

DEALING WITH FEAR

LESSON TEXT

1 Kings 19:1-18

LESSON OBJECTIVES

- The students will identify Jezebel as the wicked Queen who vowed to kill Elijah.
- The students will identify two ways that God speaks to his people today.
- The students will prepare to interview a disciple, asking questions about conquering fear.

MATERIALS NEEDED

For each student:

- paper
- pen or pencil

For the teacher:

- 1 sheet white poster board
- colored markers (wide-line)
- tape
- extra Bibles
- globe or map of the world
- 1 copy of "Good News from the Kingdom"

Reproducible Pages:

- Page A, 1 copy for each student
- Page B, 1 copy for each student
- Page C, 1 copy for each student
- Page D, 1 copy for each student
- Page E, 1 copy for each student

LESSON PLAN

Getting Ready

Faithful Instruction
 Teacher Focus
 Teacher Tips
 Preclass Activity: Word Scramble
 Starting Up
 Welcome and Singing
 Opening Prayer
 Victories
 Good News from the Kingdom

Getting into God's Word

Story: Overcoming Fear
 Scripture Study
 Activity: God Speaks

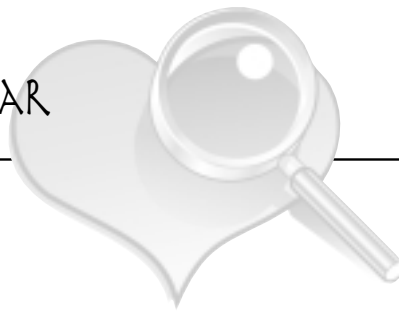
Getting It to Others

Scripture Memory: Philippians 4:13
 Weekly Challenge and Snack Time
 Conclusion

SCRIPTURE MEMORY VERSE

I can do everything through him who gives me strength.

Philippians 4:13



FAITHFUL INSTRUCTION

TEACHER FOCUS

Pray before preparing this lesson. Read and meditate on 1 Kings 19:1-18 until you understand the basic story and the lessons it holds. Think of one specific time that you were afraid and decided to trust in God. Write down that incident and what your specific emotions and thoughts were at that time.

TEACHER TIPS

In order to help your students understand how God speaks to them, you must understand how he speaks to you in your daily life. Spend time as you prepare this lesson focusing on the ways God has spoken to you during the past week. Share these with your students as you create the "God Speaks" collage during the activity.

PRECLASS ACTIVITY

WORD SCRAMBLE

MATERIALS USED

For each student:

- pen or pencil

For the teacher:

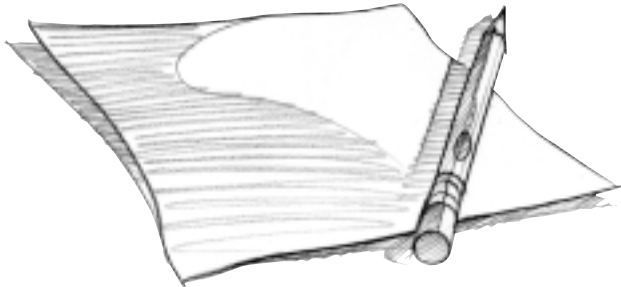
- extra Bibles

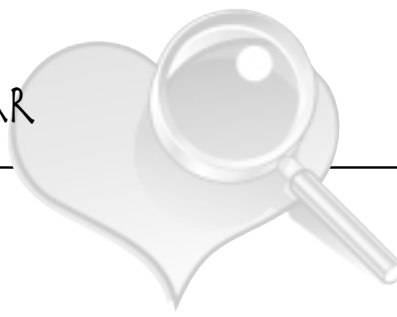
Reproducible Pages:

- Page A, 1 copy for each student

INSTRUCTIONS

1. Have the students read 1 Kings 19:1-18 individually when they arrive.
2. Give each student a copy of Reproducible Page A (the Word Scramble) when they arrive, and make sure they understand how to complete the paper. If necessary, students may work on it together to find the secret message.
3. Wait until after sharing "Good News from the Kingdom" to go over the Word Scramble.





