliefs, and how we see ourselves. It reminds us that:

- We are **saved** because of what Jesus did.
- Our identity is **secure in Christ**.
- We can **think God’s truth** instead of believing lies from the enemy.

Jesus saves us, forgives us, and makes us new. Putting on the helmet means remembering **who we are in Him**, especially when we feel confused, afraid, or tempted to think we're not good enough.

### **Quick Definition: What is Salvation?**

**Salvation is God rescuing us from sin and giving us eternal life through Jesus.**

It's a gift we receive by faith, not something we can earn.

### **Sword of the Spirit**

Unlike the rest of the armor (which protects), the **Sword of the Spirit** is a weapon. And what is it?

*"The sword of the Spirit is the **Word of God**."*

God's Word, the Bible, is powerful. It helps us:

- **Fight lies** with truth
- **Stand strong** when we're tempted
- **Remind us** of God's promises

Even **Jesus used Scripture** as His sword! When the devil tempted Him in the wilderness (Matthew 4), Jesus didn't argue, He said, *"It is written..."* and quoted Scripture.

So when the enemy tries to attack us with lies like "God doesn't love you," we can swing our sword and say:

*"Nothing can separate me from the love of God!"* (Romans 8:39)

Bible Drill – Hebrews 4:12

Bible Trivia:

1. What part of the body does the Helmet of Salvation protect? (C)
  - a. Hands
  - b. Chest

- c. Head
- d. Knees

2. What does the Helmet of Salvation remind us of? (C)

- a. That we're strong
- b. That we're rich
- c. That we're saved by Jesus
- d. That we can run fast

3. What is the Sword of the Spirit? (B)

- a. A wooden stick
- b. The Bible – God's Word
- c. A shield
- d. A prayer

4. Who used Scripture to fight off the devil and temptation in the wilderness? (D)

- a. Moses
- b. Paul
- c. David
- d. Jesus

5. What does God's Word help us do? (D)

- a. Memorize every verse perfectly
- b. Win every argument we have
- c. Learn cool stories about ancient people
- d. Know God's truth and fight against lies

6. What is salvation? (A)

- a. A rescue from sin and eternal separation from God, given through Jesus
- b. A reward we earn by being really good
- c. A second chance given only to perfect people
- d. A way to learn how to follow all the rules in the Bible