



Trek Parent Resources

June 20 & 21, 2020

Ananias Helps Paul

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

Phreaky Phobias and Phears

- Write down all of the fears listed below on a sheet of paper. Have your kids come up with what someone who has that fear is afraid of. It is up to you if you want to allow searching on the Internet for the answers.

“Phreaky Phobia”

Arachnophobia

Felinophobia

Insectophobia

Kathisophobia

Megalophobia

Noctiphobia

Oneirophobia

Placophobia

Rupophobia

Sesquipedalophobia

“Phears”

Fear of spiders

Fear of cats

Fear of insects

Fear of sitting down

Fear of large things

Fear of the night

Fear of dreams

Fear of tombstones

Fear of dirt

Fear of long words

Discussion suggestion after activity:

“We’re all afraid of something. Some fears are bigger than others. The things that scared you when you were two years old probably don’t bother you now—or maybe they still do. Sometimes a fear stays with us all of our lives. God gave us the feeling of fear because it can be a helpful warning when we need to be careful. We need to learn when fear means to STOP, when it means to trust, and when it means we should do BOTH. Our Bible story this week showed us someone who was faced with a very real fear—freakier than a fear of spiders or the dark. He chose to listen to what God told him to do.”

Memory Verse Review and Experiments

Supplies: Bible, paper clips, strong magnets, thread, tape

- Look up Hebrews 11:1 and read it together.
- Repeat the verse together a few times replacing the pronoun “we” with “I.” (*Faith is being sure of what I hope for. It is being sure of what I do not see.* NIV)
- Discuss how this verse might be helpful when you are afraid and need to remember that God is with you.
- Lead your kid(s) in the following steps to set up an experiment that illustrates God’s unseen presence and the power of faith over fears.
- Tie a 12-inch length of thread to a paper clip.
- Tape the other end of the thread to a table, floor, or fixed object.

Perform the experiments below pausing after each to ask discussion questions. Watch <http://bit.ly/2uke3d8> for an example of this experiment.

EXPERIMENT #1: Hold the magnet above the paper clip. It will jump up and try to make contact with the magnet, but the thread will keep it from reaching all the way. The paper clip will then “hover” in the air.

In what ways does the magnet remind you of God? How does it remind you of faith?

How does this experiment illustrate Hebrews 11:1?

EXPERIMENT #2: Place different objects between the paper clip and the hovering magnet to see what disrupts the magnetic effect and what doesn’t. For example, tissue paper, pen, heavy paper, a hand, cloth, book, or whatever items kids want to try. Depending on the strength of the magnet, the paper clip should not be affected by some of the objects.

What gets in the way of our faith the way some of the objects got in the way of the magnet’s power?

When fear gets in the way of faith, what can you do?

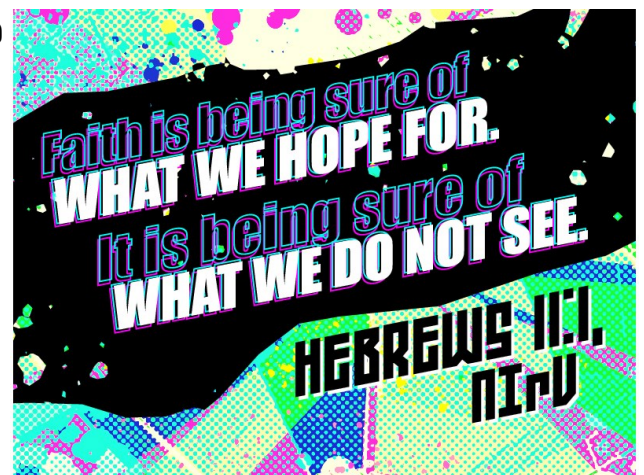
EXPERIMENT #3: See how far away the paper clip can be held before it’s out of range of the magnet’s force and drops.

Faith is strongest when we stay close to God.

What can we do to make sure that happens?

Fear is stronger than faith. Agree or disagree? Explain.

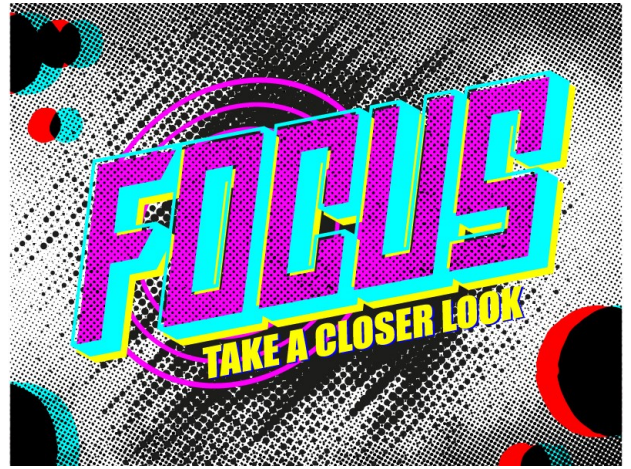
Challenge your kid(s) to share additional ways to use the magnet and paper clip to illustrate faith, God’s power, and the effects of fear.



Discussion Questions

- When could fear be a good thing?
- What is one fear you wish you didn't have? How might God help you have courage?
- If someone is brave or courageous, does that mean they're not afraid? Why or why not?

How does knowing Jesus help us face our fears?



Prayer and Closing

- Talk as a family about how you would react to different situations that might be intimidating or scary. Come up with a rating system, like 1-10 (with 1 being no fear to 10 being terrified).
- Use the suggested fears below then ask your kid(s) to name additional things they find scary.

Storms

Sickness

Performing in front of an audience

Heights

Spiders

Death

Getting lost

- Discuss: Were you surprised to discover that your family members share the same fears as you? The world can be a scary place at times. Fears are real and sometimes they feel bigger than we can handle. Good thing our God is always bigger and always with us.

- Have everyone share a “faith request” — something you need to trust God for—then pray for one another.



Dear God, help us to trust You when we feel afraid. Thank You for always being bigger, stronger, closer, and greater than anything we fear.