

Activity: Fear Factor

Written by Steve Mummert



FAMILY TIME
TRAINING

Teaching Goal: Don't let fear overcome your ability to do what God asks you to do, God will help you through.

Scripture: Joshua 1:9 Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.

Colossians 3:15 Let the peace of Christ rule in your hearts.

Materials: 3 different types of food that kids won't like to eat
ex. Spinach, raw tofu, mayonnaise
5-gallon bucket of water
5 hand towels
Bag of ice

In Advance: Set up the six stunts in different areas of the house and/or yard. Do not let the kids see the stunts before Family Time begins. Put the ice in a 5-gallon bucket of water.

- I. Play theme song
- II. Pray
- III. Review last lesson
- IV. Lesson and Discussion

- ✓ Words written in **bold** are when the leader is speaking. Feel free to use your own words.

A. After Moses died, God picked Joshua to be the leader. As the new leader, Joshua was commanded to lead the Israelites into a new land. Joshua expected there to be battles and wars with the people currently in the land. God said to Joshua, (Joshua 1:9) "Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go."

Did God say, "Don't be afraid Joshua because nothing bad will happen to you?" No, God said He would go with Joshua.

Being a Christian does not mean we avoid all bad experiences. We still get hurt, have accidents, get in trouble. The difference is that during those bad times we can have peace that comes from Jesus being with us. Listen to what the apostle Paul tells Christians in the city of Colossus, (Colossians 3:15) "Let the peace of Christ rule in your hearts."

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What does it mean to “let the peace of Christ rule in your heart?” *Listen to answers.* Does it mean that we will never be afraid? *Listen.* I’m still afraid sometimes. But now, when I get afraid, I focus on trusting God and pray for Christ’s peace. It helps!

B. ACTIVITY: We are going to play a game called “Fear Factor.” You can trust me. I am not going to ask you to do anything that will harm you and you can choose not to do any of the stunts. Do you trust me? *Listen and respond to concerns.* You will be asked to do a series of stunts and you can score points for stunts that are completed successfully.

STUNT #1: Each contestant must eat a cube of raw tofu in one minute. You will receive 10 points if you eat the tofu in 60 seconds but none if you spit it out or do not swallow.

STUNT #2: To increase the suspense, keep other children away so each does not see the activity before his turn. One at a time, each child will stand with his or her back to you. You will be looking at the back of their heads. Instruct the child to cross their arms in front and fall backwards. You will catch them before they hit the ground. **You will earn 10 points if you complete this stunt successfully. You must fall straight back trusting me to catch you. If you bend your legs or move your feet during the fall then you will not get the 10 points.**

STUNT #3: Each contestant must eat 1 cup of cold spinach in 60 seconds. You will receive 10 points if you eat the spinach in one minute but none if you spit it out or do not swallow.

STUNT #4: Each contestant must take off their shoes and socks and place both feet into the 5-gallon bucket of water for one minute. If you accomplish the stunt you receive 10 points.

STUNT #5: Each contestant must eat a heaping tablespoon of mayonnaise in 30 seconds. If you accomplish the stunt you receive 10 points.

STUNT #6: Designate a start/finish line. Lay out five hand towels. You might want to consider a time “handicap” for different age children. **The contestant who picks up the five towels and returns to the finish line in the fastest time will earn 10 points.** Use a watch to time runners.

Add up the points and declare a winner. Give a small prize or extra treat to the winner. Give each child a treat for participating. While you are eating your treats, ask the following questions:

Did you try something you have never done before or would never think of doing? Was the fear greater than the actual experience of doing the stunt?

Sometimes the fear of an unknown experience is scarier than the actual experience. The experiences of the game were not all pleasant but you could trust that they wouldn’t hurt you. In the same way, all the experiences of life

will not be pleasant but we can trust that God will always be with us and that we can ask for the peace of Christ to help us through difficult times.

V. Memorize

**Do not fear,
Christ is near!**

VI. Close in Prayer

VII. Pass It On: Make an extra copy of this lesson and *pass it on* to another family.