

FAITH

TRUSTING IN WHAT YOU CAN'T SEE

BECAUSE OF WHAT YOU CAN SEE

WEEK 3

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.

