

March 25-31 Matthew 14-15; Mark 6-7; John 5-6

## "BE NOT AFRAID"

1. Emoji Chart: Show the emoji emotion chart. Have the kids look at each picture and ask how they think each emoji feels. As you go through them one at a time, ask them what kinds of things make them sad/happy/scared/etc. and spend a little time making sure they understand each of the emotions. Maybe do a quick game of taking turns acting out emotions to see if everyone else can guess the emotion.
2. Emotions of Jesus: Which of these emotions do you think Jesus felt when He was on Earth? Share some quick scripture stories about times when Jesus felt some of these different emotions.  
*(possible examples: Mark 4:38 sleeping on the ship= tired, Luke 24:42-43 ate fish and honeycomb= hungry, John 11:32-35 cried with Mary when her brother died)*
3. Emotions of Heavenly Father: Explain that one of the reasons Jesus came to live on the Earth was so He could help us know what Heavenly Father is like. Is Heavenly Father a real person like we are or is He just a ghost or a blob that doesn't look like a real person? Do you think Heavenly Father ever feels any of the emotions on the emoji chart? Share picture and read what President Monson taught us about Him in this link: <http://media.ldscdn.org/pdf/magazines/friend-august-2016/2016-08-05-god-is-our-father-eng.pdf> . Maybe do the matching game on the second page in this link as well. Explain that Heavenly Father and Jesus are just like each other. They're real people who feel emotions, just like us.
  - Tell them you're going to read them a scripture and they need to listen really carefully to hear what emotion Heavenly Father (God) was feeling. Read Moses 7:28 (explain that "weep" means to cry). Have them point on the emoji chart to what emotion they think He was feeling. What kinds of things do you think make God sad? Read/summarize/discuss Moses 7:32-33 and help them see that God was crying because he loves people and was sad that people on Earth weren't being nice.
  - What kinds of things do you think we can do to make Heavenly Father and Jesus happy?
  - What emotion do God and Jesus want us to feel? (Happy!) Why? (Because they love us!) Clarify that's it's still healthy to feel other emotions and God loves us no matter what emotion we're feeling. Share/discuss Alma 40:12, talk about the joy we'll feel after this life if we're righteous.
4. Loaves and Fish Miracle- This story shows one way Jesus helped make people happy. Explain that one day there were a LOT of people with Jesus. How many people do you think would be a lot? Is 100 a big number? Show the picture of what 100 looks like. Do you think there were that many people with Jesus? Explain that there were a LOT more than even 100 people! Show picture of what 5,000 looks like and tell them that this is how many people were with Jesus. Share the miracle Jesus performed as found in Matthew 14:13-21; John 6:5-14; Mark 6:33-44.
  - This huge group had been with Jesus all day. They hadn't eaten anything, and it was getting late. What emotions do you think the people were feeling? (probably happy because they were with Jesus but also hungry!)
  - Explain that there was one boy who had some food. Show picture of him and have the kids count how many loaves of bread and fish he had. (Read John 6:9)
  - If you were this kid, would you keep your food to yourself or offer to share it? Explain this this kid was so nice that he offered to share it! Do you think it was enough food to feed all 5,000 people?

