

God, Help Me! I'm Scared!

Carla's Long Walk Home

On the way home from school one day, Carla walked down a side street to get to her house quickly. She normally took short cuts to get home, but this was the first time she had walked this way. This shortcut took her down a dark, narrow street. It felt like the street got smaller and smaller and the road ahead got darker and darker. As she slowly walked through the narrow street, she heard birds squawking behind her. Every time she took a step it seemed like her footsteps got louder and louder. When she stopped to look back, it felt like the lights on the street were getting dim. Her heart began to pound. Beads of sweat started to roll over her back. She thought about running but where would she run to? She began to panic because she was terrified. **What should she do?**

“ Whatever steals, kills, and destroys is the work of the evil one, the Devil and NOT God. ”

WHAT IS FEAR?

FEAR is an unpleasant often strong emotion caused by anticipation or awareness of danger.

Circle things people FEAR

- Clowns Scary Movie
- Opinions Being Alone
- Stinky Feet Tall Buildings
- Dark Rooms Old Dolls
- Airplanes Snakes
- Mickey Mouse Trains
- Nighttime Opinions
- Criticism Being Sick
- Germs Rabbits
- Dogs Cats

How did you feel when you heard about the mandatory quarantine because of the Coronavirus? Write it down below.



STOP & THINK: What does the bible say?

READ THE BIBLE: 2 TIMOTHY 1:7

WRITE IT OUT: Memorize this scripture.

“ GOD has not given us the _____ of _____ but of _____ and of a _____.”



FEAR does NOT come from God.

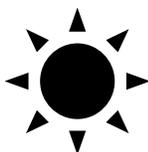
- a) Fear comes from the Devil, NOT God.
- b) The Devil sends negative thoughts to suggest your destruction (*John 10:10, Luke 9:56*).
- c) Fear makes people think and act negatively.
- d) You can refuse to be afraid, even in difficult times.



Trust God even when things look bad.

- a) Remember, God cares for and leads His people to safety even in difficult times.
- b) Read your bible and find out what God said about the difficult situation.
- c) Pray, listen, and obey God in the middle of difficult situations.

WHAT DO YOU DO WHEN YOU ARE FEARFUL?



- 1. **Stop and think:** “Is this thought from God?”
- 2. **Remember God’s Word:** Look up scriptures on the issue.
- 3. **Rebuke the fear:** Refuse to allow fear to take over you.
- 4. **Trust God:** Meditate on God’s Word.
- 5. **Pray & Obey:** Pray, get direction from God, & obey Him.

GO FURTHER:

EXPLORING PSALMS

Look up these scriptures.

Psalm 23:4

Psalm 34:7

Psalm 46:1

Psalm 91:1-16