



# CLIMB Parent Resources

June 20 & 21, 2020

## Ananias Helps Paul

Our Bible story this week comes from Acts 9:10-31.

## Fears and Emotions

**Supplies:** craft supplies such as Wiki sticks, macaroni, pipe cleaners, or whatever you have at home

- Set out your chosen supplies and guide your kid(s) to “draw” (or arrange supplies in the shape of) facial expressions for the following emotions:
  - Happy
  - Sad
  - Angry
  - Scared
  - Confident
- Call out the emotions one at a time and give kids a few moments to draw or arrange them.
- Then move on to the next one, as time allows.
- You can also play a family game of Pictionary where the things being drawn are things which people usually have fears.

**Some suggestions for clues include: thunder, spiders, dark, small spaces, reading or speaking in front of a crowd, different animals, heights, water, clowns, storms.**

### What You Say:

**“There are many emotions that we feel, aren’t there? When are times that you’re happy? Sad? Angry? Scared? In our Bible story this week, we heard about two people who probably felt scared but chose to trust God anyway. How can we be like them? What can we learn from them?”**

# Facing Fears

**Supplies:** Gallon-size plastic, zipper-top bag; water; skewers or a sharpened pencil; container

Watch <https://www.youtube.com/watch?v=OudAZpi1Nko> for a visual of the experiment

## What You Do:

- Fill the plastic bag with water and tightly seal it.
- Gather together around the container (like a large bowl or the sink)
- Ask kids what they think would happen if you pushed a skewer or sharpened pencil through the bag.
- As everyone braces themselves for water to go everywhere, hold the bag over a container and pierce through bag (straight to the other side) with the skewer or pencil.
- As you continue to hold the bag, take turns sharing a fear they might have.
- ***(NOTE: Make sure to keep the bag over the container, just in case. If the bag isn't pierced swiftly enough, the plastic won't form a seal around the skewer and water will leak out.)***
- As your kid(s) share their fear, offer an idea about how Jesus can help them face that fear. (For example, if the fear is playing in their piano recital, Jesus wants them to do a good job and will help them be brave as they play their music.)
- ***Tips:***

***In order for the experiment to have as much of an impact as possible, do not remove the skewers in front of your kid(s) when you're finished. Just place the bag in the container.***

***Consider practicing this before attempting it in front of your kids.***

## What You Say:

"Just like it's hard to understand why the bag didn't leak, it's hard to understand how Jesus can help you face your fears. You've never seen Him. You might not feel like you know Him. But He is powerful. He sees all things and understands when you're scared. You don't always understand how God works, and that's okay. Nobody does! **Knowing Jesus can help you face your fears.** The next time you're afraid to tell the truth, or give a speech, or take a test, remember that Jesus is with you and wants to help you face your fears."

***(Make it Personal) (Share a story of a time when you were afraid to do something and how your trust and faith in Jesus gave you the courage to overcome your fear to do what you needed to do.)***



# Fears Lift

**Supplies:** Glass or white porcelain baking dishes, dry erase markers, water, sticky note, permanent marker, large water-proof container, towels, white paper if clear dishes are on dark floors or tables

Watch <https://www.youtube.com/watch?v=uo1qKHf3U> for a visual of the experiment

## What You Do:

- Talk about times when they or someone they know might be afraid (when it's dark, when they're alone, when someone's sick, when their parents aren't getting along, the first day of school, etc.).
- Give your kid(s) a baking dish and a dry erase marker each.
- Have your kid(s) write or draw on the bottom of the dish times they or someone else might be afraid.

**NOTE:** If you have glass baking dishes and dark floors or tables, set the dishes on white paper so kids can see their words or drawings more clearly.

- Use a sticky note and a permanent marker to label the water container, "knowing Jesus."
- Slowly pour water into each baking dish until the dry erase ink "lifts."
- Use the conversation below as a guide to talk about how knowing Jesus can help your kid(s) face their fears.
- If time allows, help kids pour out the water, dry the dishes, and repeat the activity.

## Discussion suggestion after activity:

"Everyone gets afraid sometimes. Even grownups who believe in Jesus and have a friendship with Him get scared! **Parent(s): Quickly share an example of when you get scared.** But guess what?! God is always with me. And He's always with you, too! When you know Jesus, God's Holy Spirit is in you and will be with you. He will help you face your fears. We can say it this way, **knowing Jesus can help you face your fears.**"

# Prayer and Closing

## What You Do:

- Give kids a moment to pray silently that God will give them practical ways to face their fears.
- Encourage them to also pray for their friends and to thank God for giving them people to have fun and learn about God with.
- Close with a family prayer.

## Prayer example:

"Heavenly Father, You know everything about us. You knew what our fears were even before we voiced them. You know when we face situations that make us nervous or when we're scared how things will turn out. Help us to believe that Jesus is with us, just as He was with Ananias and Barnabas. Grow our faith so we can trust that the Holy Spirit is our helper and is always with us, helping us face whatever we fear. We love You. In Jesus' name, amen."

