



Fear - Relay Game

Bible: 1 John 4:4

Overview: To challenge students to get out of their comfort zones and face some fears they may have.

Supplies:

- 5 tote like plastic containers
- 5 small items per tote for students to find (for example coins or marbles)
- 5 covers for the totes
- Paper towels
- Cooked spaghetti noodles
- Pudding or Jello
- Pipe cleaners
- Loosely packed dirt
- Packing peanuts
- Stop watch

Preparation: Have someone cook the spaghetti and pudding/jello ahead of time. Place the small items at the bottom of each tote and prepare each plastic tote with enough of the ingredients to fully hid the small items. Have an adult leader or a strong student leader in each group to keep the group involved.

Time involved: 10-15 minutes

Game Description: Break the larger group up into groups of 5. Have the groups select 5 different people to find the small items in the 5 different totes. Time the groups according to how fast they can find the 5 different items in the 5 different totes. The fastest group wins a prize that can be shared during discussion time.

Bible Verse Emphasis: 1 John 4: 4 (MSG)

My dear children, you come from God and belong to God. You have already won a big victory over those false teachers, for the Spirit in you is far stronger than anything in the world.

Goal: For students to realize that God is with them...while taking a test, at home, or sticking your hand in a plastic tote full of weird stuff.

Discussion Questions (In small groups):

- Go around say your name, grade, and one thing you fear.
- What were your thoughts as you stuck your hand in that tote, or watched someone stick their hand in the tote?
- How does what we fear limit us?
- How can we apply 1 John 4: 4 to the things we fear?