- Cut out the loaves and fish from the small picture. Have kids see if they can cut/tear them up into enough pieces to feed all 5,000 people in the pictures. Help them see that the bread/fish wasn't near enough food to feed all of the people.
  - Do you think Jesus just told everyone to go home and get their own food? Remind them what the word "miracle" means and tell them to listen carefully to hear what miracle happened with this boy's food while reading Matthew 14:18-21. Help them see how miraculous it was that not only did everyone get food after Jesus blessed and broke it, but they were all full and there were leftovers!
  - Remind them that Jesus has a lot of power, but also does things to make people happy. He loves us all lots, and so does Heavenly Father.
5. Jesus Walks on Water Finger Hole Puppets:
- Use finger hole puppets from this link: <http://www.jesus-without-language.net/peter-water-matthew-14-make-3/> to act out the story of Jesus and Peter walking on the water while reading Matthew 14: 22-33. Could use plastic toy boat in a container of water. Point out the emotions that were being felt by people in the story and how Jesus helped Peter when he needed it. Emphasize Matthew 14:27 and how Jesus wants people to "be of good cheer" and "be not afraid."
  - Show video "Wherefore Didst Thou Doubt?" from LDS.org <https://www.mormonchannel.org/watch/series/bible-videos/wherefore-didst-thou-doubt> .  
Remind them again that not only is Jesus powerful, but also nice and always wants to help us.
6. Candle/Fan Object Lesson (Faith in Jesus Can Help Me Feel Peace When I'm Afraid): (based on ideas from <https://happyhomefairy.com/the-fear-chapel/> ) Show them the fan and talk about things that can scare us (thunder, bad dreams, leaving Mom/Dad, etc.). Light a candle, talk about how the candle represents us. When you wave the fan (the scary things) toward the candle, it makes the light on the candle wobble and be less strong. What can help us when we're scared? Remind them that praying can help us. Hold the "Faith in Jesus Can Help Me Feel Peace When I'm Scared" shield up in between the fan and candle to show how it helps keep the candle strong when it's there. Maybe act out a couple of things (wave fan to represent being scared of the dark at night, hold up the shield paper to represent praying with faith in Jesus, see how the light is stronger with that there, then do same thing with other scenarios). Even though the scary thing might not go away, praying can help give you peace. Remind them that they need to ASK (pray for help), but since Heavenly Father & Jesus love us, they always want to help us. Share Isaiah 41:10.
7. Graham Cracker Treat: (Jesus Walking on Water) Put blue frosting on a graham cracker to represent water and stand Teddy Grahams on top to represent Jesus and Peter. (Full directions here: <https://ministry2kidz.com/2018/05/12/jesus-walks-on-water-snack-2/> )

Additional Ideas:

- Jesus walks on water craft: <http://sundayschoolfun.blogspot.com/2015/04/jesus-walks-on-water.html?m=1>
- Jesus Walked on Water Questions with picture answers: <https://docs.google.com/file/d/0B3uNEVAAKowpVEgxbFhkVFc1Z0E/edit?pli=1>
- Decorate a pillowcase with scripture that says "Be of good cheer; be not afraid" (Matthew 14:27) or a reminder to pray when afraid. Design your own or use this super cute one: <https://www.etsy.com/ca/listing/678257284/printable-files-be-of-good-cheer-be-not>
- Quick video of Jesus feeding the 5,000: <https://www.lds.org/children/videos/scripture-stories/new-testament/28-jesus-feeds-5000-people?&lang=eng&clang=ara>
- Eat some bread (or Texas Roadhouse rolls 😊) while talking about how Jesus is the bread of life and what that means. (John 6:35)

<p>Sick</p>  A yellow emoji with a blue forehead, a red thermometer in its mouth, and a sad expression.	<p>Sad</p>  A yellow emoji with a downturned mouth and a sad expression.	<p>Angry</p>  A red emoji with a wide-open mouth showing teeth and a angry expression.
<p>Bored</p>  A yellow emoji with a bored expression, looking to the side with a hand on its chin.	<p>Happy</p>  A yellow emoji with a wide, happy smile.	<p>Hungry</p>  A yellow emoji with a wide-open mouth, holding a knife and a fork, and sticking its tongue out.
<p>Hurt</p>  A yellow emoji with a white bandage on its forehead, a bruise on its cheek, and a bandage on its chin, looking hurt.	<p>Scared/Afraid</p>  A yellow emoji with wide, staring eyes and a downturned mouth, looking scared.	<p>Tired</p>  A yellow emoji with heavy, closed eyes and a hand covering its mouth, looking tired.

What 100 looks like:

