1.1 Dealing with fear

Based on Episode 1: Long Journey

FRIENDS AND HEROES®

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Learning objectives:

- To understand what it means to be afraid of something
- To know how Christians try to deal with fear

Themes:

Standing for God; Courage; Faithfulness; God's loyalty to true believers; Praying to God for help

Curriculum links:

Literacy:	*Speaking and listening: whole group and paired; comprehension skills; use of graphic organizer; poetry*
History:	*Roman life in the first century - shipping, silver work*
Creative:	*jewelry*
Vocabulary:	*Egypt, slavery, silversmith, refugee, Emperor Nero, medallion, zealot*

Life applications:

In what way do I find it difficult to do the right thing sometimes?
How can I express my feelings in a way that honors God?
I understand that other people have feelings too - how can I be sensitive to them?

Episode summary:

Child refugees Leah and Rebecca arrive in Alexandria. The city's Roman authorities are trying to capture them. Macky and his parents (Samuel and Diana) decide to take Leah and Rebecca into their home-despite Diana's initial reservations. Samuel states that they've got good reasons not to be afraid. He tells the story of Daniel and the Lions' Den to show how God rewarded Daniel's faith and courage.

Bible reference:

Daniel in the Lions' Den
Daniel 6:1-24a

Resources:

Friends and Heroes DVD Episode 1: Long Journey
This lesson is based on the first half of the episode to 13:05 minutes when Diana 'invites' the girls to join them for dinner.
Copies of Worksheet 1.1a (one per student)
Copies of Worksheet 1.1b (one per student)

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Lesson introduction:

In today's lesson, you will be talking about fear – be aware that some students may be frightened of very real things at home or outside school. Treat their fears sensitively and be aware of school policies on how to deal with any child protection issues that may arise.

Explain that this is the first episode of a series of stories that are set in a place called Alexandria in Egypt, during the time of the Romans. If your class have been learning about the Romans you might like to expand this section to recap what they have already learned.

Tell students that in this episode they will meet many of the main characters who will appear in the first series of Friends and Heroes.
Introduce the lesson objective. Ask students what it means to be afraid of something.

- Why are we afraid of things?
- How can we cope with fear? – share an example of how you personally deal with fears.

Story focus and Activities:

Explain that in today's episode, there are many times when different characters might feel afraid.

Show Friends and Heroes DVD Episode 1: Long Journey to 9:24 minutes when Diana reminds the family that they have got many reasons to be afraid of the Romans.
Stop the DVD and ask students to complete Worksheet 1.1a, noting the characters who were afraid, and when and why they felt like this.

Allow students about ten minutes to complete this task and discuss, taking note of who was afraid and what caused their fear. Encourage students to speak clearly, explaining who was afraid, when and why they were afraid.
Ask students what physical signs the characters showed when they were afraid.

Tell students that in each of the Friends and Heroes episodes, there are Bible stories to help us to understand the theme of the episode better. The Bible stories are from both the Old Testament (before Jesus) and the New Testament (during or after Jesus' life) parts of the Bible. The Bible story they are about to see is from the Old Testament and shows how someone called Daniel faces something which must have made him feel afraid.

Show from where you stopped the DVD to 11:48 minutes when Daniel is thrown into the lions' den and Darius closes the door.

- How must Daniel be feeling now?
- How must King Darius be feeling?

Draw out the idea that Daniel may have felt afraid and that Darius might have worried for his friend.

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Ask students what they think will happen to Daniel.
Show the episode to 13:05 minutes when Diana 'invites' the girls to join them for dinner.

We have a song about Daniel in the lions' den, called 'Daniel'. You can add music and song activities to your lesson using our music CD, What about Love? Bible songs based on Friends and Heroes Series 1. Click here to learn more: ***www.friendsandheroes.com/songtime***

Reflection:

Paired talk: Ask students to think about why Samuel told the story.

- Whose benefit was it for?
- What did it remind the family? (that they, like Daniel could trust God when they were afraid)

Explain that when Christians are afraid, like Daniel, they ask God for help in the situation that they are in. Make sure that students understand that Christians believe that God will hear them and answer their prayer, even though it may not be in the way they would want or expect.

Introduce Worksheet 1.1b – When I feel afraid – which is an opportunity to respond to the learning objective through poetry.
Model writing a suitable first line to the poem e.g., "When I feel afraid" Together, write a second line and then ask students to complete the poem independently.

Assessment:

Can students explain what it means to be afraid?
Can students give some advice to someone who may be afraid?

Enrichment:

You will find helpful additional material to enrich your students' learning experience at our award-winning children's website: ***www.friendsandheroes.tv*** *. The pages are designed to be child-friendly and are full of exciting puzzles, quizzes and games plus information about Bible characters, Bible places and the Friends and Heroes characters and storylines.*

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Worksheet 1.1a

Write down which character was afraid and what they were afraid of.

Character	When are they afraid?	What are they afraid of?

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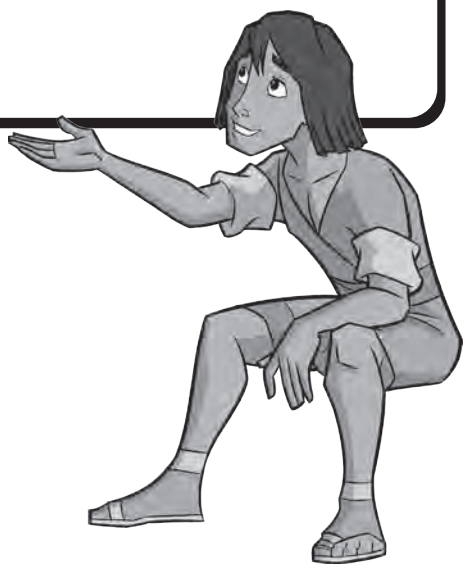

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Worksheet 1.1b

In the Bible, many people wrote poems which were prayers or songs to God about how they were feeling.

Continue this poem with lines of your own – try to write down things that you could do if you were feeling afraid.

When I feel afraid . . .

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