

Highlands Kids

Small Group Leader Guide

Series Title – Fear Not

Bible Story – Daniel and the Lion’s Den – Daniel 6

Main Point – I won’t fear because God is strong!

Grade - 1st through 5th

Game Time

Group In The Hoop

Required Items: Hula Hoop and Ball Pit Balls

- Split kids into their small groups in their designated area.
- Each kid should have one ball pit ball in hand.
- Place one hula hoop in the front of the room.
- One at a time have each small group stand up and on the count of 3 have everyone throw their ball into the hula hoop, all at once.
- Count how many balls stayed in the hula hoop per group.
- The small group with the most balls that stayed in the hula hoop wins.
- You can play as many rounds as time permits.

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 is the funniest or weirdest fear you've ever heard of?

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

Ask: What are some common things you, or kids your age might be afraid of?

- Take responses from your group and show value to each answer.
- Answers might include: messing up, being left out, not doing well in school, bad dreams, or something happening to family.
- Those fears are very real – and God cares about each one. But the Bible tells us again and again that God is bigger and stronger than anything we're afraid of. We can trust Him, no matter what.

Ask: What does it mean to say that "God is strong"?

- Take responses from your group and show value to each answer.
- God is all-powerful. That means there's nothing too hard for Him, whether it's calming a storm, helping someone in need, or comforting us when we're afraid. When we trust His strength, we don't have to rely on our own.

Ask: Why do you think God wants us to bring our fears to Him?

- Take responses and show value to each answer.
- Because He cares. He can help us. He already knows what we're feeling. God invites us to pray and tell Him everything, even our fears. He loves to give us peace when we trust Him with the things that scare us. We don't have to hide it; He wants to help us through it.

2nd Video Break

Ask: What's something small that used to scare you but doesn't anymore?

- Take responses and show value to each answer.

Ask: What did Jimmy say fear was protecting him from?

- Take responses and show value to each answer.
- He thought fear would keep him safe from danger or making mistakes.
- That sounds smart at first, right? But fear can also trick us. It often doesn't protect us, unless it keeps us from getting bit by a snake or something similar, but unreasonable fear can keep us from doing good things God calls us to do. It stops us from growing in faith, trusting God, and living with courage.

Ask: Why is fear not from God?

- Take responses and show value to each answer.
- What does our memory verse tell us?
- Because 2 Timothy 1:7 says God doesn't give us a spirit of fear.
- Exactly. God gives us His Holy Spirit, which brings power, love, and clear thinking, not panic or worry. Fear doesn't come from God. He gives us faith, peace, and strength to trust Him, even when things are hard.

Ask: How does trusting God help us break out of the "fortress" of fear?

- Take responses and show value to each answer.
- Because God is strong, and He gives us courage. He's always with us. Fear says "hide!", but God says, "Come out and trust Me!" He wants to help us live with freedom and confidence. Romans 8:15 reminds us that we are not slaves to fear, we're children of God, and He is always near.

3rd Video Break

Ask: Why did Daniel get thrown into the lions' den?

- Take responses and show value to each answer.
- Because he chose to keep praying to God, even though the king's new law said he couldn't.

Ask: Was Daniel afraid? Why or why not?

- Take responses and show value to each answer.
- The Bible doesn't say Daniel was scared, but he trusted God and kept praying anyway.
- That's what courage looks like. Courage isn't "no fear", it's trusting God even if you feel afraid. It's not letting fear control you.

Ask: What did God do for Daniel in the lion's den?

- Take responses and show value to each answer.
- He sent an angel to shut the lions' mouths!
- God protected Daniel because Daniel stayed faithful. That doesn't mean life will always be easy, but it means God is always with us, and He's strong enough to help us.

Ask: Let's say our faith gets tested like Daniel's. What should we do?

- Take responses and show value to each answer.
- Keep following God, even when it's hard.
- God rewards our faithfulness, not with "easy", but with His presence and power. When we choose to do what's right, He is right there with us, stronger than the lions in our life.

Ask: This week, what's one way you can choose faith instead of fear?

- Take responses and show value to each answer.
- Those are great examples. Let's all remember this truth together. Fear is a prison, but faith sets us free. When we feel afraid, we can pray and ask God to help us trust Him more.

Bible Challenge

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

Leader Guide:

“Hey everyone! Today we’ll continue our study on the armor of God. Last week, we learned about the **Belt of Truth** and the **Breastplate of Righteousness**, how God gives us truth and makes us right with Him through Jesus.

This week, we’re talking about something on your feet, not fancy shoes or sneakers, but **God’s armor for your walk through life: the Shoes of the Gospel of Peace.**

Let’s read today’s Bible passage together.”

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.”

“Paul says to put on shoes that come from the **gospel of peace**. What does that mean?

When soldiers go into battle, they need solid shoes that **protect their feet** and help them **stand firm and move quickly**. God wants us to be ready to move forward with **His Good News**, the gospel! And this gospel brings **peace**: peace with **God**, peace in our **hearts**, and peace we can bring to **others**.

But peace doesn’t mean life is always easy or quiet. Peace means we can **stand strong and trust God** even when things around us are hard or scary, because we know Jesus is with us.

Bible Drill – Isaiah 52:7

Bible Trivia:

1. What do the Shoes of Peace help us do? (C)
 - a. Run away from trouble

- b. Dance in church
- c. Stand strong and share the gospel
- d. Kick the devil

2. What does the word “gospel” mean? (C)

- a. A worship song
- b. A story from church
- c. Good news
- d. A Bible character name

3. What kind of peace do we get from Jesus? (B)

- a. Peace and quiet
- b. Peace with God and in our hearts
- c. No homework
- d. A peaceful vacation

4. In Isaiah 52:7, what part of the body is called beautiful? (A)

- a. Feet
- b. Hands
- c. Hair
- d. Eyes

5. What makes our feet “ready” according to Ephesians 6? (D)

- a. Comfy shoes
- b. Running practice
- c. Socks
- d. The gospel of peace