

# FAMILY DEVOTION

## RUNNING FOR YOUR LIFE "Scared To Death"



"I Don't Have To Be Afraid; I'll Put My Trust In God!"



"For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline." - 2 Timothy 1:7

### **SAY:**

Have you ever been scared before? I'm not talking about someone pops up around the corner and says, "Boo!" to surprise you - I'm talking really, really scared. Have you ever been so afraid that you just weren't sure what to do?

There are plenty of things to scare us in this world, and sometimes when we find ourselves in scary situations, we can begin to lose control! We find ourselves saying and doing things we would never do anywhere else. David even did this in our Bible Story!

### **READ:**

1 Samuel 21-22

### **DISCUSS:**

- Who was David running from?
- Did Ahimelech refuse to help David?
- What happened to Ahimelech because he helped David?

### **SAY:**

David learned that it is way better to say "no" to fear and "yes" to trusting God. Instead of letting your fear take over and losing control of your words and actions, you should let God take control! When fear comes into our lives, we can pray and trust in God. He will take away our fear!

### **PRAY:**

Pray for your children that may be dealing with fear. Pray that they will not allow their fear to control their decisions but instead say "no" to fear and "yes" to trusting God. Pray God will replace their fear with courage!