



Materials Needed:
Bible or Bible App,
Blindfold (optional), Opaque Container

GO DEEPER

MORNING MOMENTS



Read: Hebrews 11:1

When you go outside, can you see the wind with your eyes? No! We cannot see the wind, but we know the wind blows because we can see the leaves on trees moving and we can feel the cool air on our faces. Just like the wind, we cannot see God with our eyes, but we can still know God is real and He is with us! Faith is believing that God is there and trusting Him even when we cannot see Him with our eyes. Let's say our special words together: **I Can Bust Fear with God's Power!**

CREATIVE CONNECTION



Faith Sit Down: Ask your child if he/she trusts you. Have your child stand in a space where there is no chair and have them close their eyes (or if they are okay with it you could use a blindfold). Very quietly bring out a chair and position it so he/she will be able to sit in it. When ready, tell your child to sit down. Once they are safely seated, use this to remind your child that faith is choosing to listen to God and trusting Him, even when you can't see.

TABLE TIDBITS



Fill a non-see-through container with water and put a lid on it. Show your child the container and ask if he or she can tell if the container is empty or full just by looking at it. Next, have your child try picking up the container - is it empty or full? Even though we cannot see the water, it's still there! We may not be able to see God with our eyes, but we can trust that He is here with us! That is called having faith!

CUDDLE CLOSE



Pull your child close beside you and say, "God's power is greater than your fears." As you tuck them into bed, sing, "Super Wonderful" (<https://tinyurl.com/SuperwonderfulGod>.) Then pray together, pausing after each phrase, to let your child repeat after you: *Dear God, Thank You for always being there, even when I can't see you. Help me to trust in You. Help me to love You. In Jesus' name, Amen.*

SCRIPTURE	SPECIAL WORDS
<p>REVELATION 1, 21-22 John's Vision</p>	<p>I CAN (POINT TO SELF) BUST FEAR (PRETENT TO BOX WITH HANDS) WITH GOD'S POWER (MAKE MUSCLE ARMS)</p>
<p>READ THIS</p>	<p>God is bigger, stronger, and more powerful than all of our fears. No matter what we are afraid of - the dark, spiders, scary dreams, trying new things - we can know that our big, powerful God is with us. We can trust that He will help us bust our fears. This week, let's Go Deeper and learn how we can bust fear with God's power.</p>
<p>MEMORIZE THIS</p>	<p>"Be strong (<i>one muscle arm</i>) and courageous. (<i>other muscle arm</i>) Do not be afraid (<i>cross and uncross pointer fingers a couple times</i>) or terrified because of them, (<i>hide your face behind your hands</i>) for the Lord your God (<i>point up</i>) goes with you; (<i>march in place</i>) He will never (<i>move hands across body like a referee</i>) leave you nor forsake you." (<i>push both palms straight out like pushing away</i>) Deuteronomy 31:6 (NIV)</p>
<p>IN ACTION</p>	<p>Read a true Bible story to your child each day this week. As your child hears God's Word, they will learn to trust Him more and more with their fears!</p>

CHECK OUT OUR COMPANION VIDEOS ON OUR YOUTUBE CHANNEL:
youtube.com/blueridgecommunitychurch

Materials Needed:
Bible or Bible App,
Bowl of Water

GO DEEPER



MORNING MOMENTS

Read: Exodus 14:5-31

After God brought His people out of Egypt, the Egyptians started chasing after them, and the Israelites were really scared! They were trapped between the Egyptian army and the Red Sea! Moses told the people not to fear because God would fight for them. God pushed the water apart and the people crossed on dry ground! God's power can protect us too, just like He protected the Israelites! Let's say our special words together: **I Can Bust Fear with God's Power!**



CREATIVE CONNECTION

The Israelites were scared when they were trapped at the Red Sea! God sent a mighty wind to push back the water and part the sea. Let's do an experiment to see how powerful that wind had to be.

Directions: Fill a bowl half full with water. Then take turns blowing on the water in the bowl to attempt to "part the water." Playfully encourage your child to not give up and to blow harder.

Whew! You tried really hard! It's impossible for the wind to separate water on its own. Who separated the waters of the Red Sea? God did! God sent the wind that held back the sea walls to save His people!



TABLE TIDBITS

The Israelites could not escape the Egyptians on their own. They needed God to rescue them with His amazing power! Have your child look for something around the house that is difficult to do by themselves and encourage them to ask for help with it. You can ask God for help when you feel afraid and don't know what to do, just like you asked an adult for help in this activity!



