



Living the Church Year Lesson Plan: Do Not Fear, Only Believe

‘Do Not Fear, Only Believe’

Materials: Be ready to watch Fr. Vazken’s Sunday Expressions video

<https://youtu.be/wMXOVvgRsjo>

Ages: 9-14, Teen (30 Minutes)

Based on Luke 8:41-56 and the Feast of the Holy Archangels

Theme: Faith over fear. God’s presence gives us the courage to trust Him even during difficult times.

Lesson Objectives

By the end of the lesson, students will:

- Understand the role of angels in Armenian Orthodox teaching.
 - Learn the central message angels bring: **God is with us.**
 - Explore Jesus' command: **"Do not fear; only believe."**
 - Reflect on fears teens face today.
 - Identify practical ways to strengthen faith and trust in God.
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Opening Prayer (2 Minutes)

"Lord Jesus Christ, through the prayers of the Holy Mother of God, the Holy Archangels Michael and Gabriel, and all the saints, open our hearts to hear Your Word today. Help us to trust You when we are afraid, to remember that You are always with us, and to grow stronger in faith each day. Amen."

Icebreaker: What Are Teens Afraid Of? (5 Minutes)

Ask students:

- What are some common fears teenagers experience?
- What worries students at school?

- What concerns people your age about the future?
- Have you ever worried about something that turned out not to be as bad as you expected?

Write responses on a whiteboard.

Examples:

- Exams
- Friends rejecting them
- Failure
- Family problems
- Sports performance
- Social media pressure
- The future

Transition:

"The video reminds us that fear can often feel bigger than reality. Christ tells us, 'Do not fear; only believe.'"

Video Discussion: The Message of the Angels (5 Minutes)

Ask: "What is an angel?"

Allow students to answer.

Key Teaching

The word **angel** means **messenger**.

In Scripture, angels do not draw attention to themselves. Their purpose is to deliver God's message.

Examples:

- Gabriel announces Christ's birth to Mary.
- Angels appear at Christ's Resurrection.
- Angels encourage and strengthen God's people.

Discussion Questions

1. What message did Fr. Vazken say all angels bring?
2. Why do movies and popular culture sometimes give us a misleading image of angels?
3. Why is the message "God is with us" so important?

Main Point

The central message of the angels is simple:

God is with us.

Scripture Study: Luke 8:41-56 (8 Minutes)

Read aloud:

"Do not fear; only believe, and she will be made well." (Luke 8:50)

Background

Jairus (Hyus/Jairus) was desperate. His twelve-year-old daughter was dying. Before Jesus arrived, people announced: "Your daughter is dead." Everything appeared hopeless. Yet Jesus responded: **"Do not fear; only believe."**

Small Group Discussion

Divide students into pairs or small groups.

Ask:

- 1. Why do you think Jesus emphasized faith instead of fear?**
- 2. What would Jairus have been feeling at that moment?**
- 3. Why do you think everyone laughed at Jesus when He said she was sleeping?**
- 4. What situations today require strong faith?**

After discussion, share responses.

Key Teaching

Fear focuses on what we see. Faith focuses on God's power. The Christian life is not pretending problems do not exist. The Christian life is trusting God even when problems seem overwhelming.

Armenian Orthodox Application (5 Minutes)

The speaker in the video connected today's Gospel to Armenian history.

Discuss:

Throughout Armenian history we have faced:

- Persecution
- War
- Genocide
- Displacement

Yet Armenian Christians continued to proclaim:

"God is real. God is with us."

Ask:

How can faith help people survive difficult circumstances?

How has faith helped the Armenian people remain strong?

How can faith help you personally?

Emphasize:

Our ancestors taught us that faith is not merely believing when life is easy. Faith means trusting God when life is difficult.

Personal Reflection Activity (3 Minutes)

Provide index cards.

Ask students to complete: **"One fear I need to give to God is..."**

Allow a minute of silence. Then ask them to write underneath:

"One way I will trust God this week is..."

Students may keep the card privately.

Takeaway Challenge (1 Minute)

This week:

Whenever you feel stressed, worried, or afraid, pause and pray:

"Lord Jesus Christ, help me not to fear, but to believe."

Memory Verse

"Do not fear; only believe." Luke 8:50

Optional Bonus Discussion (if time permits)

Ask students:

If the Archangel Gabriel appeared in your life today with a message from God, what do you think you most need to hear right now?

This often produces thoughtful conversation and helps connect the lesson's central theme: **God is with us, so we can live with faith instead of fear**