STARTING UP

WELCOME AND SINGING

Call the students together in a circle. Welcome everyone by name, being sure to recognize anyone who is visiting. Let them know how glad you are to see them, and how much you looked forward to being with them. Sing a few great songs.

OPENING PRAYER

Who would like to say a prayer to start today's time together? Let a few students lead the prayer. Encourage the students to mention missing students, special church activities, illnesses, and to be especially thankful for the chance to be together.

VICTORIES

Take the time to have the students share about the challenges they were given at the end of last week's class. *Did everyone complete their challenge? How did it go? What fears did you face as you met the challenge to put the lesson into practice? How did everyone do with having consistent quiet times?*

Praise and encourage all the students' efforts, especially noting any area of significant growth. Offer help and suggestions so they can have even more victories in the coming week.

GOOD NEWS FROM THE KINGDOM

MATERIALS USED

For the teacher:

- 1 copy of "Good News from the Kingdom"
- globe or map of the world

INSTRUCTIONS

Now let's take a few minutes to share "Good News from the Kingdom." Be excited as you read about what is happening around the world. Have a globe or map ready, pointing out the location as you share.





SCRIPTURE STUDY

Have all of the students take out their Word Scramble sheets (Reproducible Page A). *What do you think it means to trust in God?* Spend a few minutes as the students share their thoughts. *Did everyone figure out the secret message? What was the message?*

FAITHFUL ELIJAH ALWAYS REPENTS

STORY

OVERCOMING FEAR

In this story, Bekir had to face his fears head-on. At many times he probably thought about giving up. But he overcame his fears and persevered in order to reach home safely. There were many times when Bekir could have given into despair and given up. How are you overcoming fear in your own life? Ask the students to listen as you read the story about Bekir. Ask them to listen to the story and think about how they would have reacted had they been in Bekir's shoes. Have a discussion about the story.

MATERIALS USED

Reproducible Pages:

- Page B, 1 copy for each student

PREPARATION

Read the story before coming to class.

INSTRUCTIONS

1. Distribute Reproducible Page B (the story) to the students.
2. Read the story to the students.
3. Explain and discuss the story concept.
 - *What are some of the ways that Bekir showed courage?*
 - *What are some of the things that Bekir was afraid of?*
 - *How does persevering in difficult circumstances show courage?*
 - *What sacrifices did Bekir make to return home safely?*

Explain that in today's lesson we will continue to talk about Elijah, the man of courage. From last week's lesson, ask the students what they learned about how Elijah showed courage.

Have the students take out their Bibles and turn to I Kings 19:1-18. Select three volunteers to read the passage for you. Divide the reading as follows:

- I Kings 19:1-9
- I Kings 19:10-13
- I Kings 19:14-18

Who are the main characters in this story?

- Elijah
- Jezebel
- God

Who was Jezebel? (Read: 1 Kings 16:30-31)

- Jezebel was the wife of King Ahab.
- Jezebel was a worshipper of Baal.
- Jezebel was killing the prophets of God.

Why would Jezebel be mad at Elijah?

- Elijah was standing up for God, while Jezebel was an enemy of God.
- Because of Elijah's challenge on Mt. Carmel (ch. 18), 450 prophets of Baal had just been killed.

How did Elijah feel when he found out that Jezebel had VOWED to kill him?

- Elijah was very afraid.
- Elijah ran away and doubted God.
- He became angry at God and even wanted to die.

Talk to the students about how this low point in Elijah's life came right after a time of great victory. Sometimes when things are going great, God allows us to face even more challenges, so that our faith will have to grow. Explain that God still loved Elijah and believed in him, even though he was afraid. God worked hard to rebuild Elijah's faith.

What four things did God do to show Elijah that God was stronger than Jezebel? (see 1 Kings 19:11-13)

- God sent a powerful wind.
- God sent an earthquake.
- God sent fire.
- God spoke in a quiet voice.

How would these things show Elijah that God is stronger than Jezebel?

