

February 22, 2026  
1<sup>st</sup>-3<sup>rd</sup> Grade Sunday School  
Week 1: We Don't Talk About... Fear

Video Game:

The Encanto Run

*It is in the "Sunday School Videos" album and the date is in the comments.*

**Game:** SUPER-VILLAIN CHARADES

**ITEMS NEEDED:**

A bucket and some paper

**INSTRUCTIONS:**

Write the names of some famous super-villains kids will know on slips of paper: The Joker, Darth Vader, etc. Put them into a bucket. Pick a few kids to come up, draw out a slip of paper, and act as that villain. See if the group can guess who they are.

**WHAT'S THE POINT:**

If we can talk about super-villains, we can talk about our fears with God.

**LESSON:** When we know God, we can talk about our fears without being afraid.

There are some topics that no one wants to talk about. Things that are uncomfortable or awkward or divisive or downright frightening. Let's talk about politics, for example. Actually, no, let's not talk about politics. No one likes to talk about politics because talking about politics always leads to arguments.

Sometimes the thing we don't want to talk about is more specific. Like the family in that cartoon movie who had a relative they never wanted to talk about. I don't know about you, but I find it funny how a family that doesn't like to talk about someone just can't stop singing about him!

Some of the hardest things to talk about are our feelings. And guess what? We're going to be talking about some of those very things in this series. I know it's not easy to talk about feelings, but we want to discuss them for one reason. We want you to know it's okay to talk about those feelings. We don't have to be afraid to talk about these feelings because God can help us to deal with them.

Speaking of being afraid, fear is the first topic we want to talk about. Fear comes in all shapes and sizes, from fear of scary animals to fear of the dark to fear of things like rejection and loss. Fear can be beneficial at times, but fear can also hold us back, keeping us from enjoying blessings God wants to give us.

Fear is as old as time itself, going back to the Garden of Eden. And if any two people had a reason to be afraid, it was Adam and Eve!

READ GENESIS 3:6-12

Adam and Eve were afraid of God. They were afraid because they had broken the one rule He had given them: do not eat from the forbidden tree. They

knew they had done wrong, and they were terrified of what God was going to do with them.

God was saddened by what Adam and Eve had done. Adam and Eve's sin forced them to become separated from God. But if you know your Bible, you know what happens later in the story. God sends His Son Jesus to pay the price for sin. Jesus died for Adam and Eve, and He died for you and me.

Because Jesus died and rose again, we can be forgiven of our sins. We can have eternal life. Jesus has made a way to take away our greatest fear. And Jesus can help us face any other fear that comes our way.

When Jesus died and rose from the grave, He conquered both sin and death. Anyone who believes in Jesus does not need to fear death. We know that we've been forgiven. We know that we will spend eternity with Jesus.

Any other fear we might have is small compared to that, but they can still feel very large and very big. Fear of rejection. Fear of disappointment. Fear of loss. Fear of not fitting in. These fears can be crippling, and when we bottle them up inside, they only seem bigger.

The best way to face these fears is to talk about them. We can talk to Jesus. We can talk to family members we trust who will listen. We can talk with friends at church. We can ask these trusted friends and family to pray with us so that God can give us peace of mind.

Fear is no fun to talk about, but the first step to facing our fears is to talk about them. When you feel afraid, reach out to God. Talk to someone about what frightens you. We can talk about our fears because we know, in Jesus, we have nothing to fear. God will give us strength and comfort. God will give us peace.

## Discussion Questions:

1. Which is scarier: snakes or clowns?
2. Which is scarier: the answer to the last question, or losing a friend?
3. What were Adam and Eve afraid of?
4. What did Jesus do to save us from the fear of sin and death?
5. Can talking about fear help us to deal with that fear?
6. What should we do when we feel afraid?

Close in prayer.

## Memory Verse:

LAST WEEK'S: "I heard a loud voice from the throne. It said, "Look! God now makes his home with the people. He will live with them. They will be his people. And God himself will be with them and be their God." Revelation 21:3 (NIRV)

NEW THIS WEEK: "So confess your sins to one another. Pray for one another so that you might be healed. The prayer of a godly person is powerful. Things happen because of it." James 5:16 (NirV)

If they memorize the verse, they can get a ping pong ball to put in the BLUE BOX in the hallway.