

Play: Feel the fear

Blindfold a family member and get them to feel the different food items and guess what they are.

- Suggested food items: spaghetti, jelly, dried pasta, tinned fruit, cauliflower etc.

Play: Fear charades

Think and name somethings that people are scared of-the dark, spiders etc. Take it in turns to mime that fear to the rest of your family and allow them to guess the fear being mimed. Fear is natural and common, and it's good to know your fears so that you can deal with them and overcome them.

Play: Obstacle course

Create an obstacle course inside or outside your home. Chose one family member to be blindfolded and turned round three times. Another family member should give spoken instructions-go left/right, jump etc. While the first family member is being lead through the obstacle course, the rest of your household should call out unhelpful comments -for instance, "I would hate to go up there, it's way too steep," or "Urghhh! That looks horrible!" to try and put them off. God promises that He will be with us always.

- Does that mean that we are never scared?
- When we feel afraid, how can God help us?

Trusting God is like trusting your family member who was leading the blindfolded person through the obstacles. Although we trust Him, we might still be anxious - but because we trust Him we keep on obeying despite the way we feel.

Watch: David and Goliath

<https://www.youtube.com/watch?v=NuedVFB8-7Y&t=4s>

Read: 1 Samuel 17:1-16, 20-58

David was a Bible character who faced a lot of fears. Throughout his life he had to face his fears and overcome them.

Read 1 Samuel 17:1-16, 20-58

The people of Israel are confronted by their arch enemies, the Philistines, and are terrified of their champion fighter Goliath. Goliath is huge - over 9 feet tall. He is the ancient equivalent of the Terminator and calls for a single combat to decide the battle. David, still a shepherd and still a youth, is bringing supplies for his brothers who are serving in the Israelite army. He is dismayed by Israel's fear of Goliath. King Saul hears of David's attitude and sends for him. When David offers to fight in single combat, Saul dismisses the idea as a joke. But, as a shepherd, David has learned to trust God in the face of terrifying opposition:

David's story is of a young person who trusts God completely 100% - he chose not to be afraid.

What Giants (ie fears) are you facing?

- What fear did David's country face?
- What fears had David had to face as a shepherd? (verses 34-36)
- How did David overcome the fear? (verse 37, 45-47)



Make: Sling shot

You will need: PVA glue, lollipop sticks, string, scissors, elastic bands, egg cups, pencil and tin foil. Click on the link and watch the video for instructions.

<https://www.youtube.com/watch?v=cbCoPMS4dgg>

Pray:

Read Psalm 56:3 "Whenever I am afraid I will trust in You" to each family member saying their name before the verse and then pray for all your family to turn to God and trust in him when they feel afraid.