- Because God is in control of all of the world
- Because God can make things happen that the gods of Jezebel can never make happen
- Because God has many people who have the same faith as Elijah does



ACTIVITY

GOD SPEAKS

MATERIALS USED

For each student:

- paper
- pen or pencil

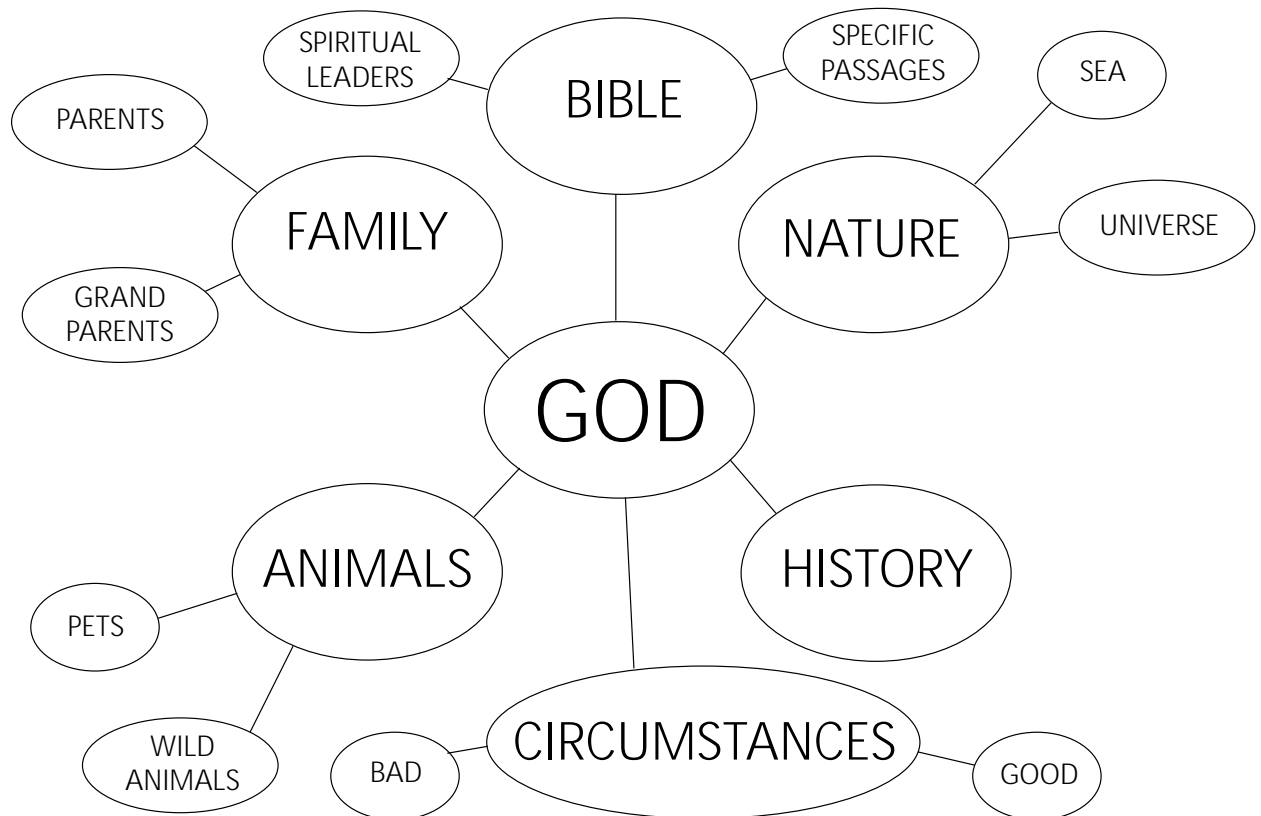
For the teacher:

- 1 sheet white poster board
- colored markers (wide-line)
- tape

INSTRUCTIONS

Set up a blank piece of poster board in front of the class or taped to the wall. Provide the students with a piece of paper and have them think of ways that God speaks to them today. Have them use as much creativity as they can in coming up with ideas. Give the students a few minutes to come up with ideas. When you get ready to draw the diagram on the poster board, refer to the diagram below. Use this as a guide for ideas. After giving the students a few minutes to think of ways that God speaks to them personally, take suggestions from the group and begin to fill in a diagram in the manner demonstrated below. Have the students explain their example. (e.g. "God speaks to me through my parents because they are always trying to help me do what is right.")

