



Online session

Sunday 29th March 2020

Talk Time!

Hey Kids!
Today we are talking about Fear and how we can tell it to go away!
Check out this fab video from our good friend 'Douglas' called 'Be Brave and Be Wise'!

[Click here!](#)



Douglas said that 'being brave isn't pretending that nothing is wrong. Being brave is doing what you need to do even when it's scary'.

The bible tells us that we must be **STRONG** and **COURAGEOUS** because God is with us wherever we go! That doesn't mean that the thing we are afraid of goes away, it means that God will help us when things are difficult.

What are some things that worry you?

What could we do when we feel afraid?

Why not write a prayer, asking God to help you feel brave and promising him that you will trust him too.

Worship Time!

Click on the links and worship together with your family....

[Click here!](#)

[Click here!](#)

Pray: Thank you God that we can praise you and worship you, thank you that you are here with us as we do. Please help to learn and grow deeper in you today.
Amen

Bible Time!

Be Strong and courageous, do not be afraid, do not be discouraged, for the Lord your God will be with you wherever you go!

Joshua 1:9

God's perfect love drives out fear.

1 John 4:18

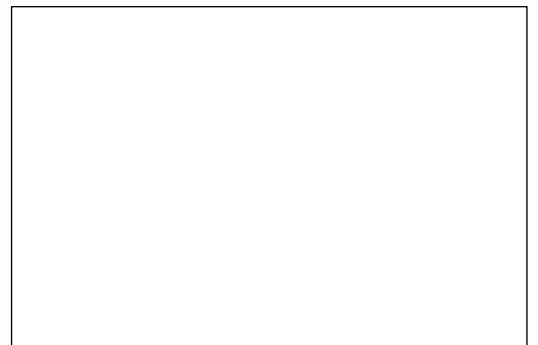
Activity Time!

Create your own BRAVE superhero, you could do it in this space, or if you are looking at this on your computer, you could draw it on paper;

My Superhero is called;

Here is a description of my Superhero;

Or why not use some paper and pens to create a superhero mask?!



Did you know!

Whenever light shines on an object, there is a shadow, because the object blocks the light from touching that part of the wall or ground, so the shadow is created!

Just like your shadow is with you wherever you go, So God is with you too!

Whenever you see your shadow, just remember that God is with you wherever you go, so you can be brave!

Challenge Time!

We are enjoying some brighter days now, why not go into the garden, or stand near a window and see what shapes in shadows you can make with your body!

Can you make;

A letter?

A bird?

A star?

A penguin?

A shape?

Check out this link for some fun shadow animals you can make with your hands.... Can you do them all?

[Click here!](#)

Response Time!



This activity is usually done using orbees, but you could use any objects, in a bowl, that you can find around your home, such as marbles, buttons or even dried pasta!

In 1 Peter 5:7, we are told to give all of our worries to God because he cares for us!

We can give our worries to God!

Pick up the objects in the bowl.

Imagine that each one is something that worries you inside.

As you drop them back into the bowl, it's like you are letting go of the worry inside.

When you drop them back into the bowl, pray and give your worries to God, because he cares for you.

Prayer Time!

God does not want you to feel afraid, even though we might be in scary times, he wants you to be **BRAVE, STRONG and COURAGEOUS**.

Let's Pray ;

Thank you God that we can give all of our fears and worries to you! Thank you that throughout this difficult time we are now going through, you are right here with us, we are not alone.... You are stuck to us like our shadow! Please help me to be **BRAVE and COURAGEOUS** and to **TRUST** you because you know everything. Amen.

This week, why not check out the All Star Kids Club app? It is a great app with loads of free stuff on it like Vlogs, cartoons, bible stories, worship and devotionals, we are sure you will enjoy it!



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