

READ ISAIAH 41:10

What are you afraid of? Everyone has at least a few fears, but we don't have to let them change how we live because we know God is bigger than each of those things!

Go to a dark room in your house. Turn off all the lights, shut any window blinds and close the door. (Take someone with you if it helps.) It's kind of scary, isn't it? Now turn on the lights and think about how you feel. Has anything in the room really changed? Nope! What's the only difference then? The light! The light makes us feel safer and gives us a better understanding of what's all around us.

Did you know that God is OUR light? In fact, Jesus came to be the light of the world. We don't have to live in fear of anything, because our God brings light to all the fear and darkness in the world.

THANK God for being bigger than your fears.

DAY 1

DAY 2

READ 2 TIMOTHY 1:7

Who is your favorite superhero? Did you know that even superheroes have fears? For Superman, it was kryptonite: a radioactive mineral from his planet that could kill him. For Batman, it was actually his fear of bats and death that led him to become Batman in the first place. So how do these superheroes combat their fear? With power! They each had a superpower that gave them courage.

God has promised that not only is He bigger than our fears, but He has given us a spirit of POWER too! That means we not only have the Lord of the universe on our side, but inside of us, ready to help! He has given us all we need to be brave and face our fears. Find something that reminds you of that power (a toy sword, a rock, a cape) and place it where you can see it throughout the week.

ASK God to fill you with His power so you can be strong and courageous!

READ ISAIAH 26:3

When Peter started walking on the water toward Jesus, his focus was on his Savior. But the minute he took his eyes off of Jesus, he began to sink. Sometimes our fears are just like walking on water. If we focus on Jesus, we can stay above them, but if we take our eyes off of Jesus, our calm is ripped up with fear.

Get out a sheet of paper and write the word *PEACE* out several times. You could even write it in different, cool ways and in different colors. Cut out the words and place them around your room and house, especially in places where you might sometimes feel afraid for some reason. Whenever you see the word *peace*, thank God for being bigger than your fears and ask Him to help you stay focused on Him and not your fears.

LOOK for ways to keep your mind focused on God!

READ DEUTERONOMY 31:6

- Where is God when you're in the dark? _____
Where is God when you're all alone? _____
Where is God when you have to take a hard test? _____
Where is God when there's a scary storm? _____
Where is God when your neighbor's big dog gets loose? _____

Every single question above has the same answer: God is with you! No matter what fear you're facing, no matter how scared or alone you feel, God has promised He is always with you. You can be strong and courageous because He is with you.

KNOW that God is with you!