NOTE: Give the poster to the teacher of the supplement lesson for use during the next class.



SCRIPTURE MEMORY

Philippians 4:13

I can do everything through him who gives me strength.

MATERIALS USED

Reproducible Pages:

- Page C, 1 copy for each student

INSTRUCTIONS

1. Take time at this point to have each student recite last week's memory verse. Use volunteers first (those who are the most confident) and proceed toward the more reluctant students. Help them to be able to complete reciting the entire verse.
2. Give each student a copy of Reproducible Page C (Scripture Memory Verse). Have the students say the memory verse together out loud several times. Talk about what the verse means. What does it mean that through God everything is possible. Challenge the students to remember this verse all week long when they are making decisions about conquering their fears.

WEEKLY CHALLENGE AND SNACK TIME

If your students bring a snack, allow them to eat it while you explain to them the challenge for the week.

MATERIALS USED

For each student:

- pen or pencil

Reproducible Pages:

- Page D, 1 copy for each student
- Page E, 1 copy for each student (copy on back of D)

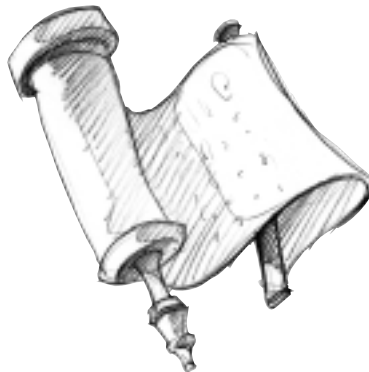
INSTRUCTIONS

While the students are having their snacks, pass out a copy of Reproducible Page D to each student. Explain to the students that they will fill out the front side of the sheet in class. These questions will require a bit of thought, and the teachers should make their way around to each student to see if anyone needs help in answering the questions. Let the students know that sometimes the best way to understand and conquer our fears is to listen to how others were able to overcome fear by relying on God. Discuss how you have been able to do this in your own life.

The back side of the sheet is Reproducible Page E, an interview to be conducted during the coming week. Each student is to interview a disciple (preferably not one of their parents). Go through each one of the questions with the students so they understand what they will be asking. Go through a sample interview during class. The students should bring the completed interviews with them to class next week.

CONCLUSION

End the class with a prayer.



DEALING WITH FEAR

LESSON TEXT:

1 Kings 19:1-18

LESSON OBJECTIVES

- The students will identify Jezebel as the wicked Queen who vowed to kill Elijah.
- The students will identify two ways that God speaks to his people today.
- The students will prepare to interview a disciple, asking questions about conquering fear.

MATERIALS NEEDED

For each student:

- 8½" x 11" sheet of paper
- magazines
- pen or pencil
- colored markers
- scissors
- glue sticks

For the teacher:

- 2-3 concordances
- sample collage made earlier

Reproducible Pages:

- Page F, 1 copy for each student

LESSON PLAN

Getting Ready

Faithful Instruction
 Teacher Focus
 Teacher Tips
 Preclass Activity: Word Search
 Starting Up
 Welcome and Singing
 Opening Prayer
 Great News Sharing

Getting into God's Word

Scripture Study
 Activity: "God Speaks to Me" Collage

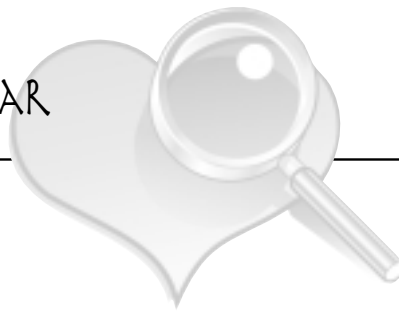
Getting It to Others

Scripture Memory: Philippians 4:13
 Weekly Challenge and Snack Time
 Conclusion

SCRIPTURE MEMORY VERSE

I can do everything through him who gives me strength.

