

# SCARY *Situations*



**BEFORE YOU BEGIN**

*A FEW MOMENTS TO PREPARE.*

*USE THESE ICONS TO HELP YOU NAVIGATE THIS WEEK'S LESSON*



## WHAT IS SOMETHING THAT MAKES YOU FEEL WORRIED?

There are lots of things that can cause worry or make you feel scared. Maybe you're worried about the first day of school and don't know for sure where your classroom is or who your teacher will be. Or maybe you get a little bit worried every time your mom or dad travels somewhere far away. Some people are afraid of speaking in front of crowds and worry their words won't come out the right way.



### TALK TOGETHER

Family conversations with God's Word.



### MORE TO EXPLORE

Answers to kids' questions.



### THRU-THE-WEEK SHEET

Post it on the fridge. Use it all week.



### COLORING PAGE

Keep little hands busy before, during and after your family conversation.



There will be days when we will face **scary situations\***. Even when we are **afraid\*** or things feel out of control, God has given us a promise — **He will be with us!** In fact, if we have accepted Jesus as our Savior, we have the Holy Spirit living in us right now! When we are worried or scared, it might be easy to forget this truth. But God promises over and over in the Bible that He is with us.

**CONT.** →

TALK TOGETHER

The Bible talks about how God helps us in the book of Isaiah. **Let's read Isaiah chapter 41, verse 10. The book of Isaiah is in the Old Testament.**

When we are in a scary situation, we don't need to panic. In the Bible, God tells us He is with us, no matter what! He will give us strength and will never let us go!

God tells us to trust Him, but trust doesn't just happen. **How do you know you can trust someone?**

***FEAR NOT, FOR I AM WITH YOU; BE NOT DISMAYED, FOR I AM YOUR GOD; I WILL STRENGTHEN YOU, I WILL HELP YOU, I WILL UPHOLD YOU WITH MY RIGHTEOUS RIGHT HAND.***

**ISAIAH 41:10**



We know we can trust someone by spending time with them and learning what they do and say. The same is true about God! The more time we spend with God, the better we will know Him. We spend time with God through prayer and through reading and thinking about what He says in the Bible. The more we know God, the more we know we can trust Him.

Remembering what God has done in the past can help remind us to trust Him. Ask yourself, "How has God helped me to not be afraid in the past?"

CONT. →

TALK  
TOGETHER

Even King David needed to remember God's promises. **Can you help me find Psalm chapter 143 verse 5?** (If time allows, read the entire Psalm.)

David asked God to answer his prayer and deliver him from his enemies. Then, he paused to remember all God had done in the past.

***I REMEMBER THE DAYS  
OF OLD; I MEDITATE ON  
ALL THAT YOU HAVE  
DONE; I PONDER THE  
WORK OF YOUR HANDS.***

**PSALM 143:5**

David knew fear grows when we focus on ourselves. But when we focus on God and who He is, what He has done and what He is doing now, we have a peace that everything will be ok.

**God is in control\***.

No matter where you are and no matter what is causing you to worry, God will be with you.

**He will give you strength  
and He will never let you  
go. You can trust Him.**



END OF TALK TOGETHER

# ★ THRU-THE-WEEK SHEET

## ♥ MEMORIZE

*FEAR NOT, FOR I AM WITH YOU; BE NOT DISMAYED, FOR I AM YOUR GOD; I WILL STRENGTHEN YOU, I WILL HELP YOU, I WILL UPHOLD YOU WITH MY RIGHTEOUS RIGHT HAND.*

**ISAIAH 41:10**

**Q:** WHAT SHOULD I REMEMBER WHEN I'M WORRIED?

**A:** GOD WILL HELP ME.



## PRAY

THANK YOU, **GOD**, FOR YOUR PROMISE TO BE WITH US. THANK YOU FOR GIVING US THE STRENGTH WE NEED TO FACE OUR FEARS. PLEASE HELP US FOCUS ON YOU INSTEAD OF ON OUR FEARS. AMEN.

## DRAW

Read Luke 12:6-7 out loud to your child. Ask them to draw a picture to help them remember what Jesus taught in these verses.

## OBSERVE

Take a walk together outside. What do you hear? How does God use nature to show us He is in control?

## SHARE

How do you usually react when you are afraid? Who do you talk with? Do you tend to run or do you face the fear head-on? Share with your child ways God is helping you trust Him and face scary situations with His strength.

## REMEMBER

Think of ways God has shown Himself faithful to your family. Write them on sticky notes. Cover your refrigerator, or a blank wall, with the notes to create a "Remember Wall" and remind you to trust God in scary situations.

## READ

Pick out verses that show how God helps us when we are afraid, and write them down on notecards. Punch a hole in the corner of each card and put them on a book ring. Remind your children to read and pray God's truth when they feel afraid.

A couple to get you started:

- Psalm 27:14
- Psalm 56:11
- 2 Timothy 1:7



SCAN HERE TO LISTEN WHEREVER YOU ARE!

## SING

Listen to this playlist to remember God is with us, even in Scary Situations!



## MORE TO EXPLORE

### CAN FEAR BE A GOOD THING?

When we are in danger, fear is part of the warning system God gave our bodies to help keep us safe. Fear is a very natural feeling, and by itself it isn't wrong or sinful. It is what we do with our fear and how we respond to it that is important. We can ignore our fear, be consumed by our fear or take our fear to God and trust that He is with us. God wants to replace our fear with His peace and confidence that He is in control.