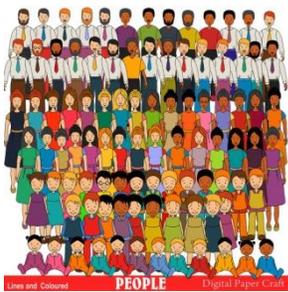
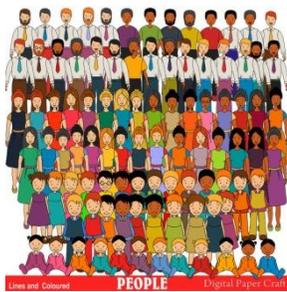
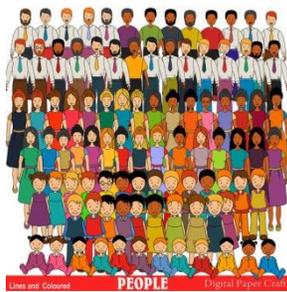
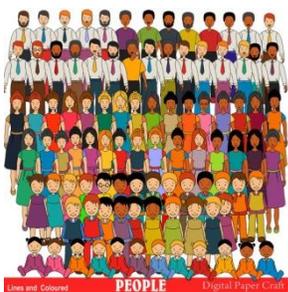
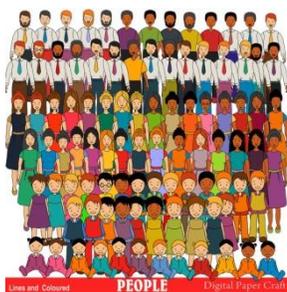
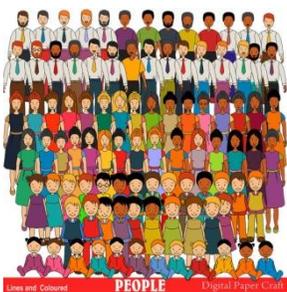
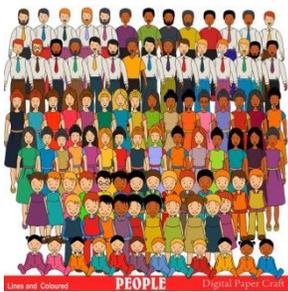
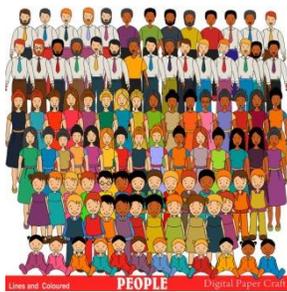
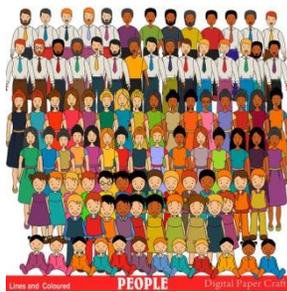
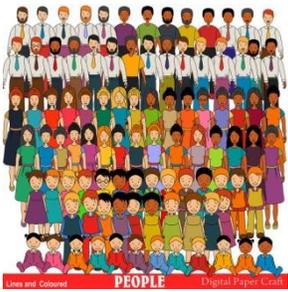
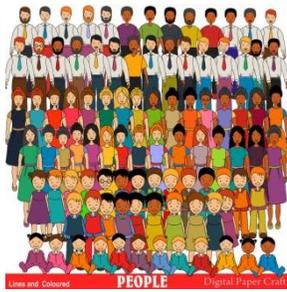
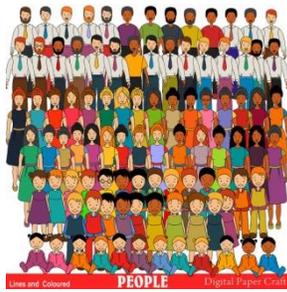


