



**GO!**  
Join the Story!

## FAMILY ACTIVITY

### Fear Not

**Directions:** Tell your group to stand shoulder to shoulder in a tight circle. Chose 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 to 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.

**Question:** How can having faith in God help you with your fear?

**Question:** God has power over all things! Does knowing that give you courage when you are afraid? Why or why not?