

# God Can Calm Our Fears

"When we are leaning on Jesus for strength, we can help to strengthen others also!"

Sometimes when we are afraid, it can help to be around someone who isn't scared. Douglas and his brother often go to their parents' room if they are afraid of something late at night. The fact that their parents aren't scared helps them not to be so scared either. But, more recently, Douglas hasn't been as afraid because He realized that God can calm our fears because God is NEVER scared and God is ALWAYS with us!

God can be our "safe place." And, when we are leaning on Jesus for strength, we can help to strengthen others also! The strength we get from God can be used to strengthen others (like Douglas' parents helped him), but more importantly, we can point people to Jesus Christ so that they can lean on Him too! There are a lot of scared people in the world today, and we can help them by finding our strength in Jesus Christ and by sharing that strength with everyone around us.



## Family Time Questions

- Why does it help to be around someone else when we're scared?
- Is there ever a time when God is not with us?
- Why is it so important to share the Good News of Jesus Christ with other people?

## Bible Verses

- **Acts 2:38-39** | When you become a Christian, you're given the Holy Spirit.
- **Psalms 139:7-10** | No matter where you are, God is with you.
- **Philippians 4:6-7** | If you are afraid, lean on God.
- **Isaiah 41:10** | God can calm your fears.
- **John 3:16-17** | Share the good news of Jesus so others can lean on Him, too!

## Prayer

Dear God, thank you for always being there for me. Please help me to lean on you when I am afraid, and help me to share your love, strength, and good news with everyone I meet. In Jesus' name, Amen.