

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

Discuss:

- What job did the 12 spies have?
- Who trusted that God would be with them?
- What miracles did the Israelites experience with Moses?

Remember This: Remember who God is and choose to trust Him.

CREATIVE CONNECTION

Use an empty paper towel or toilet paper roll and create a spyglass. Copy this week's verse onto the spyglass and then decorate it. Let this spyglass remind you that Joshua and Caleb remembered that God was with them, and they didn't need to be afraid. They remembered God's power and knew they could trust in God! What are some things you might not want to do because they seem too scary or too hard? (*ex: going to a new school; moving to a new city; flying on an airplane; going to bed without a nightlight; getting shots at the doctor's office; etc.*) You can remember who God is and choose to trust Him, even if it is scary.

TABLE TALK

In Numbers 14:11b God asks Moses, "Will they [the Israelites] never believe me, even after all the miraculous signs I have done among them?"

- Why do you think the Israelites were so afraid?
- How do you think remembering God's miracles would have helped them?

HUMBLE HEARTS

Take **P.A.R.T.** of your day to pray:

Praise God for being a God of miracles

Ask God to remind you of times He has helped you

Repent, or tell God you're sorry, for when you don't trust Him

Thank God for being bigger than your biggest fear

SCRIPTURE

NUMBERS 13-14
Joshua and Caleb

BOTTOM LINE

**WE CAN BUST FEAR
BY REMEMBERING
WHAT GOD HAS
DONE**

READ THIS

Moses sent 12 spies to check out the Promised Land. Two spies were named Joshua and Caleb. Out of the 12 spies, Joshua and Caleb were the only ones who reported that the land was good and that the Lord would help them defeat the giants and people that lived there. The other ten spies saw the people who lived in the land and were afraid. But Joshua and Caleb remembered what God had done for them, and they trusted in God's power, so they were not afraid. This week, let's "Go Deeper" and learn more about how **We Can Bust Fear by Remembering What God Has Done.**

MEMORIZE THIS

"Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you."

Deuteronomy 31:6 (NIV)

IN ACTION

We all feel afraid sometimes. If you feel afraid this week stop and think of a true story from the Bible where God did something miraculous. Remember that God is bigger than even our biggest fear!

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, Pen, Stamp

GO DEEPER



MORNING MOMENTS

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

Have you ever seen someone, in a movie or in real life, panicked at the pool because they can't swim, then someone else yells to them, "You're in the shallow end, just stand up!"? Sometimes when we are scared we cannot think straight. In these moments, God may use other people in our lives to help remind us we can trust Him. That is kind of what Moses did. He was reminding the Israelites of all of God's miracles so they could stand firm in who God is.

Remember This: God can use others to remind us of what He has done.



CREATIVE CONNECTION

Can you think of a time someone helped you remember something important? God places people in our lives to help us remember that God wants to help us when we feel afraid. Today, make a reminder card that you can send to someone reminding them to trust in God. Look up scripture and write it down to help them remember what God has done and to trust in Him! (*ex: Psalm 23:4, Mark 4:39-40, Zephaniah 3:17, etc*) Place this letter in the mail and pray that God uses it to encourage the heart of whoever receives it.



TABLE TALK

- What are some memories you feel like you will never forget?
- Who in your life helps you remember you can trust in God when you feel afraid?



HUMBLE HEARTS

Take **P.A.R.T.** of your day to pray:

Praise God for being all-knowing and never forgetting us

Ask God to help you remember His power

Repent, or tell God you're sorry, when you didn't listen to the people God has in your life to help you

Thank God for ways He has helped you

Materials Needed:
Bible or Bible App, Jar,
Rocks, Notebook, Pen

GO DEEPER



MORNING MOMENTS

Read: Joshua 4:19-24

Discuss:

- Why did the Israelites stack the stones?
- What were the stones to remind them of?
- How do you think remembering what God has done can give you faith when you are afraid?

Remember This: Remembering what God has done gives us faith for our future.



CREATIVE CONNECTION

Get a large container and set it somewhere your family will see it. Then grab a notebook and a pen to keep next to the container. Think of ways you and your family have seen God's power (big and small) and write them down in the notebook. Every time you write down something God has done, add a small stone to your jar. You can keep adding to your notebook and jar as you see things God has done or is doing for your family! Every time you walk past the jar, thank God for how He has provided for you. The next time you feel scared or worried, ask God to help you remember how He provides for you. Remembering what God has done gives us faith for our future.



TABLE TALK

- How do you remember important things?
- If you were an Israelite, what would you have done to remember God's miracles?



HUMBLE HEARTS

Take **P.A.R.T.** of your day to pray:

Praise God for being faithful and never changing

Ask God to help grow your faith in Him

Repent, or tell God you're sorry, for times when you are not grateful for what He has provided for you

Thank God for all the things He is doing in your life now, and for all the things He has planned for your future

Materials Needed:
Bible or Bible App, Paper, Pen

GO DEEPER



MORNING MOMENTS

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

Discuss:

- This Psalm was written by David. What are some of the wonderful deeds God did in David's life?
- Verse 9 says God is our refuge. What do you think that means?

Remember This: Remembering what God has done can bring you peace when you are afraid.



CREATIVE CONNECTION

As part of giving thanks, David remembered all the ways God had helped him in the past. God gave him victory over Goliath and over the Philistines. God protected him from the jealous King Saul. God blessed him and promised to send the Savior, Jesus, through David's descendants. Wow! These are some great things God did for David! God will never change. The same God who helped David is alive and working today. He still answers prayer and helps those who call on Him. Grab a piece of paper and write your own Psalm of praise to God. Do this anytime you feel afraid. Remembering what God has done can bring you peace when you are afraid.



TABLE TALK

- Have you ever helped someone who was feeling afraid? If so how?
- Is there a time when you were afraid and God gave you peace? If yes, how did God give you peace?



HUMBLE HEARTS

Take **P.A.R.T.** of your day to pray:
Praise God for being your refuge/shelter
Ask God To give you His peace
Repent, or tell God you're sorry, when you don't choose His peace
Thank God for examples in the Bible, like David, of how to trust and follow God

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

GO DEEPER



MORNING MOMENTS

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

Discuss:

- What was Joshua doing in these verses?
- What are some times God might ask you to serve Him that may cause you to feel afraid?
- What does it mean for God to be our shield?

Remember This: Remembering what God has done gives me strength when I am afraid!



CREATIVE CONNECTION

We are learning today that God is our strength and our shield. One way to bust fear is by remembering what God has done, and trust in Him. He wants to help us when we are afraid. God never said that our lives would be easy. But He did promise that if we are His followers He would always be with us. Let's create a shield to remind us that we do not have to be afraid. Draw or print a shield on sturdy paper. (www.tinyurl.com/printsshield) Draw symbols on your shield that show things God has done for you! Next, write down some of your fears on small pieces of paper and crumple the paper into balls. When you are finished have someone toss these "balls of fear" toward you and use your shield to block your fears.



TABLE TALK

- Who is someone you think is brave. Why are they brave?
- What truths do you remember about God that can help you trust in Him? Go around the dinner table and share as many miracles and character traits of God that you can think of!



HUMBLE HEARTS

Take **P.A.R.T.** of your day to pray:
Praise God for being a Mighty Warrior
Ask God be help you trust in His power
Repent, or tell God you're sorry, for when you didn't ask Him to help you
Thank God for when He has been your shield