

# Thoughts on Fear to Faith



Have you been too afraid or worried to do something you wanted to do? Why were you afraid or worried? Could you do something to make those fears or worries go away? How did it feel to be stopped by those fears or worries?

## The Bible says

'So don't worry, because I am with you. Don't be afraid, because I am your God. I will make you strong and will help you. I will support you with my right hand that saves you.' *Isaiah 41:10*

"When I am afraid, I will trust you." *Psalms 56:3*

'Be strong and brave. Don't be afraid of them. Don't be frightened. The Lord your God will go with you. He will not leave you or forget you.'

*Deuteronomy 31:6*

*What do you think about these verses?*

## Do

'Feel the fear and do it anyway!' Choose something that you don't like doing or are worried about. Choose a reward for yourself for doing it. Now do it!

## Fact

Tortoises pull their head and limbs into their shell to protect themselves. Snails hide in their shells as well.



## Idea

We all have some fears and worries. Most of the time we can make them go away and carry on living. But sometimes they get so big that they stop us doing things that we need to, or that we want to do.

Then we need help to overcome them. Christians believe that God will help us. We all have people around us that will help us too. We can say our fears or worries out loud and talk about how to tackle them, with their help.

We can change fear to faith in ourselves



Help us to face our fears or worries. Show us people who can help us with them. Thank you that you are always with us.

## Pray

