

# Steady: Being Brave and Overcoming Fear

I never used to like spiders! I used to run away from a room even if the spider was tiny. I always checked if there was one around and would scream if I saw one.



Fear can stop us doing things that we need to do. We can be afraid of all sorts of things like spiders, the dark, change and new things happening.

We can also be afraid of what people think of us or being alone.



Look up **1 John 4: 18**

What gets rid of all fear?

One version puts it like this (Amplified Classic Edition):

*“There is no fear in love [dread does not exist], but full-grown (complete, perfect) love turns fear out of doors and expels every trace of terror!”*

God loves you so much that He will chase away all your fear. It is not his plan for you to be afraid. He wants you so full of His love that there is no room for fear anymore.

God took away my fear of spiders and of being alone. He can do that for you with any fears you may have, right now. God freed me from fear so now even though I don't like them I can be in a room where they are and not be scared! I just asked God to take it away and He did. But why does He do this?



*Turn to the person next to you and count the hairs on their head. You have one minute!! Go!*



Look up **Luke 12: 7** in your Bible.



**Did you know that God knows how many hairs are on your head?**



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If God knows all about a sparrow, then He knows all about you. This means that He knows what worries us but also that He cares so much about us that He will help us when we are afraid. He takes away our fear because He wants us to know His full love and freedom to live His way.



Read **Psalm 27: 1**

This is a great Psalm when you feel afraid. If the God who made the universe loves you and me then we have nothing to be afraid of. He is always our protection – when we are awake and when we are asleep.



**Did you know God never sleeps?! He is always awake and ready to help you, to keep you safe and to show you His love.**

Next time you feel afraid, give God your thoughts of fear and tell it to obey Jesus Christ:

*And we destroy every proud thing that raises itself against the knowledge of God. We capture every thought and make it give up and obey Christ.*

2 Cor 10: 5 (ICB)

Jesus only speaks the truth to us. Fear is a lie that we do not have to believe.

**Do you remember the helmet of salvation? It protects our mind from lies and fear. Remember to put it on every day!**



Let's chat to God about your fears and give them to Him today

1. Tell Him something that you are afraid of
2. Tell Him how it makes you feel
3. Ask Him how He feels about that fear
4. Ask God to fill you with His love and to swap His love for the fear
5. Ask God to show you what He has done with the fear you had
6. Thank Him that He always takes care of you and is always with you
7. Thank Him that the name of Jesus is more powerful than any fear you had





**Or you could use this prayer to help you:**

Thank You God that You are my strength and my protection. You never leave me. Thank You that You do not want me to be afraid. I pray for ..... (say out loud any fears you may have) to be gone in Jesus' name. Please fill me instead with Your love and help me sleep in peace tonight. Amen