



Materials Needed:
Bible or Bible App,
Cardboard Tube, Markers

GO DEEPER

MORNING MOMENTS



Read: Numbers 13:1-3, 18-20, 26-32 & 14:1-9
In the Old Testament, God promised His people, the Israelites, that He would give them a special land of their own. Moses sent some spies into this land to see what the people living there were like, and what kinds of food grew there. The spies came back and said the people there seemed too powerful, and their cities were too big and strong! This scared the Israelites! But two spies, Joshua and Caleb, told the people that God would be with them and protect them, because they remembered what God had done for His people so many times before!

CREATIVE CONNECTION



Find an empty paper towel or toilet paper roll and decorate it to be a spyglass. Caleb and Joshua were spying, or looking, at the land to see if it was good. Even though the other spies were afraid, Joshua and Caleb remembered that God had already saved them from Egypt, parted the Red Sea, and gave them food in the desert when there was none! They knew they could trust God because he had seen God's power before! What are some things you might not want to do because they seem too scary or too hard? (ex: going to bed without a nightlight; getting shots at the doctor's office; etc.) Remember: **When I am afraid I can remember what God has done.**

TABLE TIDBITS



When we think about all the good things God has done for us, we remember how much He loves us! Help your child use the spyglass they made to look for objects in their house that remind them of the amazing things God has done! (For example, a baby doll could represent Jesus being born, a stone could remind your child that the tomb was rolled away because Jesus had come back to life, etc.)

CUDDLE CLOSE



Pull your child close beside you and say, "Always remember what God has done." As you tuck them into bed sing, "How Great Is Our God" <https://tinyurl.com/howgreatyancy>. Then pray together, pausing after each phrase, to let your child repeat after you:
*Dear God, Thank You for all the good things You have done!
Even when I feel afraid, help me to remember what You have done. In Jesus' name, Amen.*

SCRIPTURE	SPECIAL WORDS
<p>NUMBERS 13-14 Joshua and Caleb</p>	<p>WHEN I AM AFRAID (HIDE FACE IN HANDS) I CAN (THUMBS TO CHEST) REMEMBER (POINT TO MIND) WHAT GOD (POINT UP) HAS DONE (HANDS OUT LIKE GIVING A GIFT)</p>
<p>READ THIS</p>	<p>Have you ever forgotten where you put a favorite stuffed animal, toy, or shoe? People forget things all the time! Even the Israelites, God's people, forgot all the amazing things that God had done for them! They needed people like Moses and Joshua to remind them of all that God had done. Remembering what God had helped them know that God was with them always! When we feel afraid, we can remember what God has done for us and that He is always with us! This week, let's "Go Deeper" and learn more about how remembering what God has done can bust fear!</p>
<p>MEMORIZE THIS</p>	<p>"Be strong (<i>one muscle arm</i>) and courageous (<i>other muscle arm</i>) Do not be afraid (<i>cross and uncross pointer fingers a couple times</i>) Or terrified because of them (<i>Hide your face behind your hands</i>) For the Lord your God, (<i>Point up</i>) Goes with you (<i>March in place</i>) He will never (<i>Move hands across body like a referee</i>) leave you nor forsake you." (<i>push both palms straight out like pushing away</i>) Deuteronomy 31:6 (NIV)</p>
<p>IN ACTION</p>	<p>We all feel afraid sometimes. If you feel afraid this week stop and think of a true story from the Bible where God showed He is bigger than fear (Daniel in the Lions Den, David & Goliath, etc.) Remember that God is bigger than even our biggest fear!</p>

CHECK OUT OUR COMPANION VIDEOS ON OUR YOUTUBE CHANNEL:
[youtube.com/blueridgecommunitychurch](https://www.youtube.com/blueridgecommunitychurch)

Materials Needed:
Bible or Bible App, Paper,
Envelope, Stamp

GO DEEPER



MORNING MOMENTS

Read: Deuteronomy 8:1-5, 10-18

Close your eyes and try taking a step forward. It might make you feel afraid because you don't know what's in front of you! The Israelites felt afraid about entering the land God had given them because they didn't know what kind of people lived there. But their leader, Moses, helped them remember all the amazing things God had done! God used Moses to remind the people to trust Him, and God uses other people to help us remember that we can trust Him, too!



CREATIVE CONNECTION

Who is a person you know that could use a reminder of what God has done? Let's make a card to remind that friend that they can trust in God even when they are afraid! Have an adult or older child write our memory verse on a card for that friend you know. Allow your child to decorate and draw pictures on the card. Place the card in the mail and pray for your friend to remember that they can trust in God!



TABLE TIDBITS

Play a variation of the game "Duck, Duck, Goose!" Participating players can sit around the table. Once the player going around the circle stops at the "Goose," rather than getting up and running, the "Goose" will name something they are afraid of. The player who chose the "Goose" will remind them that they can trust in God even when they are afraid! Remember: **When I am afraid, I can remember what God has done!**



CUDDLE CLOSE

Pull your child close beside you and say, "Always remember what God has done." As you tuck them into bed sing, "How Great Is Our God" <https://tinyurl.com/howgreatyancy>. Then pray together, pausing after each phrase, to let your child repeat after you:
Dear God, Thank you for using others to help me remember what You have done, Help me to share with others what You have done too. Thank You for loving me. In Jesus' name, Amen.

