

December 1

Do Not Be Afraid

Read: Luke 1:26-30 (NIRV)

The angel went to her and said, “Greetings! You are highly favored. The Lord is with you.” Mary was very upset because of his words. She wondered what kind of greeting this could be. But the angel said to her, “Do not be afraid, Mary. Yahweh is very pleased with you.”

Family Thought:

Mary was just an ordinary girl. One day, an angel appeared with a message from Yahweh – and she was scared! But the angel said, “Don’t be afraid.” Yahweh had a plan for her life that would bring joy to the whole world. Even when things surprise us or make us nervous, Yahweh is with us too. When we remember that, fear turns into joy.

Talk About It:

- What’s something that has made you afraid before?
- How did Yahweh help you through it?
- What do you think it would feel like to hear an angel say, “Don’t be afraid”?

Pray:

Yahweh, thank You for being with us when we’re afraid. Help us remember that Your plans bring joy, not fear. Amen.