Philippians 4:13



FAITHFUL INSTRUCTION

TEACHER FOCUS

Pray before preparing this lesson. Read and meditate on I Kings 19:1-18 until you feel that you understand the basic story and the lessons it holds. Think of one specific way or a specific time that you were afraid and decided to trust in God. Write down that incident and what your specific emotions and thoughts were at the time. Think of ways that God has revealed himself to you and given you strength. Write these ways down and use them later in the lesson.

TEACHER TIPS

In order to help your students understand how God speaks to them, you must understand how he speaks to you in your daily life. Spend time as you prepare this lesson focusing on the ways God has spoken to your during the past week. Use these thoughts to create a sample collage for this lesson.

PRECLASS ACTIVITY

WORD SEARCH

MATERIALS USED

For each student:

- pen or pencil

For the teacher:

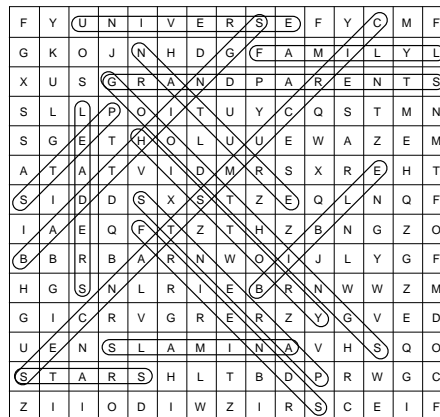
- 2-3 concordances

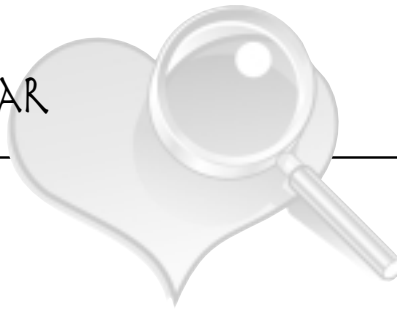
Reproducible Pages:

- Page F, 1 copy for each student

INSTRUCTIONS

1. Give each student a copy of Reproducible Page F (Word Search), and instruct them to find the words in the list.
2. Have the students use the concordances that are available to look up the word "trust." The student should then find a passage that talks about trusting God and write that scripture reference on the bottom of the Word Search paper
3. The student should then write what "trusting God" means to them on the bottom of the sheet.





STARTING UP

WELCOME AND SINGING

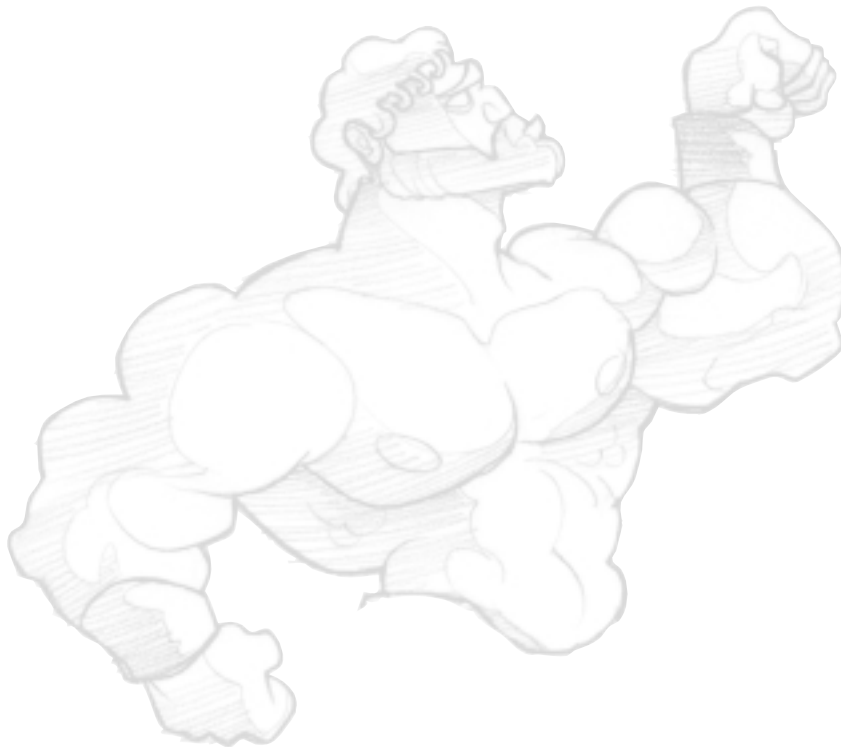
Call the students together in a circle. Welcome everyone by name, being sure to recognize anyone who is visiting. Let them know how glad you are to see them, and how much you looked forward to being with them. Sing a few great songs.

