



Materials Needed:
Bible or Bible App,
Laundry Basket

GO DEEPER

MORNING MOMENTS



Read: Luke 8:22-24

One day, Jesus and His friends sailed across a lake in a boat. Jesus was taking a nap, when suddenly a storm came! Let's pat our legs to make it sound like it is raining really hard! Have you ever been in a bad storm? How did you feel? Jesus' friends were really scared that the boat would sink. They woke Jesus from His sleep and Jesus got up and told the wind and the waves to stop. And guess what? The wind and waves obeyed Him and stopped! Jesus had the power to stop the storm, and He has the power to help us with our fears too!

CREATIVE CONNECTION



Have your child sit in an empty laundry basket and pretend they are in the boat with Jesus and His friends. Slide the basket in a back and forth motion to imitate the storm. Like Jesus' friends, we have things we are afraid of, but remember, Jesus has the power to stop our fears! While we are in the storm, let's shout "Jesus, help! I'm afraid of ____." Then whoever is shaking the basket will rebuke the storm, saying "Quiet! Be still!", like Jesus did to calm the storm. Stop moving the basket. Repeat this activity for as many fears as you and your child can think of, rocking the basket and stopping when you say Jesus' words. **I can pray to Jesus when I am afraid!**

TABLE TIDBITS



While sitting for a meal with your family this week, have one person at the table share something they are afraid of. After that person shares, have your child hold their hand up like a stop sign and say "Jesus can stop our fears when we pray!" Repeat this activity until each person at the table who wants to share has done so. Have your child pray and ask God to help them with the things they are afraid of.

CUDDLE CLOSE



Pull your child close beside you and say, "Jesus can stop your fears when you pray." As you tuck them into bed sing, "I Will Pray" <https://tinyurl.com/yancypray>. Then pray together, pausing after each phrase, to let your child repeat after you:
Dear God, I believe that You can take away my fear! When I feel afraid, Help me to always trust You. In Jesus' name, Amen.

	SCRIPTURE	SPECIAL WORDS
	Luke 8:22-25 Jesus Calms the Storm	I CAN (THUMBS TO CHEST) PRAY (FOLD HANDS TOGETHER) TO JESUS (POINT UP) WHEN I AM AFRAID (HIDE FACE BEHIND HANDS)
READ THIS	When Jesus' friends felt scared, they asked Jesus for help! And what did Jesus do? He listened! He stopped the strong wind and waves and helped His friends feel safe again. Jesus wants to help us when we feel afraid, too! We can tell Jesus all about what makes us feel afraid. He is bigger and more powerful than anything we are afraid of! Even if our fear does not go away immediately, we can trust Jesus loves us so much and wants to help us when we feel afraid. This week, let's "Go Deeper" in God's Word to learn more about how we can bust fear with prayer!	
MEMORIZE THIS	"Be strong (<i>one muscle arm</i>) and courageous (<i>other muscle arm</i>) Do not be afraid (<i>cross and uncross pointer fingers a couple times</i>) Or terrified because of them (<i>Hide your face behind your hands</i>) For the Lord your God, (<i>Point up</i>) Goes with you (<i>March in place</i>) He will never (<i>Move hands across body like a referee</i>) leave you nor forsake you." (<i>push both palms straight out like pushing away</i>) Deuteronomy 31:6 (NIV)	
IN ACTION	God can make us brave, even when we feel scared! This week, whenever you start to feel afraid, go talk to God and ask Him to help you feel safe and calm!	

CHECK OUT OUR COMPANION VIDEOS ON OUR YOUTUBE CHANNEL:
youtube.com/blueridgecommunitychurch

Materials Needed:
Bible or Bible App, Backpack,
Heavy Items

GO DEEPER



MORNING MOMENTS

Read: Philippians 4:6-7, Psalm 56:3
What is something you are afraid of? (The dark, storms, fireworks, etc.) What helps you when you are afraid? The Bible teaches that when you feel afraid, you can talk to Jesus! Jesus cares about you so much! He wants to help you feel safe and calm again! When you talk to Jesus, thank Him for all the good things He has given you (like food, your family, or your pets), and tell Him all about what is bothering you, because He wants to hear from you. Remember, **I can pray to Jesus when I'm afraid!**



CREATIVE CONNECTION

Find a backpack or a bag, and some heavy items. Have your child brainstorm some things they are afraid of. For each fear your child names, place a heavy item in the bag. Have your child try to lift the backpack or bag when you are done. It feels heavy and hard to carry all by yourself, right? Have your child say, "Jesus, I am afraid of _____, can you please help me?" Next, help your child pick up the backpack or bag and carry it with them. Ask your child if it is easier to carry when you are helping them. Remind your child that when we share our fears with Jesus, He can help us with them, just like you helped them carry the heavy backpack or bag!



TABLE TIDBITS

On small pieces of paper draw pictures that represent fears a child may have (a cloud and lightning bolt for thunderstorms, a square shaded in with a marker/crayon for darkness, etc.). Place them in a bowl. Pass the bowl around and have each person choose one and guess what it is. Then, have everyone at the table who wants to participate say, "**I can pray to Jesus when I am afraid!**" After repeating this, rip the paper up to show that Jesus can help calm our fears.



CUDDLE CLOSE

Pull your child close beside you and say, "*Jesus can stop your fears when you pray.*" As you tuck them into bed sing, "*I Will Pray*" <https://tinyurl.com/yancypray>. Then pray together, pausing after each phrase, to let your child repeat after you:
Dear God, Thank You for hearing me when I pray, Help me to talk to You when feel afraid, Thank You for loving me. In Jesus' name, Amen.

