



SUNDAY

MORNING SERVICE

8:30 10:30	TEAM HUDDLE: Announcements, prayer, and service overview in the Explorers Room.
8:45 10:45	CHECK-IN: Welcome kids by name and invite them to join you at an activity.
9:05 11:05	WELCOME & WORSHIP: Join the kids as you sing, dance, and model a heart of worship.
9:15 11:15	DISMISS PRETEENS & BIBLE LESSON: Sit with the kids, engage with them during the lesson, and help them pay attention.
9:35 11:35	RED: Station 1 YELLOW: Station 2 BLUE: Station 3
9:45 11:45	RED: Station 2 YELLOW: Station 3 BLUE: Station 1
9:55 11:55	RED: Station 3 YELLOW: Station 1 BLUE: Station 2
10:05 12:05	CHECK-OUT: Clean up the station activities and bring the Check-In activities back out.

STATION 1

September 13

K-3R



The Sun Stands Still Joshua 9–10

Key Verse: “I looked to the Lord, and he answered me. He saved me from everything I was afraid of.” Psalm 34:4

Big Idea: God has power over all things, so we can battle our fear with faith.

FEAR KNOT GAME

Set up: **Have the kids sit in the chairs along the walls.**

- **Introduce yourself and have the kids share their names.**
- **If it is the second or third rotation, see if kids know each other's names.**
- **Tell them the Big Idea: God has power over all things, so we can battle our fear with faith.**
- **Explain the game to them.**

Say: **We all get afraid sometimes, but God says “fear not.” We’re going to play a game right now that will help us think about how having faith in God can keep us from getting tangled up with fear.**

Directions: **Tell your group to stand shoulder to shoulder in a tight circle around the rug. Choose a kid to go first. Ask them to share something that they are genuinely afraid of.**

After answering, have them reach across the circle and hold someone's hand. Have the kid who received the hand holding share a fear, then reach across the circle with their free hand and hold someone else's hand.

Continue until every kid has shared a fear and all hands are being held. When finished, the kids will be in a tangled knot.

Say: This is what fear does to us — it puts us in a tangled knot. But God has the power to free us from the fear knot. Psalm 34:4 says, "I looked to the Lord, and he answered me. He saved me from everything I was afraid of." Let's see if we can get free from the fear knot.

Directions: Challenge your group to untangle themselves and make a circle without letting go of each other's hands. They'll have to pass over and under one another's arms to untangle the knot. Assist the kids only as needed.

When finished, have the kids take a seat and ask the questions below. Afterwards, if time and interest permits, allow the kids to create more knots and attempt to get free.

Questions: Have everyone come back to the chairs to answer the discussion questions.

- **How can having faith in God help you with your fear?**
- **God has power over all things! Does knowing that give you courage when you are afraid?**
- **Why or why not?**

STATION 2

September 13

K-3RD



The Sun Stands Still Joshua 9–10

Key Verse: “I looked to the Lord, and he answered me. He saved me from everything I was afraid of.” Psalm 34:4

Big Idea: God has power over all things, so we can battle our fear with faith.

BOTTLES OF FEAR OR FAITH

Set up: Set up: **Have the kids gather around the table.**

- **Introduce yourself and have the kids share their names.**
- Ask the Ice Breaker Question: **What are you afraid of?**

Directions: **Did anyone say they were afraid of being outnumbered by 5 ferocious armies? (Kids respond.) No! But if you were Joshua, I’ll bet you would have been.**

When Joshua and the army of Israel started to feel afraid, what did God say to them? (Take answer.) Our Bible verse says “I looked to the Lord, and he answered me. He saved me from everything I was afraid of.” Psalm 34:4

The army of Israel had faith in God’s power, so when fear attacked, it didn’t even put a dent in them. Let me show you what I’m talking about.

(Show the kids two empty plastic water bottles, one with no lid and one with its lid securely fastened.) On the outside, both of these water bottles look the same, but on the inside, they're different. (Hold up the bottle with no lid.) This bottle is like the 5 armies — it's empty. There was no faith in them. (Hold up the bottle with lid.)

This bottle is like the army of Israel. Although you can't see it, it's filled with faith in God. (Set both bottles on a table. Put on a glove with the letters F-E-A-R written across the knuckles.) When fear attacked the 5 armies,

(lay down the bottle with no cap and punch it with the F-E-A-R fist; hold the bottle up for kids to see) it crushed them and they ran away. But when fear attacked the army of Israel, (lay down the bottle with cap and repeat the above instructions) it didn't even put a dent in them and they fought bravely. (Take off glove and set it aside.)

Remember, though, when you have faith in God and look to Him, He can save you from your fears. God has the power to pour hail down from the clouds, He has the power to make the sun stand still in the sky, (hold up water bottle with cap) and He has the power to stop fear from crushing you. God has power over all things, so we can battle our fear with faith in Him.

Questions: After the game, put away the items and ask the kids the following questions:

- If the sun didn't go down for an entire 24-hour day, what would you do with the extra daylight?**
- Has God ever saved you from something you were afraid of? Tell us about it.**

STATION 3

September 13

K-3RD



The Sun Stands Still Joshua 9–10

Key Verse: “I looked to the Lord, and he answered me. He saved me from everything I was afraid of.” Psalm 34:4

Big Idea: God has power over all things, so we can battle our fear with faith.

THE SUN STOOD STILL CRAFT

Set up: **Have the kids sit in the chairs around the table.**

- **Get their attention and introduce yourself before you get any supplies out.**
- **Explain the steps of the craft before you begin.**

Directions:

1. **Give each of the kids a coloring page.**
2. **Have them all read the verse out loud together.**
3. **Tell them to write their name on the bottom.**
4. **Give them some yellow and orange tissue paper and have them glue it to the sun.**
5. **Let them color the page however they'd like.**

Questions:

- **What was your favorite part of the story to imagine? How did you imagine it?**
- **During the battle, why do you think the 5 armies were filled with fear while the army of Israel wasn't?**

Clean up: **When there are 2 minutes left on the countdown tell everyone to hang up their craft and help clean up for the next group.**