

FAITH

TRUSTING IN WHAT
YOU CAN'T SEE

BECAUSE OF WHAT
YOU CAN SEE

WEEK **3**
1st

BOTTOM LINE: Knowing Jesus can help you face your fears.

Read John 14:27

DAY
1

FEARS

Write down a few things you're afraid of in the space below:

Some of these fears are real and some are imaginary. Lots of people are afraid of things like spiders and heights. But there are lots of people who love these things too. Like people who keep spiders as pets or fly in airplanes every day.

It's okay to name your fears and to talk about them with the adults you trust. But it's also good to remember that Jesus is bigger and stronger than any fear we might face. Ask God to help you remember that you don't have to be afraid because Jesus will always help you face your fears.

DAY
3

Peace or No Peace

What does the word "peace" mean to you?
Circle some answers below.

No fighting

Quiet or calm

No worries

The opposite of fear

Jesus promises peace, even when things aren't going the way we want them to. Even when we're angry or frustrated.

Head outside and take a look around. Notice the birds, the trees, the clouds in the sky. Thank God for all the wonderful things He's made for you to enjoy. Take three big breaths—the kind you can feel all the way to your toes! Thank God for sending Jesus so that you could know Him. The next time you need peace, ask God to remind you that He is with you, always.

DAY
2

True or False

Have you ever been in bed and thought you heard or saw something strange? When you called your parents, maybe you learned the noise was a branch outside hitting the window. But in the darkness of your room, it seemed like something much scarier.

You felt fear, but the fear proved out to be false! What you thought was true (a monster under the bed or in the closet) wasn't actually there. Your fear wasn't true, it was false.

When it comes to faith and facing your fears, we have to remember what's TRUE. Jesus promised peace, not fear. He is WITH us. Always. We can trust him. Always. When you're afraid, ask God to remind you of what is true!

DAY
4

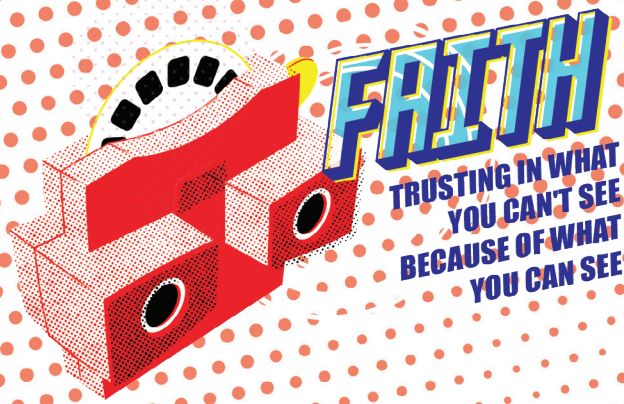
Peace Like a River

Have you ever stood at the edge of a river and watched the water move? Or heard the sounds of the ocean?

Jesus wants to give us a peace that goes way deeper than that! When we have faith in Jesus, His promise is that peace will follow. Because, no matter what happens, knowing Jesus will help us face our fears.

Ask your mom or dad to look up the old song, "Peace Like a River." Listen to the song and sing it together. Pray and thank God for sending Jesus so that you can feel peace, always.





WEEK
THREE
2nd-3rd Grade

READ DEUTERONOMY 31:8

DAY 1

Have you ever been walking into a situation where you were scared of what was ahead? In that situation, where do you want your parent to be?

A. BESIDE YOU
C. IN FRONT OF YOU

B. BEHIND YOU
D. NONE OF THE ABOVE

You probably chose C, didn't you?! Having someone standing by you to keep you safe is good too, but there's something about knowing that they're going ahead of you. They can see what's coming, and they can use their size to block you and their strength to protect you.

Many times, in His Word, God promises to be in front of us to protect us. Knowing Jesus is not only beside you, but is going ahead of you can help you face your fears!

Thank God for going ahead of you to keep you safe.