Materials Needed:
Bible or Bible App, Bread,
Jam, Spoon, Carrots

GO DEEPER



MORNING MOMENTS

Read: Ecclesiastes 4:12, Matthew 18:19-20
Reach out and hold your child's hand. When you feel afraid, holding onto somebody's hand can you make you feel safe, right? It's much better to have someone with you than to be all alone! Jesus teaches us that we should get together with other people who believe and trust in Him! We are stronger together! We can pray together, sing together, and help each other! When we get together to pray with other people who believe and trust in Jesus, Jesus is right there with us too! We may not be able to see Him, but He is there! Isn't that incredible?



CREATIVE CONNECTION

Find a slice of bread and jam (or other spreadable substance). Have your child place one hand behind their back and try to spread the jam on the bread. As your child is struggling, encourage them to ask you for help. As soon as they ask for help, step in and help guide their hand to spread the jam on the bread. Ask your child if it was easy or hard to spread the jam by themselves with one hand. Talk about how it is really hard to face our fears all by ourselves! Jesus does not want us to try and face our fears on our own! Remember: **I can pray to Jesus when I am afraid!**



TABLE TIDBITS

Grab some carrots for an afternoon snack. Have your child pick up one piece and try breaking it in half. It should be fairly easy to break on its own. Next, give your child three carrots together as a bundle and have them try to break it in half. It was hard to break the bundle in half, huh? That bundle was much stronger than just one piece alone! We are stronger, too, when we pray together with other followers of Jesus!



CUDDLE CLOSE

Pull your child close beside you and say, "*Jesus can stop your fears when you pray.*" As you tuck them into bed sing, "*I Will Pray*" <https://tinyurl.com/yancypray>. Then pray together, pausing after each phrase, to let your child repeat after you:
Dear God, Thank You that I can pray with other people who love You too! When I feel afraid, help me to tell others so they can pray with me. Thank you that you are with us when we pray! In Jesus' name, Amen.

Materials Needed:
Bible or Bible App, Construction Paper, Scissors, Pen, Tape or Glue

GO DEEPER



MORNING MOMENTS

Read: Luke 11:5-8, 1 Thessalonians 5:17, Romans 12:12
What is something that is really hard for you to do? (Examples: waiting your turn, buttoning your jacket, tying your shoe, pouring your own drink, etc.). You may feel like you can't do it and just want to give up! But rather than giving up, you can keep on trying! The Bible teaches us to do this when we pray, too! We should keep on praying to God! Remember, nothing is too big or too hard for God! He loves us and wants us to keep asking for His help! So don't give up - keep on praying!



CREATIVE CONNECTION

Get a piece of paper and trace your child's hand on it. Help them cut it out and tape or glue to another piece of paper. Write this week's special words on the hand or the paper: "Jesus can help me when I'm afraid!" Decorate the paper and then tape it up somewhere in your house as a reminder to not give up and to keep on praying! **I can pray to Jesus when I am afraid!**



TABLE TIDBITS

Set a small bowl on the table and give your child a small snack food (such as Goldfish or Cheerios). Have your child gently toss the food item into the bowl. If your child cannot do this on the first try, encourage them to keep trying and don't give up! Remind your child that when we pray, we don't want to give up either! We should keep on praying and asking God for His help no matter what! Allow your child to eat their snack food after you finish the activity.



CUDDLE CLOSE

Pull your child close beside you and say, "Jesus can stop your fears when you pray." As you tuck them into bed sing, "I Will Pray" <https://tinyurl.com/yancypray>. Then pray together, pausing after each phrase, to let your child repeat after you:
Dear God, I am so glad that nothing is too big or too hard for You! Help me to keep on praying no matter what! Thank you for loving me. In Jesus' name, Amen.

Materials Needed:
Bible or Bible App, Paper Strips, Glue or Tape

GO DEEPER



MORNING MOMENTS

Read: Psalm 34:4, 6
When something scares you, what do you do? Do you run away, or hide under your covers? Do you cry? Sometimes being afraid can even make you feel stuck! You may not know what to do to make the fear go away, but you can trust that Jesus does! The Bible verses today teach us that when we feel stuck in our fear and don't know what to do, we can ask Jesus for help. We can pray and He will help us feel safe and calm again. He will take our fears away from us! Remember the special words, **I can pray to Jesus when I am afraid!**



CREATIVE CONNECTION

Take strips of paper and write down a fear on each strip. Then loop one piece paper to make a circle and tape or staple it together. Thread the next paper strip through the center of the first circle. Now, join the ends of this second strip together. Continue until all strips have been connected into a chain. Take a moment and pray to God asking Him to free you from your fears. After praying, destroy the chain, representing how God can free us from our fears!



TABLE TIDBITS

While sharing a meal with your family this week, have each person at the table name something they are afraid of, then freeze to show they are stuck in their fear. Have your child say to the person who is "frozen" and say, "Jesus can help me when I'm afraid!" The person can then "unfreeze" and another person can go. We can sometimes feel stuck or frozen in our fear because we don't know how to make it go away, but we can trust that Jesus does! He is always there to "unfreeze" us!



CUDDLE CLOSE

Pull your child close beside you and say, "Jesus can stop your fears when you pray." As you tuck them into bed sing, "I Will Pray" <https://tinyurl.com/yancypray>. Then pray together, pausing after each phrase, to let your child repeat after you:
Dear God, When I feel afraid, sometimes I don't know what to do! But I know that You can help me. Help me to remember to ask You for help when I am afraid. In Jesus' name, Amen.