Materials Needed: Bible or Bible App, Notebook, Pen, Blankets, Block

GO DEEPER



MORNING MOMENTS

Read: Joshua 4:19-24

When God's people were getting ready to go into the land He gave them, they had to cross a really deep river! But God made the water stop flowing and the people walked across on dry ground! After they crossed, Joshua stacked some stones from the river so that everyone would remember the amazing thing God had done! This helped the people be brave and trust that God was with them! Remembering what God has done can help us be brave, even when we feel afraid!



CREATIVE CONNECTION

Lay some blankets down on the floor to make the Jordan River. Toss some blocks onto the blanket to represent stones. Have your child touch the "water" with their toes. Immediately pull the blanket away and have your child walk across the river on dry ground. Have your child gather the blocks and stack them, just like Joshua stacked the stones from the river, to remember what God has done! Repeat this activity as many times as your child wants, reminding them each time: **When I am afraid I can remember what God has done.**



TABLE TIDBITS

Gather a notebook and a pen. Have each person around the table name one way they have seen God's power (big or small). Write down responses in the notebook. You can keep adding to the notebook as you see things God has done or is doing! The next time your child feels scared or worried, pull out the notebook and remind them of the amazing things God has done! Remember: **When I am afraid I can remember what God has done.**



CUDDLE CLOSE

Pull your child close beside you and say, "Always remember what God has done." As you tuck them into bed sing, "How Great Is Our God" <https://tinyurl.com/howgreatyancy>. Then pray together, pausing after each phrase, to let your child repeat after you:
Dear God, Thank You for doing amazing things! Help me to always remember You! I love You! In Jesus' name, Amen.

Materials Needed:
Bible or Bible App

GO DEEPER



MORNING MOMENTS

Read: Psalm 9:1-2, 7-10

Sometimes when we feel afraid, we want to hide. In this Psalm, David says God is a refuge, which is a fancy word that means hiding place. David isn't saying that God is a place we can actually go hide in, like you would hide under your bed. He is saying that when our fears seem too big we remember how great God is, and He will comfort us! Sing this song of praises to God today that reminds us of things He has done!
www.tinyurl.com/yancysuper



CREATIVE CONNECTION

When we feel afraid, we can stop and sing to God! When we praise Him and remember He is with us, our fears will feel small compared to how great God is! Put on some praise music and have a dance party for God. As you dance and sing, shout out some amazing things God has done. For example, "I remember and praise God for giving us food," or "I remember and praise God for the Bible!" Remembering what God has done can help you feel safe when you are afraid! Need some great tunes to dance to? Check out our BR Kids Spotify Playlist: <https://tinyurl.com/brkidsplaylist>



TABLE TIDBITS

Have everyone in your family find something in the house that could be used as a musical instrument! (*A cup and spoon could make a drum, or a container with rice could make a shaker, for example*). Choose a simple praise song that your child knows. Make music with your instruments and sing the song all together to help your child remember that we can always praise God, even when we feel afraid, because He has done amazing things for us!



CUDDLE CLOSE

Pull your child close beside you and say, "Always remember what God has done." As you tuck them into bed sing, "How Great Is Our God" <https://tinyurl.com/howgreatyancy>. Then pray together, pausing after each phrase, to let your child repeat after you:
Dear God, Thank You for always being with me, and for helping me feel safe. Help me to always celebrate what You have done! In Jesus' name, Amen.

Materials Needed: Bible or Bible App, Shield Printable, Scrap Paper, Markers

GO DEEPER



MORNING MOMENTS

Read: Joshua 24:1-15. Psalm 28:7a

In Joshua's last words as the Israelites' leader, he reminded the people of all that God had done for them. He did this so that the Israelites would not forget how strong and powerful God is! It would have been really hard for them to face their fears and keep going on their journey to God's promised land if God had not helped them! It's also really hard for us to face our fears all by ourselves! And we don't have to! God is always with us and wants to help us not to be afraid, like a shield stopping the fear from overtaking us.



CREATIVE CONNECTION

We learned today that God is our strength and our shield. When we remember what God has done, and trust in Him, He will help us when we are afraid. God never said that things in our lives would be easy. But He did promise that if we are His followers He would never leave us alone. Let's create a shield to remind us that we do not have to be afraid. Draw or print a shield for your child (www.tinyurl.com/printsshield) Draw symbols on your shield that show things God has done for you! Next, write down some of your child's fears on small pieces of paper and then crumple the paper into balls. When you are finished, toss these "balls of fear" toward your child. Allow them to use their shield to block them from their fears.



TABLE TIDBITS

Find a ball or other small object that can be passed around. Pass the object around the table. Each time the object is passed, have the person holding it share something they know about God or something God has done (*God is loving, God is big, God is powerful, God made the Earth, etc.*) Remember: **When I am afraid I can remember what God has done.**



CUDDLE CLOSE

Pull your child close beside you and say, "Always remember what God has done." As you tuck them into bed sing, "How Great Is Our God" <https://tinyurl.com/howgreatyancy>. Then pray together, pausing after each phrase, to let your child repeat after you:
Dear God, Thank You for protecting me. Help me never to give up, even when I am afraid. Thank You for loving me. In Jesus' name, Amen.