

**Materials Needed:**  
Bible or Bible App, 2 clear cups, oil, vinegar, baking soda,



## GO DEEPER

### MORNING MOMENTS

**Read:** Luke 8:22-25

**Discuss:**

- Who did the disciples go to when they were afraid?
- What did Jesus do?
- Can we go to Jesus when we are afraid, and if so, how?

**Remember This:** Jesus has the power to calm fears

### CREATIVE CONNECTION

Pour some vinegar into a clear cup to represent us. Pour some oil into another cup to represent Jesus. Next, sprinkle a large spoonful of baking soda into the “us” cup. While you watch what happens, think about how you feel when you’re scared. Then pour in the oil. As you watch what happens, think about Jesus’ calming power. Jesus loves us more than we can imagine. He wants us to feel safe and secure in Him. Whenever we’re afraid, we can ask Jesus to be with us, to comfort us, and to calm us. Jesus will be with us just as He was with the disciples when they were scared. Jesus has the power to calm fears!

### TABLE TALK

- Are there any fears too big for Jesus? Why or why not?
- What does Jesus want to do for us when we feel afraid?

### HUMBLE HEARTS

Take **P.A.R.T.** of your day to pray:  
**P**raise God for being available to us  
**A**sk God to help you trust Him more  
**R**epent, or tell God you’re sorry, when you feel afraid  
**T**hank God for hearing your prayers

	SCRIPTURE	BOTTOM LINE
	<p><b>LUKE 8:22-25</b> Jesus Calms the Storm</p>	<p><b>WE CAN BUST FEAR WITH PRAYER</b></p>
<b>READ THIS</b>	<p>When the disciples were afraid, they went to Jesus for help. And what did Jesus do? He calmed the storm! This week, if you find yourself getting afraid at all, remember to pray to God! Jesus is more powerful than anything we are afraid of, and even though our fear may not immediately go away, when we are afraid we can trust in Him! Truly believing that our super-powerful and loving God is with us can help us find peace in the midst of the storm. This week, let’s “Go Deeper” in God’s word learning more about how we can bust fear with prayer!</p>	
<b>MEMORIZE THIS</b>	<p>“Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.” <b>Deuteronomy 31:6 (NIV)</b></p>	
<b>IN ACTION</b>	<p>Forgiveness is something that is given freely. It is not earned and expects no God wants us to live a life of courage in Him! This week, whenever you start to feel afraid, immediately go to God and ask Him for His peace. thing in return. This week, look for places where you can show someone forgiveness, even if they don’t ask for it!</p>	

CHECK OUT OUR COMPANION VIDEOS ON OUR YOUTUBE CHANNEL:  
[youtube.com/blueridgecommunitychurch](https://youtube.com/blueridgecommunitychurch)

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

## GO DEEPER



### MORNING MOMENTS

**Read:** Philippians 4:6-7, Psalm 56:3

**Discuss:**

- What are some things that can make you feel scared or worried?
- What should we do when we feel scared or worried?
- According to Philippians 4:7, what does God want to give us when we are anxious?

**Remember This:** Never worry, always pray, give thanks!



### CREATIVE CONNECTION

Take a backpack filled with heavy items and place it on your child's back. Explain how carrying around fear and worry can feel very heavy. Together, think of some worries or fears they might struggle with. Read 1 Peter 5:17. We are to "give" or "cast" our cares on God. This means letting go of our worries and trusting God to handle things. *Take the backpack off your child's back and put it on your own.* Ask your child to explain how that made them feel for you to take the load for them. Explain that God wants to do this for us, too. He wants us to trust Him with our worries, anxiety, and fear. Then God will give us peace that no one can understand, but it can guard our heart and mind in Christ Jesus!



### TABLE TALK

- When you feel afraid how does your body feel/react?
- What did you learn today that can help you when you feel afraid?
- How do you feel if you are full of peace?



### HUMBLE HEARTS

Take **P.A.R.T.** of your day to pray:

**P**raise God for being strong enough to carry our worries

**A**sk God to help you give your worries to Him

**R**epent, or tell God you're sorry, for times you didn't ask for His help

**T**hank God for sharing His peace with us

**Materials Needed:**  
Bible or Bible App, Sticks

## GO DEEPER



### MORNING MOMENTS

**Read:** Galatians 6:2, Matthew 18:19-20, Ecclesiastes 4:12

**Discuss:**

- What does Galatians 6:2 say we are to do for one another?
- What does God promise when followers of Jesus pray together?
- Who can you pray with?

**Remember This:** There is power in praying with other followers of Jesus!



### CREATIVE CONNECTION

Go outside and collect some sticks with your child. First, hand them one stick and see if they can break it (this should be fairly easy.) Next, give them a bundle of sticks and see if they can break the bundle (this should be close to impossible.) Use this to show that when we feel afraid there is strength and power in praying with other followers of Jesus!



### TABLE TALK

Whenever we face a situation that seems impossible to us, we need to remember that we're not alone. All things are possible with God, and we can pray and ask God to help us. Why do you think it is important for us to share our fears with others and pray together? Take a moment to share the things that you are afraid of and pray together. Remember there is power in praying with other followers of Jesus!



### HUMBLE HEARTS

Take **P.A.R.T.** of your day to pray:

**P**raise God for other believers He has placed in your life

**A**sk God to help you share your fears with others

**R**epent, or tell God you're sorry, for when you try to handle your fears on your own because you are worried what others may think

**T**hank God for creating power in praying with others

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

## GO DEEPER



### MORNING MOMENTS

**Read:** Luke 11:5-13, 1 Thessalonians 5:17, Romans 12:12

**Discuss:**

- What did the sleeping man first say to his friend?
- Why did the man finally give his friend the bread?
- Why do you think God sometimes allows us to keep praying for the same thing?

**Remember This:** Don't give up - keep on praying!



### CREATIVE CONNECTION

Give your child supplies to trace their own hand on a piece of construction paper. Have them cut it out and tape or glue to another piece of paper. Write this week's Bible verse on the hand or the paper and/or write "Don't Give Up - Keep On Praying!"



### TABLE TALK

- Share about a time when something was so hard that you just wanted to give up.
- Did you give up?
- How do you think things might have turned out if you did not give up?



### HUMBLE HEARTS

Take **P.A.R.T.** of your day to pray:  
**P**raise God, as His timing is always best  
**A**sk God to help you not give up in praying  
**R**epent, or tell God you're sorry, when you stop praying because you don't think God is listening  
**T**hank God for hearing us when we pray

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

## GO DEEPER



### MORNING MOMENTS

**Read:** Psalm 34:4-7, Psalm 46:10

**Discuss:**

- What is fear?
- How can fear cause us to be "trapped"?
- What can God do when we choose to pray to Him?

**Remember This:** Faithful prayer leads to freedom from fear



### 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 TALK

- What times are the hardest for you to remember not to be afraid?
- How does it make you feel knowing that God is with you?
- Does knowing this help you to face your fears?



### HUMBLE HEARTS

Take **P.A.R.T.** of your day to pray:  
**P**raise God because He is more powerful than our fears  
**A**sk God to help free you from your fear  
**R**epent, or tell God you're sorry, when you do not trust Him  
**T**hank God for being near