READ PSALM 27:1

DAY 2

Have you ever noticed how much bigger objects look in the dark? Your dresser might look perfectly harmless during the day, but during the night it takes on a life of its own. God knew that our fears would seem much bigger in the dark, so all throughout His Word He tells us that He will be our light.

Color in this message and then cut it out at the end of the week. Tape it to your light switch to remind you that knowing Jesus will help you face your fears.

**THE LORD IS MY LIGHT,
AND HE SAVES ME.**

Ask God to help you turn to Him when it's hard to face your fears.

READ PSALMS 56:3-4

DAY 3

What are your biggest fears? If you're like most people, they probably have a lot to do with other people. Worrying about what other people are doing, or what they're thinking, is normal. But it's not how we should live our lives. When we trust in God, it doesn't matter what others think or say, we can face our fears.

Try to trace the phrase below with a pen or marker, but don't look at the letters as you do it. Instead focus on "your biggest fears" (in the first sentence). How'd you do?

Now trace the letters again with a different color pen, this time focusing on the letters as you go. It's amazing the difference when you're focused on trusting in God, isn't it?!

TRUST IN GOD

Know that focusing on Jesus helps you face your fears.

READ PSALM 18:2

DAY 4

With a parent's permission, go outside and find a small rock. Then read Psalm 18:2. Why do you think God calls Himself our rock? Well, He probably wasn't referring to the tiny piece of earth in your hands. But that piece of rock may have once been a part of a much bigger rock, or even a mountain. And when you think about the strength and size of a mountain, God calling Himself our rock makes more sense. If you were alive during biblical times, you also might imagine yourself hiding behind a large rock during a battle, or resting in its shade before there was air conditioning in the hot summer months.

Stick the rock in your pocket or on your dresser to remind you that you can face your fears because God is your rock.

Know that God is your place of safety, so you can face your fears.

**Knowing JESUS
can help you
face your fears.**



DAY 5

Everyone has fears (even adults). But just like Ananias, we can face our fears with the help of God. Think about a time you were afraid, but you knew that God was with you. On a piece of paper, write about that time. Hang onto it, and the next time a friend or family member is facing something hard, share your story with them to help build their faith.



WEEK 3

DAY 1

Go to Studio252.tv and watch this week's episode of The So & So Show. (Click on Fun2Watch! then The So & So Show.)

Even if you already saw it at church, feel free to check it out again!

SO & SO TOP 3

After watching, write one thing that . . .

1) YOU LIKED: _____

2) YOU LEARNED: _____

3) YOU'D LIKE TO KNOW: _____

DAY 2

READ ACTS 9:10-31

Saul's entire life was changed when he met Jesus. But there was another person involved with Saul's story, a man named Ananias.

We just read that God talked to Ananias through a vision. What's a vision? Well, it's sort of like a dream. And in this vision, God told Ananias to help Saul. Only, Saul was known for hating Jesus-followers and Ananias was afraid of him.

Ananias had fears. But they were fears he was able to face. How? You'll have to read on. For now, think about some of your own fears.

TOP 3 SCARIEST THINGS EVER:

- 1.
- 2.
- 3.

Think about this . . . what if God asked you to face one of those fears. Could you do it?

DAY 3

When you talk to God, you can tell Him. You can even tell Him about the things that scare you. With God's help, you can face some of your fears. Fill in the blanks below, then read the prayer to God.

God,

Thank You that You care about me. You care about what hurts me, bothers me, or scares me.

When I think about my fears, I think about (your list from Day 2). The one of those that scares me the most is (biggest fear).

God, I know that even if I have to face (biggest fear), You are with me. Help me to remember that. Amen.

DAY 4

If the opposite of *fear* is *faith*, we have to work hard on growing our faith to overcome our fears. Who is someone you know who seems fearless? Someone who has overcome a lot and still loves God?

Take a couple of minutes to talk to them. You can text, email, or even video chat them. Ask them how they fought their fear with faith.