

# **Faith** is trusting in what you can't see because of what you can see.

## DAY 1

### Read Deuteronomy 3:22

What are you afraid of? Sometimes fears are real, like when you see a huge spider. And sometimes, fears are imagined. Sometimes, even things that haven't happened yet cause us to worry.

When it comes to fear, we need to remember one big truth. God is always with us. There isn't any moment of any day when we are all alone. God can help you face whatever makes you afraid.

When you feel your fear rising – fears that are real or imagined – stop and remind yourself that you aren't alone. God is with you. You can trust God no matter what.

## DAY 2

### Read Isaiah 41:10

Think of the strongest person you know. Did you know that even the strongest person has limits? Eventually, they'll get thirsty, or tired, or just need to take a deep breath. But God isn't like that! God can handle anything and is ready to help you face your fears with faith.

This week, if you find yourself fearful of what "might" happen, remember how powerful and loving God truly is. God can give you strength you need when you're afraid.

### Take a Swig

Write out today's verse on a piece of tape and stick it to a cup or water bottle. Each time you take a drink this week, remember that God can help you face your fears.



DAY 3

### Read Psalm 56:3-4

What are you worried or fearful about today? Most of the time, the things we worry about, don't ever even happen. Thankfully, God has a better way for us to handle those worries and fears.

Faith.

The faith you have in a God you can't see will help you face your fears. When we trust that God is with us, we don't have to be afraid.

#### Fear Box

Find a box and some paper. Take a minute to write down any fears or worries you have about the day ahead and then put them inside the box. Repeat the first part of today's verse "When I'm afraid, I put my trust in you" and shut the lid. At the end of the day, open the box and read what you've written. Did those things happen? Ask God to help you replace your worry and fear with faith.

DAY 4

### Read Psalm 27:1

What happens if the thing you're afraid of, becomes a reality?

Sometimes our fears are real. And unfortunately, sometimes the thing we worry about happening, happens. But, it can help when we remember that we can trust God no matter what—even when we're afraid!

#### Table Talk

Take a piece of paper and fold it into thirds. Tape the ends together to form a triangle or table tent. Write Psalm 27:1 on the front and set it on the table. The next time you sit down to eat with your family, ask each person to share a fear or worry from the day. Read this verse together and then pray that God would help you face your fears this week.

God can help you  
face your fears.

