



## SESSION 4

### BIBLE VERSE

The Lord is my light and my salvation— whom shall I fear? The Lord is the stronghold of my life— of whom shall I be afraid?

Psalm 27:1

### MINISTRY

Roland Bergeron

Water of Life

### HERO CODE

God's Heroes Face Their Fears

### HERO VERSE

“Do good! Seek peace and go after it!” Psalm 34:14B

# OPENING ACTIVITY

## BUCKET OF FEARS

### Materials needed:

- Hebrews 13:5b Banner
- Bucket
- Paper (1 per child)
- Pens/Pencils (1 Per child)

### Activity:

1. Distribute a sheet of paper and pen/pencil to each kid.
2. Instruct kids to anonymously write a fear or worry that they have on their sheet of paper. Tell them to be as specific and as honest as possible.
3. When finished collect the papers into a bucket, and the pens/pencils to be set aside so they won't be tempted to write on their desks or selves.
4. Mix up the sheets of paper in the bucket.
5. Take the bucket around the room and have each kid draw out a piece of paper.
6. Kids will take turns reading the fear aloud, and attempt to explain what they think the kid who wrote the fear means.
7. When discussion has come to a conclusion, they can tape or pin the sheet of paper below the Hebrews banner.
8. After all fears have been read and elaborated, discuss as a whole group what some of the common fears were and how God can help us over come our fears.



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# LESSON

When we spoke about courage on Tuesday night, we said that courage was doing the next right thing, even when you were afraid. There are many people who are helping others and being obedient to God by working in difficult places even though it may be scary at times.

### BEGIN SLIDESHOW

Roland Bergeron retired from building homes in South Carolina and began helping people have clean water in India and Africa. People are always happy, everywhere in the world when their village gets a new well with clean water but sometimes getting to those places can be difficult and dangerous. Also, when someone travels to remote areas, they probably won't be able to speak the language of people.

Roland has spent years making friends with people who can translate for him and helping people learn how to drill water wells and take care of the drilling equipment. He has helped people buy equipment and now he raises money from America to hire these drilling companies to drill wells in Telangana and Andhra Pradesh, India and in Liberia and Sierra Leone, Africa. These places not only have language and safety problems for Roland but they are also places where rare and deadly diseases cause people to become very sick. Roland has had to deal with many fears, fear of flying in an airplane and fear of not understanding what people are saying. His fear of getting sick with dysentery or Ebola. But Roland trusts that where God leads him, God will protect him.

### SHOW VIDEO (READ SUBTITLES TO THE KIDS)

### CONTINUE SLIDESHOW

Pastor Mark has taught that the safest place to be is in the middle of God's will. If we want to follow Jesus' call on our lives, to walk where He would have us walk, to do what He wants us to do, we might have to face our fears. Fears are not little things and they are not always imaginary things, but we need to trust in the Lord with all of our heart and lean not on our own understanding. Sometimes we will need to remind ourselves that The Lord is the stronghold of our lives. If we trust in the Lord and face our fears, we join God in what He is doing and see Him touching lives and changing hearts. We can help make the world a better place because God has helped us to do things that we never could have done by ourselves. Roland is blessing many people



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and villages in many places because he has faced his fears and kept on doing what God wanted him to do.

### MOVE ON TO DISCUSSION QUESTIONS



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# QUESTIONS & LIFE APPLICATION

#### 1. Have you ever faced a fear?

But even if you should suffer for what is right, you are blessed. “Do not fear their threats; do not be frightened.” 1 Peter 3:14

#### 2. Is it harder to be fearless when you are alone?

... because God has said, “Never will I leave you; never will I forsake you.” Hebrews 13:5b

#### 3. How can I be strong when I am afraid?

Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, 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. Ephesians 6:14

#### 4. The Big Question: Can I help someone face their fears even if I am afraid?

### HANDOUTS

If you still have time in your rotation, kids can work through the activity pages.



# Armor of God

Read Ephesians 6: 11-17. Fill in the blanks with the words at the bottom of the page.

“Put on the whole \_\_\_\_\_ of God so you can stand against the wiles of the devil. For our fight is not against flesh and blood, but against principalities and \_\_\_\_\_ and rulers of the darkness of this age, and spiritual forces of wickedness in \_\_\_\_\_ places. Put on the whole armor of \_\_\_\_\_ that you can \_\_\_\_\_ in the evil day, and, having done all, to stand. Stand, having the belt of \_\_\_\_\_ buckled around your \_\_\_\_\_ with the \_\_\_\_\_ of righteousness, and having fitted your \_\_\_\_\_ with the preparation of the Good News of \_\_\_\_\_; Take up the shield of \_\_\_\_\_ with which you can quench the fiery \_\_\_\_\_ of the evil one. Take the \_\_\_\_\_ of salvation and the sword of the \_\_\_\_\_, which is the \_\_\_\_\_ of God.”

HELMET  
WORD  
ARMOR  
POWERS  
HEAVENLY

DARTS  
GOD  
TRUTH  
WAIST  
BREASTPLATE

FEET  
PEACE  
FAITH  
WITHSTAND  
SPIRIT



# ARMOR OF GOD

## WORD SEARCH

P	E	A	C	E	S	S	U	S	I	C	X	O	R	D
L	B	Q	Z	O	W	A	M	H	P	T	C	V	I	V
C	E	X	B	H	O	D	I	I	X	K	M	R	G	K
H	L	U	B	O	R	K	P	E	K	L	R	W	H	Z
E	T	J	R	H	D	E	N	L	Y	C	H	U	T	S
L	E	G	E	O	G	E	A	D	S	E	T	O	E	A
M	R	X	A	A	L	O	J	B	O	I	M	U	O	L
E	C	T	S	N	U	K	U	G	F	X	X	S	U	V
T	R	R	T	U	S	F	M	F	J	H	W	P	S	A
F	N	U	P	L	C	N	B	V	S	J	B	I	N	T
B	I	T	L	T	H	T	H	C	H	H	U	R	E	I
N	F	H	A	C	L	X	C	U	O	A	X	I	S	O
E	Q	Z	T	D	I	G	Z	J	E	H	W	T	S	N
T	W	T	E	D	L	K	J	O	S	H	U	I	U	F
W	A	F	A	I	T	H	U	F	A	P	L	P	O	B



Truth  
Belt  
Righteousness  
Breastplate  
Peace  
Shoes  
Faith  
Shield  
Salvation  
Helmet  
Spirit  
Sword

