

## READ Matthew 14:25-29

## DAY 1

Do you think Peter had any trouble trusting Jesus after he experienced something as crazy cool as walking on the water? Even Peter had to be reminded that he could trust Jesus. We all need reminders in our lives of the ways that God has taken care of His people.

Match the people from the Bible listed below with the situations or people God protected them from:

David  
Joseph  
Joshua  
Israelites  
Shadrach, Meshach, Abednego

Fire  
Goliath  
Pharaoh  
The city of Jericho  
Prison

**THANK** God for so many examples of His protection and care.

Answers: David/Goliath, Joseph/Prison, Joshua/The city of Jericho, Israelites/Pharaoh, Shadrach, Meshach, Abednego/Fire

## READ 1 Peter 5:7

## DAY 2

Take a piece of paper and write out all your fears—anything you can think of that scares you or worries you, write it down.

Now talk to God about all those fears. Tell Him what you're scared of, why it scares you, and how you need His help to face your fears. Thank Him for the ways He has taken care of you in the past.

Now take that paper and destroy it somehow—ball it up and throw it away, tear it into tiny little pieces, or ask an adult for help finding another creative way to destroy it. As you do, ask God for help truly giving your fears over to Him and letting go of them forever.

**ASK** God to help you let go of your fears and face them with His help.



# WEEK TWO

## READ Psalm 27:1

## DAY 3

Everyone has a "safe place"—somewhere you can go where you feel safe and comforted. Maybe it's under the covers in your bed, or maybe you have a stuffed animal you hug (we won't tell), or maybe you just like to hang out by your mom or dad when you're scared. The awesome thing about God is that He is ALWAYS that safe place for us.

Go to your "safe place" now and spend some time thinking about why you feel safe there. Take some time to pray about a fear you're facing right now. In the space below, write to God about it. Then write down a prayer thanking God for the fact that He is always there—when you feel safe, and when you don't.

**LOOK** to God to be your "safe place."

## READ Joshua 1:9

## DAY 4

God has promised He is always with us, and God keeps His promises! That means, no matter what you face, He is with you and you don't have to give in to your fears.

Long before smartphones with reminders or computers with calendars, people used to tie strings around their fingers to help them remember something. It seems silly, but it's hard to forget something when you constantly see and feel the string on your hand! Ask a parent for help tying a string to your finger today to remind you that God is always with you, and because of that, you can face your fears.

**KNOW** that God will be with you wherever you go.