

Fear

Lesson Idea:

1 John 4:18 "There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love."

Have you ever felt completely overwhelmed by fear? How do you handle it? What can you do? Did you know that perfect love drives out fear?

Items needed:

- A small see-through glass jar with a lid and a little bit of water in it to represent "our hearts"
- Dish soap (Liquid Dish Soap/bubble bath) to represent "fear"
- a tray
- red food coloring in a jug with water

Instructions:

1. Explain that the Jar represents us and our hearts
2. Add a drop of the dish soap and close the lid and start to shake the jar- explain that when we let even just the tiniest bit of fear into our hearts, when we think about it and ponder about it and get overwhelmed by it, fear and anxiety can fill our hearts.
3. Then place the jar with soap on the tray and start to pour the red water in until it overflows and all the bubbles are out, explaining that Perfect love drives out Fear.

See it in action: <https://www.youtube.com/watch?v=b0oAn4REgdo>