OPENING PRAYER

Who would like to say a prayer to start today's time together? Let a few students lead the prayer. Encourage the students to mention missing students, special church activities, illnesses, and to be especially thankful for the chance to be together.

GREAT NEWS SHARING

Allow several minutes for the students to share great news about their lives. This could be about a family member who became a disciple, someone healed from an illness, someone studying the Bible, great grades, etc. Remind the students to be brief, so that as many as possible can share.





SCRIPTURE STUDY

Have the students take out their Bibles and turn to 1 Kings 19:1-18. Select three volunteers to read the passage. Divide the reading as follows:

- 1 Kings 19:1-9
- 1 Kings 19:10-13
- 1 Kings 19:14-18

Ask the students to talk about what they learned from this story during their previous lesson. Get as many students as possible to participate and share aspects that were significant to them.

Talk to the students about how this low point in Elijah's life came right after a time of great victory. Sometimes when things are going great, God allows us to face even more challenges, so that our faith will have to grow. Explain that God still loved Elijah and believed in him, even though he was afraid. God worked hard to rebuild Elijah's faith.

- *What kind of things challenge your faith?*
- *What makes you afraid?*
- *What does God do to help you be strong again?*
 - Get everyone to be thinking about how God supports us and believes in us.
 - Help the students see that God is looking to help us succeed, not looking to defeat us.





ACTIVITY

"GOD SPEAKS TO ME" COLLAGE

MATERIALS USED

For each student:

- 8 1/2" x 11" sheet of paper
- magazines
- glue stick
- scissors
- colored markers

For the teacher:

- sample collage made earlier

PREPARATION

1. Obtain the poster that was made by the students during the last class.
2. Create a collage that shows how God speaks to you. This will be the example for the class.

INSTRUCTIONS

In this activity the students will be creating a collage that can be taken home with them. You will need to bring a good number of magazines for this class. Enlist the help of the students and have them bring magazines with good pictures as well. You need to enlist the help of some of the parents in supplying these kinds of materials so that you will always have a fresh supply of pictures.

The theme of this collage will be "HOW GOD SPEAKS TO ME." Ideas for the collage will be obtained from the Core lesson activity (last class—talk to the Core lesson teachers to see what was done during that class). Be sure to bring the poster that was made during the last class activity. Have the students find pictures that correspond to ways that they feel that God is speaking in their lives. Students may also want to cut out words that communicate what God does to speak to them, or words that describe the picture they have chosen. They should cut out these pictures and paste them on an 8 1/2" X 11" sheet.

Allow time for all the students to say what their collage means to them and for the group to discuss each one.

SCRIPTURE MEMORY

Philippians 4:13

I can do everything through him who gives me strength.

MATERIALS USED

Reproducible Pages:

- Page C, several extra copies (for visiting students)

INSTRUCTIONS

1. Review the scripture memory verse that was given in the previous lesson.
2. Practice the verse in the class together and encourage each student to have the verse memorized completely by the next class.

