

Be Not Afraid

By Jolene Roehlkepartain

Thunderstorms. Earthquakes. Monsters under the bed. People yelling. News reports of horrific violence. Children can be frightened easily. Together, talk about fears and how to feel safe.

For

Young Family

Season

Summer



Needed

Bible, What Scares You Most worksheet (see last page), pens or pencils

Prepare in Advance

Place a bookmark in your Bible at Matthew 14:22-33. Print a copy of What Scares You Most worksheet (see last page) for each family member. Gather a pen or pencil for each family member.

Activity Plan

1. Say this prayer aloud to begin:

God, remind us of your presence when we feel afraid. Help us learn ways to stay safe. Amen.

2. Ask an older child or adult to read aloud Matthew 14:22-33 from your Bible or from the text at the end of the activity.
3. As a family, discuss the scripture passage:
 - Why were the disciples afraid?
 - How do you know the disciples were afraid? What did they do?
 - What is the first thing Jesus said to the disciples when he got to the boat?
 - Why do you think Jesus invited Peter to walk on the water?
4. Give each person a copy of What Scares You Most worksheet (see last page) and a pen or pencil.
5. Have each person write or draw a picture of three things that scare him or her. As an adult, be careful of what you write so that you don't add to the fears of young children. For example, if you're scared that you could lose your job or worried about a friend dying of cancer, don't write that. (Talk about adult fears with other adults.) Instead, write about fears where you know how to protect and reassure yourself, such as encountering a barking dog, driving on an icy road, or being caught in a storm.
6. When family members finish, have each person tell about the three things on his or her worksheet.
7. As a family, discuss each item listed by your child(ren). Ask: What would help you feel safer in this situation? How can I help you feel less afraid? Then plan actions to take to calm your child's fears. For example, a night light often helps a child who's afraid of sleeping in the dark. Or a child may feel safer by having a flashlight nearby to illuminate any scary monsters in the middle of the night. Having a family plan of action for storms or other emergencies is also a good idea.
8. End with prayer:

Thank you, God, for listening to our fears and helping us find ways to stay safe. Amen.

Jesus Walks on the Water

Matthew 14:22-33

²² Immediately he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. ²³ And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone, ²⁴ but the boat by this time was a long way from the land, beaten by the waves, for the wind was against them. ²⁵ And in the fourth watch of the night he came to them, walking on the sea. ²⁶ But when the disciples saw him walking on the sea, they were terrified, and said, "It is a ghost!" and they cried out in fear. ²⁷ But immediately Jesus spoke to them, saying, "Take heart; it is I. Do not be afraid."

²⁸ And Peter answered him, "Lord, if it is you, command me to come to you on the water." ²⁹ He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus. ³⁰ But when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." ³¹ Jesus immediately reached out his hand and took hold of him, saying to him, "O you of little faith, why did you doubt?" ³² And when they got into the boat, the wind ceased. ³³ And those in the boat worshiped him, saying, "Truly you are the Son of God."



What Scares You Most?

Write about or draw a picture of the three things that scare you the most.

