



Family Devotional on handling “Fear”

Supplies Needed

- Tapered Candle
- Match or something to light candle with
- Piece of blank paper
- Marker
- Ziploc Bag (the larger the better—like a quart or gallon size)



1. Start time off by sharing something you were afraid of as a kid (or currently) and then write it on the paper. Now ask your child or children to each tell you a fear and then write it on the piece of paper. Once finished, fold the piece of paper with fears on it into a fan. Tell the kids this fan represents **FEAR**.
2. Light the candle. Say, “the flame of this candle represents each of us.”
3. Begin to carefully fan the flame gently from a distance, while explaining: “This fan is like the things we are afraid of. See how the flame wobbles and shakes when fear comes near it? When we are afraid, we can feel shaky on the inside just like this flame is shaking around when “fear” blows on it.
4. Now show the clear plastic ziploc bag and write “**PRAYER**” on it. Then say, “The plastic bag represents prayer. We can’t see prayer, but it can make a big difference when we feel afraid.” Begin fanning the flame, but this time use the ziploc bag as a barrier to protect the flame. Do not let the flame move, and ask the kids:

What can you see about the flame now? *(It’s not shaking this time)*

Is it moving anymore? *(No)*

What is protecting it? *(ziploc bag/prayer)*

Say, "Just like in our example the prayer kept the flame at peace even when the fears tried to blow on it, God can keep our hearts at peace when we take the time to pray when we are afraid. God says in the Bible in Philippians 4:6 "Do not worry about anything, pray about everything. And verse 7 says "and the peace of God, will guard your hearts and minds through Christ Jesus."

A couple more scriptures that talk about fear that you could have your child(ren) read if they are capable.

"So do not fear, for I am with you; do not be scared, for I am your God. I will strengthen you and help you;" Isaiah 41:10

"Be strong and of good courage; do not be afraid, for the Lord your God is with you wherever you go." Joshua 1:9

Today's Big Idea: "When I am afraid, I should pray!" Have family repeat today's big idea a few times until they know it. Then go around in a circle with one person saying first half "When I am afraid...", then have next person in circle say "I should pray!" Go around the circle a few times until everyone has learned it. You can even add motions to on the words "afraid" and "pray" while you say it for younger children.



Close in Prayer—You may take turns as a family praying about each of family members fears and asking God to give each of you peace.

(If any of your kids are fearful about coronavirus you may use this opportunity to pray that God will help your family to stay in peace and guard your hearts if fear tries to come). Say, "Isn't it great that God promises us we don't have to be afraid because He's with us wherever we go and that His peace will guard our hearts just like the ziploc bag guarded the candle from fear!"