WEEKLY CHALLENGE AND SNACK TIME

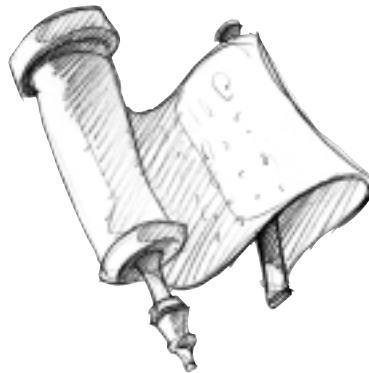
If your students bring a snack, allow them to eat it while you remind them of the challenge for the week.

(The students were to interview a disciple, asking questions about conquering fear.)

Discuss any fears or obstacles the students have encountered in carrying out the challenge this week. Give ideas on how to overcome the fears, being sure to remind them that prayer is their best weapon against fear! Encourage the students with experiences from your own life, and remind them that you are praying for their success. Remind them also to be keeping up with their daily quiet times.

CONCLUSION

End the class with a prayer.





READ: 1 Kings 19:1-18

UNSCRAMBLE the words below to discover the secret message about the man of God you read about in 1 Kings 19:1-18. HINT: There are two messages—one from the first letters of each word, and one when you put the words into a sentence.

L F I T F U A H	<input type="text"/>	_____
A E L H J I	<input type="text"/>	_____
A Y S W A L	<input type="text"/>	_____
R T S E E N P	<input type="text"/>	_____



Write the secret message here: _____

OVERCOMING FEAR

"Don't cry," the teenager begged, gently stroking his mother's hand. But Bekir couldn't console his mother, Zineta. Once the Serbs took the town, Zineta knew, all males of fighting age (over 12) would be exterminated. Heartbroken, she was about to send away her two oldest boys, 17-year-old Ramiz and 15-year-old Bekir, on the slim chance that they could slip through Serb lines. "Will I ever see them again?" she wondered.

As the boys left town they quickly realized that their only hope lay in a desperate dash into the woods and mountains to the north, and from there to Tuzla, some fifty miles away.

No sooner had Bekir and Ramiz joined the group than the Serb artillery homed in on them. Amid the chaos of crashing shells, the two brothers were separated. Dry-mouthed with fear, alternately running and hitting the dirt, Bekir somehow reached a neighboring village. There, the men he was with came under machine-gun fire.

Terrified, some of the men shot themselves in the head to spare worse agony. Bekir watched in terror as a soldier pulled the pin of a grenade, bent over it and blew himself up. To avoid gunfire, Bekir dived to the earth. Just then he heard a grunt and felt a body fall onto his back.

As the day turned to dusk, Bekir crawled out from the dead bodies and continued his northward march until fatigue overcame him. Dazed and frightened, he stood in the dark forest. "Ramiz! Ramiz!" he shouted. There was no answer. Bekir knew he was completely alone. "It's up to me whether I live or die," he thought.

For almost a month Bekir shifted from place to place, dodging ambushes and scrounging for mushrooms, snails and edible grasses. By the end of August he'd caught up with two friends from Srebrenica. In the weeks that followed, the boys kept to the woods, melting into the undergrowth at the first whisper of a plane or helicopter. They told one another of the horrors they'd seen.

Again and again as the boys pushed northwest, they found Serbs lying in ambush. "We're trapped," Bekir realized. Then he had an idea. "If the Serbs are going to bar the way north," he told his two friends, "let's do what they don't expect: head back toward Srebrenica." When one of his friends balked, Bekir insisted, as he knew Ramiz his older brother would have. Imperceptibly, the role of big brother was passing to his shoulders.

Late in November the snows came. For food they had potatoes from the neighboring gardens and corn from the fields. They stole out to harvest it only while snow was falling to cover their tracks. For heat, they had salvaged two sheet-metal wood stoves that they lit only at night so no one would see the smoke.

After finding a transistor radio, one night Bekir heard a familiar voice. "I am Ramiza Husejinovic." His 19-year-old sister! "I am looking for my brothers Bekir and Ramiz. I would like to inform them that their mother and sisters and little brother are safely in Tuzla." Bekir grew even more determined now. "Come what may," he told himself, "I'll make it back to my family."

