



Hey Mom & Dad,

We are happy to partner with you in helping your children get to know Jesus better even in these challenging times.

We encourage you to stay in faith and help your children remain rooted in the word by doing the daily declarations and devotions with them. Have fun with it!

We love you and we are praying for your family today!

3CK Team

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### Overview of Today's Lesson:

#### I am not afraid

#### **Welcome**

We would like to encourage you to start this time with thanksgiving & praise. Psalm 100:4 (NLT) says: "Enter His gates with thanksgiving; go into His courts with praise. Give thanks to Him and praise His name."

Thanksgiving and praise is not just singing a song. You can start by asking each child what they are thankful for. Let them start by saying... "I thank God for..."

Help them by using examples...

- for waking us up today
- for helping me play nicely with my brother
- for providing for us
- for protecting our nation

You can then choose from a variety of 3CLive songs to continue in praise & worship. Allow the children to choose two of their favourite songs. Make it fun as they do their own dance moves to the faster song. The important thing is that the children are mindful to praise and worship the Lord with you.

Our top choices for the week:

Halalela

We are the light

How Great

#### **Declaration**

I am not afraid.

#### **Memory Verse**

Matthew 10:31 NLT

So don't be afraid, you are more valuable to God than a whole flock of sparrows .

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**Happy Healthy Me****Healthy food to eat:**

- Fresh fruit: apples, grapes, banana, oranges
- Fresh veggies: carrots, broccoli, pumpkin, beetroot
- Snacks: popcorn and dried fruit
- Dairy: milk and cheese
- Lots of water: at least 5 glasses of water per day

**What not to eat:**

- cereal with lots of sugar
- white bread
- fizzy drinks

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**Story Time – Deborah Judges 4:1 – 23 NLT**

Deborah was one of the judges in Israel. The Judges were the leaders of Israel who helped God's special people obey God's law.

God gave the children of Israel a beautiful place to live, but the people forgot about God and did bad things. This got them into trouble. An enemy took over their land and was cruel to them. The man in charge of the enemy was called Sisera.

Deborah loved God. She was so wise that everyone listened to her. God would give her special messages to tell the people. One day, God told her to call Barak, the leader of Israel's army and tell him to go into battle with Sisera because God would let him win.

Barak was scared. He knew the enemy was very strong. They had a much bigger army and 900 chariots. Barak said he would only go if Deborah went with him. Deborah believed God and went into battle with Barak.

When the battle was ready to begin, Sisera's army became confused and they began to panic. Sisera's army was defeated by Deborah, Barak and God's special people. God kept His promise and saved His people.

**Lesson points**

- Barak was really scared of the enemy, Sisera because his army was strong and cruel.
- (Ask the children if they have been in a situation where they have been scared of something)
- Barak was afraid to do what God told him to do.
- Deborah was different. She believed God.
- Deborah agreed to help Barak and her faith helped Barak trust God.
- Tell the children that sometimes scary things can happen around us but we never have to be afraid.
- We can trust God because He loves us and He wants to take care of us
- We can trust God even when no one else does
- When we trust God, we know He will always help us conquer because we are special to Him.
- Our faith can help others trust God too

Give a moment for the children to consider if they have been trusting God. Ask them if you can pray for their hearts to trust God completely. Ask the children to pray and repeat after you:

"Father God, thank you for loving me. Thank you for protecting me. Please forgive me for being afraid and not trusting you always. I apply the blood of Jesus, that helps me to be faithful that I can always trust you. Help me help others to also trust you too. In Jesus name. AMEN"

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**Activity to illustrate work of judges:** Set up five or six stuffed animals or toy cars. Make up a law such as every teddy bear must wear a ribbon (be sure that at least one of the toys breaks the rule you have selected) Discuss and help your child figure out which toy(s) are breaking the rule. Explain that a judge would have to send the bear to the corner for punishment because their job is to follow the law.

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### Life Application

3-6 YEAR OLDS:

- Who were the main Bible characters in the story we read today?
- Do you think Deborah was brave?
- Did Deborah believe God?

7-11 YEAR OLDS:

- Who were the main Bible characters in the story we read today?
  - Who was Deborah?
  - What did she do?
  - Do you think she was brave?
  - How can we help build our faith when things are scary?
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### Proclamations

PROCLAIM: God's plans for me are for good and not disaster (Jeremiah 29:11 NLT)

PROCLAIM: I will not die, but I will live and tell everyone about Jesus (Ps 118:17 NLT)

PROCLAIM: God is good to us. He forgives us all our sins and heals all our diseases (Ps 103 NLT)

PROCLAIM: I am not a fearful slave. I am a child of God (Romans 8:15 NLT)

PROCLAIM: I will not fear because I have received God's Spirit (2 Timothy 1:7 NLT)

PROCLAIM: I love Jesus and trust Him; He will rescue me (Ps 91 NLT)

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Let's Pray!

Dear God, Thank you for being our Father and loving us so much! Thank you for forgiving all of our sins and sending your only son, Jesus to die on a cross and beat death. We trust you and we know that you are always with us no matter what! You make us strong and brave. We love you!

In Jesus' name,  
Amen

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