CUDDLE CLOSE

Pull your child close beside you and say, "God's power is bigger than your fears!" As you tuck them into bed, sing, "Super Wonderful" (<https://tinyurl.com/SuperwonderfulGod>). Then pray together, pausing after each phrase, to let your child repeat after you: *Dear God, Thank You for protecting me. Please help me when I feel afraid. Thank You for always being with me. In Jesus' name, Amen.*

Materials Needed:
Bible or Bible App, Paper,
Markers or Crayons

GO DEEPER



MORNING MOMENTS

Read: Genesis 1-2:3

Take your child outside. Have your child look for things such as flowers, rocks, trees, or bugs. Do you know who made the flowers, the rocks, the trees, and the bugs? God did! When God created the Earth, there was nothing in it. It was empty and dark. God is so powerful that He just said, "Let there be light," and there was light! God is bigger and more powerful than any of our fears.



CREATIVE CONNECTION

Get a piece of paper and some crayons or markers and head outside to look at the world that God has created. Have your child draw a picture showing the wonderful things God has created. (If the weather does not allow you to go outside, you can look out of a window instead). Remember God is all-powerful and bigger than our fears! Let's say our special words: **I Can Bust Fear with God's Power!**



TABLE TIDBITS

While sitting around the table or sitting in a circle on the floor, have each person who is participating act out or describe something that God created without giving away the answer. The other players can guess what that person is acting out or describing. While playing the game, talk about how God is so powerful that He created everything, and He is definitely powerful enough to bust our fears!



CUDDLE CLOSE

Pull your child close beside you and say, "God's power is bigger than your fears!" As you tuck them into bed, sing, "Super Wonderful" (<https://tinyurl.com/SuperwonderfulGod>). Then pray together, pausing after each phrase, to let your child repeat after you: *Dear God, Thank You for creating the world. Help me see how big and powerful You are! Thank You for being all-powerful! In Jesus' name, Amen.*

Materials Needed:
Bible or Bible App, Flashlight

GO DEEPER



MORNING MOMENTS

Read: John 1:5, John 9:5, Psalm 119:105
What are some things that make light? (Lamps, flashlights, lightning, fireworks, campfires, etc.). When we feel afraid, our fears can seem big and scary, like we are walking around in the dark and we don't know what might be out there that we can't see! But just like a light can show us the way in the dark, God can show us how to bust our fears! He is with us, making our fears seem less big and scary, the way a flashlight chases the darkness away!



CREATIVE CONNECTION

Take your child with you into a dark room. Ask if it is hard to move around or do anything? Turn on a flashlight. Even a small beam of light can make a huge difference when you are surrounded by darkness. Sometimes our fears feel like the darkness. But, God is with us, and with His power on our side we can face our fears! When we trust that God is real and that He is bigger than our fears, then we can be strong and brave!



TABLE TIDBITS

While sitting around the table or in a circle, give your child a flashlight. Have each person go around and say one thing they are afraid of. After each person goes, have your child shine the flashlight on them and say, "**We Can Bust Fear with God's Power!**" Remind your child that God is like a light that can chase away our fears!



CUDDLE CLOSE

Pull your child close beside you and say, "*God's power is bigger than your fears!*" As you tuck them into bed, sing, "*Super Wonderful*" (<https://tinyurl.com/SuperwonderfulGod>). Then pray together, pausing after each phrase, to let your child repeat after you: *Dear God, Thank You for being my light when I am afraid! Help me to trust You when I feel afraid. Thank You for giving me the Bible to help me. In Jesus' name, Amen.*

Materials Needed:
Bible or Bible App

GO DEEPER



MORNING MOMENTS

Read: Matthew 17:19-20
How much do you think a mountain weighs? Do you think it weighs more than you? More than your car? How about more than your house? I bet it weighs WAY more than all of those things put together! Jesus told His disciples that if they have faith the size of a teeny tiny mustard seed they could tell a mountain to jump into the ocean and it would! Sometimes we have to do things that seem too big or too hard, but if we have faith in God, He can help us do those big, hard things!



CREATIVE CONNECTION

Even little children with "small-sized" faith in God can still do big and wonderful things. To illustrate this have someone who is bigger go over to a light switch and turn it on and off. Then have your child come over and show them that even though they are small, they can also turn the lights on and off. It doesn't take a lot of strength to turn the big lights on and off. It is the same with our faith/trust in God. Even if we are a young child with "small-sized faith," God hears our prayers and will help us to do great things for Him.



TABLE TIDBITS

Have your child go on a scavenger hunt around the house to find things that are really small or tiny (for example, beads, keys, paper clip, Legos, etc.). Have your child display the objects on the table. Talk about how a mustard seed is even tinier than these things! And God says that even if we have faith as small as a mustard seed we can do big things!



CUDDLE CLOSE

Pull your child close beside you and say, "*God's power is bigger than your fears!*" As you tuck them into bed, sing, "*Super Wonderful*" (<https://tinyurl.com/SuperwonderfulGod>). Then pray together, pausing after each phrase, to let your child repeat after you: *Dear God, Thank You for Your amazing power! Please help my faith in You to grow. Thank You for doing great things! In Jesus' name, Amen.*