

Fear Factor

SCRIPTURE

"So do not fear, for I am with you." Isaiah 41:10

Focus

We can rely on God to be with us and help us through our fears.

Object Talk

How many of you have been to the zoo and have seen the lions? They sure are fierce animals. They're big and strong with the loudest roar you've ever heard. Who can demonstrate a great big lion's roar? Invite several volunteers to demonstrate roars. Those roars were awesome. They scared me, and I knew that you weren't really lions.

In the Bible, we can find a great story about a man named Daniel who had to stay all night long in the same room with a bunch of lions. Here's what happened. One day King Darius made a law that anyone who prayed to a god or man except the king would be put in a lion's den. Daniel was not about to stop praying to God. So, they threw him in a den of lions to be eaten. Do you think Daniel was scared? You'd better believe he was. But he knew that God would be with him no matter what happened. The next morning the king went to check on Daniel. To his surprise Daniel was alive and well! Daniel said, "My God sent His angel, and He shut the mouths of the lions" (Daniel 6:22). After that, the king was convinced that Daniel's God was the one true God.



CONCLUSION

We'll all face fears in life. But we can learn from the story of how Daniel handled his fears. He faced his fears knowing that no matter what happened, God would be with him. God promises His help when we're afraid. Read Isaiah 41:10 aloud. We can remember to have faith that God is with us and ready to help us, no matter what fears we face. Whether it's a mean kid at school, or the dark, or an illness, rely on God to be there to face your fear with you.

Close in prayer.

Going the Extra Mile

ACTIVITY

Help students form groups of three to six. **Think of a scary situation that you or someone you know has been in. Tell your group the story.** After everyone has told a story, have the small groups report a scary story to the large group.

- **What makes a situation scary?**
- **How can trusting in God help?**
- **What do you know about God that helps you trust Him?**

BIBLE DISCUSSION

We've already taken a quick look at the story of Daniel and the lions' den. Let's take a closer look at what happened to cause Daniel to get into so much trouble. Have a student read Daniel 6:1-17 aloud. **Daniel did everything the right way. He became the king's most trusted advisor and yet, because of other evil men, he ended up with the choice to betray God or face death. Daniel's fear could have caused him to run away from God, but he decided to trust in God. He chose to face death.**

- **If you were Daniel, what you would have done?**
- **Why do you think Daniel chose to depend on God?**

LIFE CHALLENGE

Being a follower of Jesus can bring us face-to-face with our fears, just as it happened with Daniel. We won't be able to face our fears unless we put our trust in God like Daniel did. Sometimes our fear tempts us to ignore God. We can resist that temptation and rely on God's help. He promises to help us know what to do, even when our fears are as scary as being in a lions' den! Invite a volunteer to read Isaiah 41:10 aloud.

PRAYER

God, thank You for giving us strength when we are afraid. Help us to trust in You when we are afraid. Thank You for taking care of us in a world that can be so scary sometimes. In Jesus' name, amen.