TAP LESSON PLAN · ONE MONTH · AGES 3 TO 6

Faith Over Fear

Faith isn't never being scared. It's knowing where to take it.

Little kids learn by repetition, so this plan spreads one idea over a whole month. Three short days a week (Teach It, Act It Out, Pray It), then a Share It week to talk it all through. The song and your family prayers come back again and again so the lesson sticks.

LISTEN ALONG

Each week of this plan has its own God Homeschool podcast episode that walks you through it, plus one before you start that teaches you the topic first. **godhomeschool.com/listen**

THE ONE SENTENCE

"When your faith covers your fear, God is right there with you in it."

Theme verse: "When I am afraid, I will put my trust in you." Psalm 56:3

THE MONTH AT A GLANCE

	TUESDAY	WEDNESDAY	THURSDAY
WEEK 1	**TEACH IT** Jesus knew where to take it + teach the song	**ACT IT OUT** The Brave Box + song	**PRAY IT** Family prayer 1 + song
WEEK 2	**TEACH IT** Scared is when we go to God + song + prayer	**ACT IT OUT** Carry Me Through + song + prayer	**PRAY IT** Family prayer 2 + song
WEEK 3	**TEACH IT** God is already there + song + prayer	**ACT IT OUT** The Dark Room + song + prayer	**PRAY IT** Family prayer 3 + song
WEEK 4	**SHARE IT** Talk about what they learned and the biggest takeaway + song + a favorite prayer		

YOU'LL USE THESE ALL MONTH

Theme song: "My Faith Is"

TEACH IT WEEK 1, SING IT EVERY DAY AFTER

VERSE 1

My faith is	hand at heart
Bigger	arms as wide as they can go
than my fear	hands on cheeks, scared face
Bigger	arms wide again
than my fear	hands on cheeks
I'm not scared. No, no.	wag fingers "no"

VERSE 2

My faith is	hand at heart
Bigger	arms as wide as they can go
than my fear	hands on cheeks, scared face
Bigger	arms wide again
than my fear	hands on cheeks
Hallelujah	arms raised, waving side to side

FOR MOM

Fear and Faith Hands

EVERY TEACH IT DAY

1. Make a fist and ask your child to make one too.
   > SAY **"This is your fear."**
2. Hold up your other hand, open. They may copy you on their own. If not, ask them to.
   > SAY **"This is faith."**
3. Cover the fist with your open hand.
   > SAY **"When you are scared, you can tell God, and the faith you have will cover your fear. Having faith doesn't mean our fear always goes away, but we are never alone. Who covers our fear?"**
4. Hopefully they say God. If not, say it together: God.

HAND IT OVER

You lead it in Week 1. Each week after, your child leads a little more of the motions and words, until they can do it all on their own by the end of the month.

BAM: how we pray about fear

TAUGHT WEEK 1, USED IN EVERY FAMILY PRAYER

B
Be Honest
Tell God what's scaring you.

A
Ask
Ask God to help you not be afraid.

M
Magnify
Thank God for being bigger, and for being right there.

Week 1 Jesus knew where to take it

T

TUESDAY · TEACH IT

Everybody gets scared. Even Jesus.

SAY "Feeling scared isn't bad. Jesus felt scared too, but he knew where to take it."

ASK "Where did Jesus take his fear?"

Hopefully your child says God. If not, tell them: God. Jesus prayed to God about being scared.

Mark 14:33-36 · Hebrews 4:15

+ Fear and Faith Hands (you lead) + Teach the song

A

WEDNESDAY · ACT IT OUT

The Brave Box

TEACHES: GIVING OUR FEAR TO GOD · ABOUT 15 MINUTES

a box with a lid | paper | crayons

Many families already have these items at home. If you don't, feel free to adapt for your family.

1. Invite your child to draw something that feels scary, or to tell you about it while you draw. They choose what to share.
2. Put the drawing in the box and close the lid. Shake the box, pretending the scary thing is inside.
   - ASK **"What should we do with this?"**
   - SAY **"Let's give it to God."**
3. Open the box together and toss the drawing up toward the ceiling. Grab it fast and hide it in your shirt or somewhere your child won't see.
   - SAY **"It's in God's hands now. We might still feel scared, but God is always with us."**
4. Later, throw the drawing away where your child won't see (or keep it hidden if you love it). If your child wants to keep the drawing, give it to them.
   - SAY **"Remember, any time you're scared, you can give it to God again."**

ASK "Who has our scary thing now?"

+ Song

P

THURSDAY · PRAY IT

Family prayer 1

Teach them BAM (from the top of this plan), then fill in the prayer together using your child's words. If they say the closet is creepy, write creepy.

PRAYER 1

God, I'm scared of _____.

Please help me _____.

Thank you for _____.

Amen.