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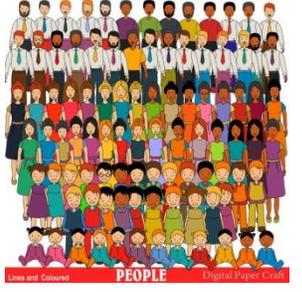
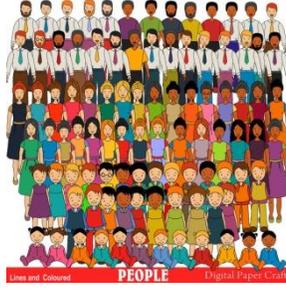
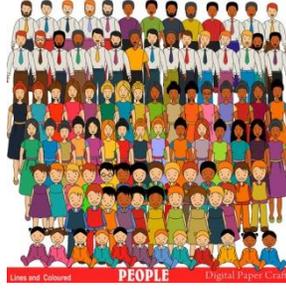
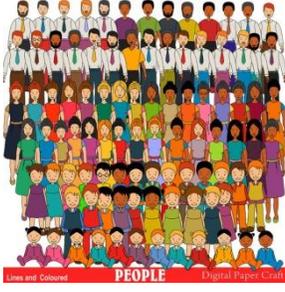
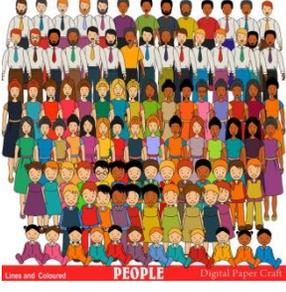
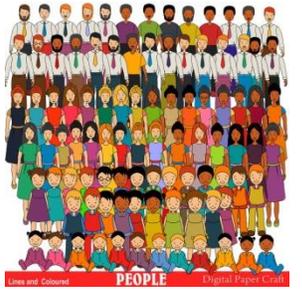
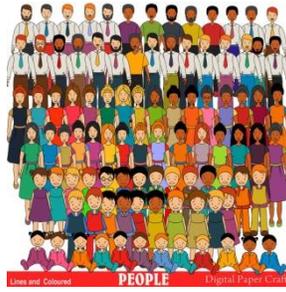
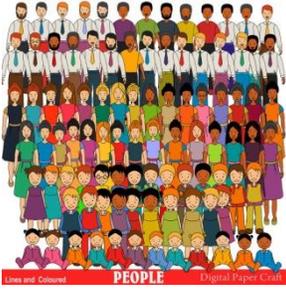
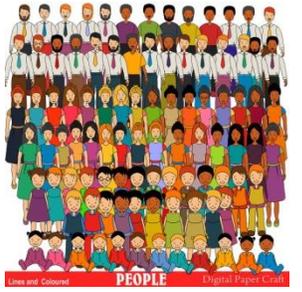
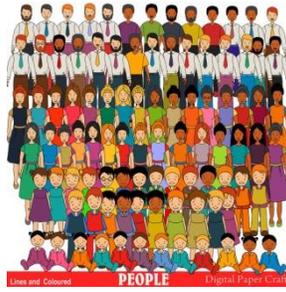
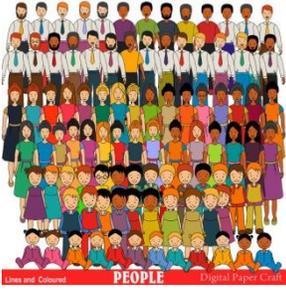
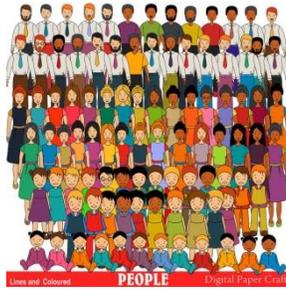
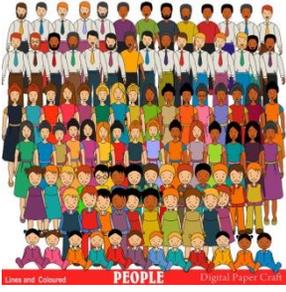
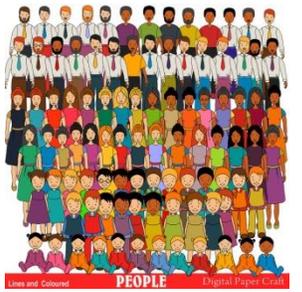
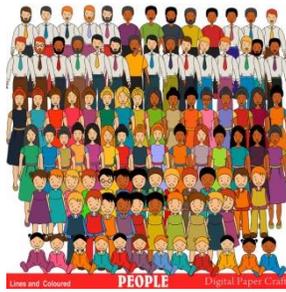
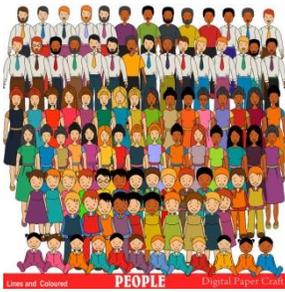
**PEOPLE**

Digital Paper Craft

What 5,000 Looks Like:



(continued on next page)



Boy who offered 5 loaves and 2 fish:



Cut loaves and fish from this one and ask kids to see if they can break the food up into enough pieces to feed all 5,000 people.



Candle/Fan Object Lesson (Faith in Jesus Can Help Me When I'm Afraid):

Fan: Fold accordion-style on dotted lines. Older kids can write things on the fan that make them scared.

THERE ARE LOTS OF THINGS  
THAT CAN MAKE ME SCARED



Candle/Fan Object Lesson (Faith in Jesus Can Help Me When I'm Afraid):



Shield: Print on cardstock. Put in between the fan and the flame to show how it protects the light from wobbling. Praying can help us feel peace and be strong even when there are scary things. Hang shield up in bedroom afterward to remind them to pray when they're scared so they can feel peace.

# *Faith in Jesus Can Help Me Feel Peace When I'm Scared*

