

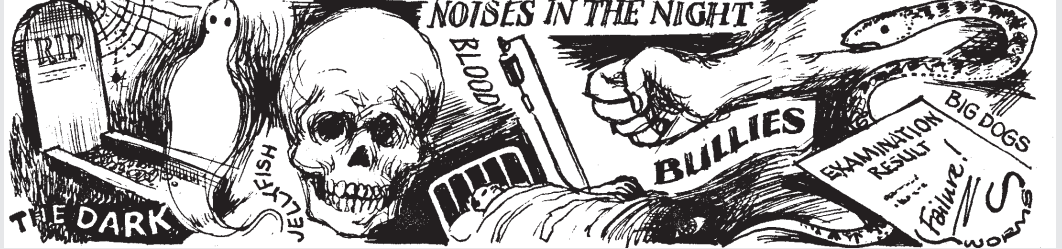
Matthew 14:22-33

When I am afraid, I will trust in you
Psalm 56:3

Readings this week:

- S Matthew 14:1-21
- M Matthew 14:22-36
- T Luke 8:1-21
- W Luke 8:22-39
- Th Luke 12:1-12
- F 2 Corinthians 1:1-11
- S Romans 8:28-39

What are you afraid of? Compare your phobias with those of the others in your class.



Read Matthew 14:22-33. What were the disciples afraid of?

What does Jesus say to them?

How can we overcome fears that we have? Can Jesus help in any way?

Look at Psalm 91 and fill in the table.

Make a list of things someone might be afraid of	Make a list of God's promises of protection

Can you think of other examples from the Bible of people who were scared?

What did they do?

Are any of their techniques useful to you?

Make a list of the things you can do, to help you, when you feel afraid of things.

Are there verses in the Bible that help us?

Look at Psalm 56:3 and Psalm 34:7. Can you think of any others that might be useful?

Choose one of the useful verses and make a card that will fit in your wallet, featuring the verse you have chosen and a list of things to do when you feel worried.

In the last lesson we talked about faith. Do you think that fear is the opposite of faith?

Why do you think this?

Digging Deeper

Wanting Jesus to come

Many of us are sometimes afraid of the return of Jesus but don't like to admit it.

It may be because we don't know what will happen or because we think we aren't good enough to be in the kingdom or because we aren't baptized yet. Can you think of any other reasons we may not want Jesus back?

Look at these passages and think which of these worries they answer.

Matthew 24:22

Isaiah 35:10

Matthew 20:9-14

Hebrews 7:25-27

Luke 12:32

Thank
you God
for being with
me when I am
worried.