

FEAR FIGHTERS

FEAR FIGHTERS: PARENT RESOURCE WEEK 1

MEMORY VERSE: 2 TIMOTHY 1:7

BIG ANSWER:

FIGHT FEAR
WITH PRAYER

MEMORY VERSE:

“God hasn’t
given me a spirit
of fear, but of
power, love and
a sound mind.”

2 TIMOTHY 1:7

MATERIALS NEEDED:

- DICE
- NOTECARDS
- PENS

GET THEIR ATTENTION (5 minutes)

Take Turns Rolling the Dice. Answer the “Would You Rather” question that matches the number the dice shows.

1. Purple fur all over your skin or green scales?
2. Breathe out bubbles or snowflakes?
3. Long toenails or long nose hairs?
4. Have the ability to fly or be invisible?
5. Dragon or Unicorn for a pet?
6. Shrink to the size of a mouse or grow to the size of an elephant?

ACTIVITY (15 minutes)

Have your kids take time to write down things that they are afraid of. They can draw pictures if that is easiest for them.

When they are finished have them share what they wrote with you. Try not to dismiss their fears. This is a great opportunity to connect with them and show them how we fight our fears. Share with them ways you deal with or overcome fears you have or have had in the past.

MEMORY VERSE

Take a few moments to go over the verse together as a group.

POST MESSAGE ACTIVITY

Find some paper or a sticky note. Have your child write down the memory verse and choose a place to put it in your home so that everyone can be reminded of it this week.