

Spend some time thinking about the question below and journal your thoughts or share them with a parent.



Journaling lines for the 'When Have You Faced a Fear?' question.



Day 1

After watching, write one thing that:

Watch this week's episode of The So & So Show by going to: <https://bit.ly/PreteenSundaysatHome>

Even if you already saw it at church, feel free to check it out again!

- 1. You liked:
2. You learned:
3. You'd like to know:

Day 2

Read Acts 9:10-31

As you read Acts 9:10-31, underline the passages where someone was facing a situation where they were afraid.

Then go back and circle the places where God helped someone face that fear.

Imagine what could have happened if Jesus' followers hadn't faced their fears with God's help—Saul's amazing ministry might never have happened. But because God helped them face their fears, the church grew stronger and larger as the people continued to trust God.



Day 3

Some of our fears are legitimate—even the people afraid of Saul had good reason to be scared.

But some fears may be exaggerated in our minds. Either way, fear can keep us from moving forward in our lives. There's fantastic news though: **God can help you face your fears.**

Make a list of a few things you're afraid of, then use them to personalize this prayer.

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"Dear God, thank You for always being with me. I know I can trust You no matter what. But sometimes I get scared \_\_\_\_\_, \_\_\_\_\_, and sometimes I worry \_\_\_\_\_, \_\_\_\_\_. And even though I know You're in control, I sometimes fear \_\_\_\_\_. Please help me face my fears head on, knowing that You're by my side. And thank You for not only caring about me, but also caring about my fears. In Jesus' Name, I pray. Amen."

## Day 4

### Fear thrives in the darkness.

When you are afraid of something, one of the worst things you can do is keep it to yourself. When you bring your fears into the light by sharing them with someone, it reduces their power and allows God to help you face them.

Who is a safe person you can talk to about one of the fears you prayed about yesterday—someone who follows God and will be a good listener? Find that person and ask for a few minutes to talk. Ask them, **"When have you faced a fear?"** and how they overcame it. Tell them about your fear and ask them for advice. Before you finish the conversation, ask them if you can pray together to ask God to help you face your fear.



## Day 5

**Look back at what you wrote on day 3, when you asked God to help you face your fears.**

Which of those fears do you most want to face head on? Choose one of them to face in the coming days. Then fill out this plan below to help you face your fear.

What you're afraid of:

Why you're afraid of it:

What is pretty real about your fear:

What is potentially exaggerated in your mind about this fear:

What would make you feel better about this fear:

List any practical steps you can take to face this fear:

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Look up these verses and choose one that encourages you the most: Psalm 23:4, Psalm 27:1, Psalm 34:4-8; Psalm 46:1-3; Psalm 56:3-4; Psalm 91:4-5; Matthew 6:26-27, 33-34; John 14:25-27; Romans 8:38-39; Philippians 4:6-7

Write out the verse on a blank sheet of paper and tape it somewhere you will see often to remind you that God can help you face your fears.