It was a time for hard decisions. One morning, eight months after they had left their families, the six approached a familiar landmark—Mount Buljim. In the dawn light, Bekir and the others began to see corpses, at first one here and there, then more and more until they were surrounded by hundreds of bodies. Some were headless, some missing arms and legs. Bekir scanned the frightening scene, covering his nose.

Six pairs of eyes scrutinized a sandbagged observation post on the road to Tuzla. "It's the Americans," Bekir insisted, pointing to the spirals of razor wire snaking around the position. "It looks the same as the U.N. posts in Srebrenica."

But the others were suspicious. The huge barrel of a tank pointed straight at them—but was it an American Abrams or a Serb T-55? Bekir was willing to take the chance. "I'm going to surrender," he said.

Holding their arms up, Bekir and his friends timidly stepped into the circle of floodlight under the tank barrel. "You have arrived in free territory," U.S. Army Staff Sgt. Craig Simpson said through an interpreter. It wasn't until Bekir heard those words that he was certain the ordeal was over.

On the afternoon of April 6, Zineta, Bekir's mother, rushed out the door and saw her son, and then fainted. When she opened her eyes, Bekir was stroking her cheek. It was the same gentle touch that she'd felt when he'd wished her good-bye.

(Condensed from: Rudolph Chelminski, "No Place to Hide," *Reader's Digest*, October 1996: 129-134.)

SCRIPTURE MEMORY

I can do everything through
him who gives me strength.

PHILIPPIANS 4:13

WEEKLY CHALLENGE

Interview a disciple (preferably not a parent) by asking the questions on the take-home sheet. Fill out the questionnaire and bring it to the next class meeting.

SIDE ONE (to be filled out in class)

MY PLAN TO OVERCOME FEAR THIS WEEK

1. What is one fear that I intend to overcome this week? _____

2. Who will be a helpful person to share my fear with? _____

3. Who will be a helpful person to get ideas and direction from? _____

4. What activity will I do to show myself that I've overcome this fear? _____

5. What and how will I pray to God this week about this fear? _____

6. What actions will I need to take to overcome my fear and complete my activity? _____

MY RECORD OF AN INTERVIEW WITH A DISCIPLE

Name of person interviewed: _____ Date: _____

1. What is one of your fears that you have overcome? _____

2. Who was a helpful person who you shared your fears with? _____

3. Who was a helpful person that you got ideas and direction from? _____

4. What activity did you do to show yourself that you had overcome your fears? _____

5. What and how did you pray to God about overcoming your fears? _____

6. What actions did you have to take to overcome your fears? _____

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GOD SPEAKS TO ME

F	Y	U	N	I	V	E	R	S	E	F	Y	C	M	F
G	K	O	J	N	H	D	G	F	A	M	I	L	Y	L
X	U	S	G	R	A	N	D	P	A	R	E	N	T	S
S	L	L	P	O	I	T	U	Y	C	Q	S	T	M	N
S	G	E	T	H	O	L	U	U	E	W	A	Z	E	M
A	T	A	T	V	I	D	M	R	S	X	R	E	H	T
S	I	D	D	S	X	S	T	Z	E	Q	L	N	Q	F
I	A	E	Q	F	T	Z	T	H	Z	B	N	G	Z	O
B	B	R	B	A	R	N	W	O	I	J	L	Y	G	F
H	G	S	N	L	R	I	E	B	R	N	W	W	Z	M
G	I	C	R	V	G	R	E	R	Z	Y	G	V	E	D
U	E	N	S	L	A	M	I	N	A	V	H	S	Q	O
S	T	A	R	S	H	L	T	B	D	P	R	W	G	C
Z	I	I	O	D	I	W	Z	I	R	S	C	E	I	F

- ANIMALS
- BAD THINGS
- BIBLE
- CIRCUMSTANCES
- FAMILY
- FRIENDS
- GOOD THINGS
- GRANDPARENTS
- HISTORY
- LEADERS
- NATURE
- PARENTS
- PETS
- STARS
- UNIVERSE

Using a Concordance, look up a passage about trusting God. Find one that is meaningful to you. List the reference to that passage here: _____

What does "trusting" God mean to you? _____