### HOW CAN GOD BE GOOD IF HE ALLOWS SCARY SITUATIONS?

We live in a world where sin exists. Sin entered the world when Adam and Eve disobeyed God, and death came as a result. (Romans 5:12) Sometimes our fear is a consequence of our own actions; sometimes it is because of the actions of others; sometimes it is simply because we live in a world where sin and death exist. God shows us how good He is when He helps us and is with us when we are afraid.

***\*Want to learn more? Check out our "What does my sin deserve?" conversation guide at [talkaboutdiscipleship.com](http://talkaboutdiscipleship.com)!***

### I KNOW GOD IS IN CONTROL, SO WHY DO I STILL FEEL AFRAID?

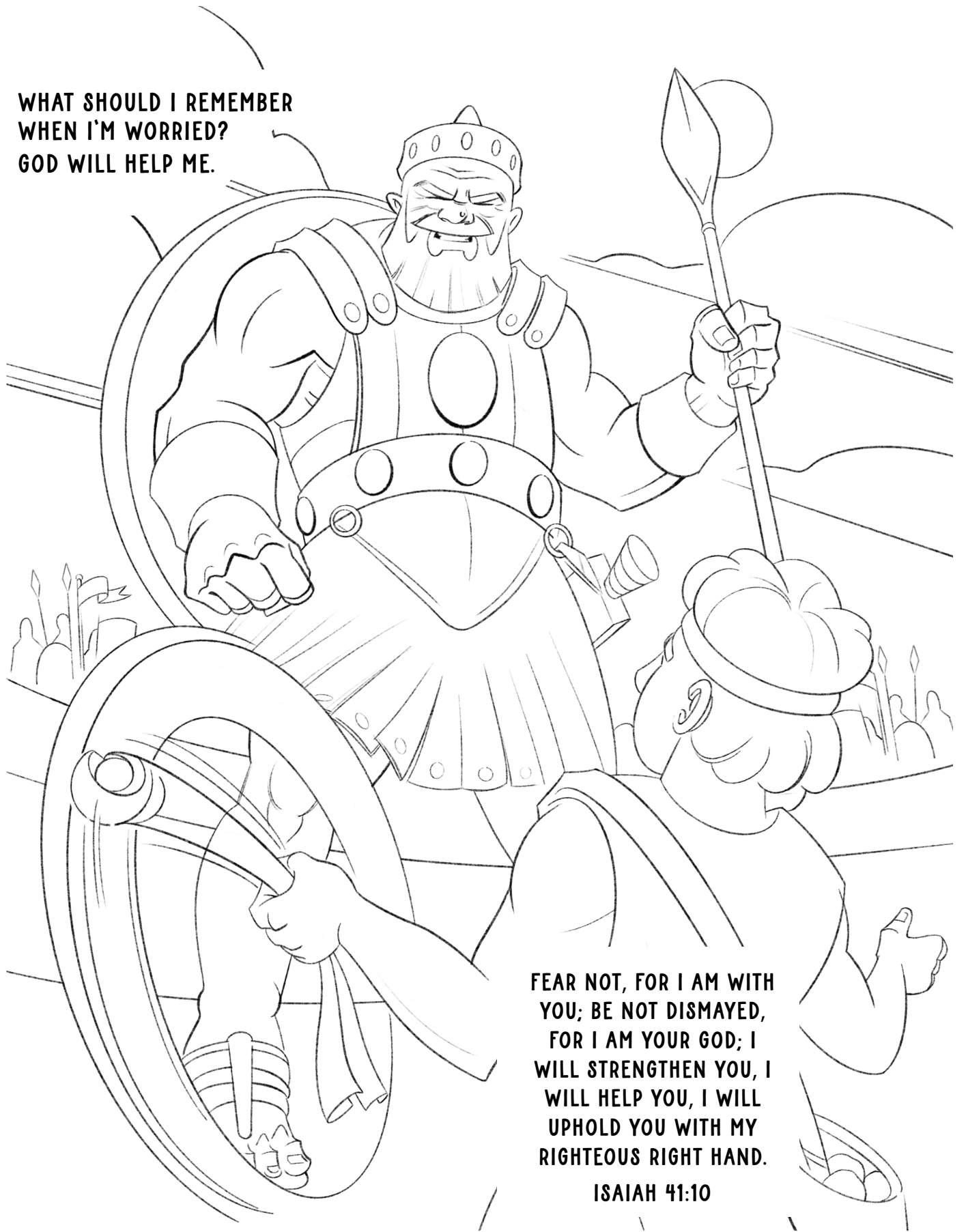
God doesn't expect us to act as if nothing is wrong when we are in a scary situation. After all, He created us with the ability to have emotions; but those emotions don't need to control our thoughts, actions and words. Philippians 4:6-8 tells us God will give us peace and guard our hearts and minds (and emotions), but we need to do our part. We need to shape our fears into prayer and focus on things that are true and good.

### FOR FURTHER READING:

- Read **Joshua 1:9** to find out who is with us wherever we go.
- **Psalm 27:1** encourages us not to fear; the Lord is our light and salvation!
- Read **Psalm 46:1** to learn more about God's help when we are in trouble.
- Find out more about the peace God gives us in **Isaiah 26:3**.



**WHAT SHOULD I REMEMBER  
WHEN I'M WORRIED?  
GOD WILL HELP ME.**



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NAME \_\_\_\_\_