



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.**