EXAMPLE "God, I'm scared of the big slide. Please help me not be scared. Thank you for being bigger than my scared, and for being right here with me. Amen."

STOP + PRAY

Pray it together at bedtime, out loud, at their volume and not a whisper. Tape it to their bed frame so it's there next time.

+ Song

Week 2 Scared is when we go to God

T

TUESDAY · TEACH IT

Scared is when we go to God.

SAY "When I'm scared, I can tell God. He always wants to hear it."

Psalm 56:3

+ Fear and Faith Hands (your child helps lead) + Song + Pray prayer 1

A

WEDNESDAY · ACT IT OUT

Carry Me Through

TEACHES: GOD CARRIES US THROUGH THE SCARY THINGS · ABOUT 15 MINUTES

pillows or couch cushions · a blanket · a favorite stuffed animal (optional)

Many families already have these items at home. If you don't, feel free to adapt for your family.

1. Lay the pillows across the floor together as the "scary things" to get past. Your child can name what each one is, or they can just be pillows.
2. At the start, let your child choose how to cross: holding your hand, or riding on your back or in your arms.

   Can't lift your child? Your child carries their favorite stuffed animal across instead, protecting it from the scary things.
3. As you cross,

   SAY **"The scary things are still here, but God carries us through them."**

   Finish by wrapping up together in the blanket.

ASK "Who carried you across?" (or "Who carried your stuffy?") · "Who carries us when we're scared?"

Deuteronomy 1:31 · Isaiah 46:4

+ Song + Pray prayer 1

P

THURSDAY · PRAY IT

Family prayer 2

Write another prayer about something your child might be afraid of. Ask what else feels scary right now and let them pick. Same BAM pattern.

PRAYER 2

God, sometimes I feel afraid when _____.

Please be with me and help me _____.

Thank you that you are _____.

Amen.

EXAMPLE "God, sometimes I feel afraid when it thunders. Please be with me and help me feel calm. Thank you that you are bigger than the storm. Amen."

STOP + PRAY

Pray it together tonight, then add it next to prayer 1.

+ Song

Week 3 God is already there

T

TUESDAY · TEACH IT

God is already there.

SAY "Even in the dark, God is right there with you."

ASK "When you're scared in your room, what can you do?"
Hopefully your child says "take it to God" or "pray." If not, encourage their answer, then offer one or both of those ideas.

Psalm 139:11-12

+ Fear and Faith Hands (your child leads) + Song + Pray prayer 1 or 2

A

WEDNESDAY · ACT IT OUT

The Dark Room

TEACHES: TRUSTING GOD IS THERE EVEN WHEN WE CAN'T SEE · ABOUT 15 MINUTES

a flashlight paper crayons

Many families already have these items at home. If you don't, feel free to adapt for your family.

1. Go stand in a dark room before your child walks in, flashlight off. A hallway lamp on is fine for a very little one.
2. Call their name so they know where you are. They can come in on their own, or you can find their hand and hold it in the dark if they're scared.
   SAY **"I'm right here with you."**
3. Turn the light on.
   SAY **"I was here the whole time."**
4. Afterward, draw pictures of God being with your child in the dark room, so they remember they're never really alone.

ASK "Who was in the room before you came in?" · "Are we ever alone?"

THE BIG IDEA
They trusted you were in the room because they heard you, even though they couldn't see you. That is faith.

Psalm 139:11-12

+ Song + Pray prayer 1 or 2

P

THURSDAY · PRAY IT

Family prayer 3

One more prayer about something your child might be afraid of. Let them lead as much as they can.

PRAYER 3

_____ feels scary to me, God.

Please carry me through it and help me _____.

Thank you that I am never alone, because _____.

Amen.

EXAMPLE "Going to the doctor feels scary to me, God. Please carry me through it and help me be brave. Thank you that I am never alone, because you are with me. Amen."

STOP + PRAY
Pray it together tonight. Now your child has three prayers of their own.

+ Song

Week 4 Share It

S

ANY DAY THIS WEEK · SHARE IT

Talk about what they learned

No new activity this week. Sit together and let your child do most of the talking. There are no wrong answers here, just a chance to hear what stuck.

1. "What did we learn about being scared?"
2. "What is faith?" Let your child show you the Fear and Faith Hands all on their own.
3. "Where can we take our fear?"
4. "Are we ever alone?"
5. "Which prayer is your favorite?" Pray it together.

THE BIGGEST TAKEAWAY

Our fear may not go away, but God will cover us and carry us through it. We are never alone.

+ Song

+ Their favorite prayer

FOR MOM

Start with this theme's first podcast episode, which teaches you the topic before you teach your kids. Then each week has its own episode that walks you through that week's lessons. **godhomeschool.com/listen**

SHARE IT WITH US

Post what you made or the prayers your child wrote in the free God Homeschool community. **godhomeschool.com/facebookgroup**