

Fear



Precious Promises

Devotional Guide

Day 1

Promise #116

Bible Story (1 Samuel 17:1-50)

The Israelites stood on one hill, and the Philistines on another. Between them was a valley, and out of the Philistine camp came Goliath—a giant over nine feet tall. Every day he shouted challenges, and the Israelites shook with fear. No one dared to fight him.

One day, young David came to bring food to his brothers. He heard Goliath's loud threats and saw everyone's fear. David may have felt nervous too—after all, the giant was huge and dangerous. But instead of letting fear control him, he remembered that the Lord was his strength. God had helped him fight off lions and bears when they attacked his sheep, and he knew God could help him again.

When King Saul tried to give David his armor, it was too heavy. David chose only his sling and five smooth stones. As Goliath laughed at him, David declared, "The battle is the Lord's." He trusted that God was stronger than any enemy.

David ran toward Goliath, slung a stone, and struck the giant on the forehead. Goliath fell, and the Philistines fled in fear. David wasn't fearless because he was strong—he was fearless because he trusted God's strength.

Later, David wrote, "The Lord is my light and my salvation; whom shall I fear?" (Psalm 27:1). This was his testimony: even when he faced giants, he chose trust over fear.

Today's Promise (#116)

Psalm 27:1, 3 (KJV)

"The Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid?... Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident."



Listen to Scripture Song:

<https://precious-promises.com/116>



Apply the Promise!

With God as your light, your salvation, and your strength, you don't have to fear anyone or anything. He makes your heart brave and steady, even when trouble comes.

Real-Life Example:

Brooke pulled the blanket up to her chin and stared at the ceiling. The lights were off, and the shadows in her room looked bigger and scarier than they did during the day. Every creak of the house made her heart beat faster. She wished she could fall asleep without feeling afraid.

Then she remembered the verse her mom had read with her that evening: "The Lord is my light and my salvation; whom shall I fear?" Brooke whispered the words to herself, almost like a bedtime prayer. She thought about how God's light is stronger than the dark, and how the Lord was right there with her. She even imagined His bright light filling the corners of her room.

Slowly, her heart started to feel calmer. The room was still dark, but Brooke wasn't alone. God was her light, her salvation, and the strength of her life. Instead of being afraid, she smiled a little, pulled the blanket tighter, and drifted off to sleep in peace.

Discussion Questions:

- David didn't use a sword or armor; what two simple things did he take from the brook to face Goliath?
- Brooke felt like the "creaks" in her house were scary. Why do things seem much scarier when we are in the dark versus when we have a light on?

Activity:

Turn off the lights in a room (or find a dark corner). Have one person hold a flashlight. Talk about a "giant" fear (like being alone or a bad dream). When the person names the fear, they turn the flashlight on and shine it on a Bible verse or a picture of Jesus. This helps children physically see how "The Lord is my light" chases away the shadows of fear!



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Devotional Guide

Day 2

Promise #117

Bible Story (Daniel 1, Daniel 6)

Daniel was just a young boy when soldiers marched into Jerusalem and took him away from his family. He had to travel to a strange land called Babylon. Everything was different — the language, the food, the people. It would have been easy for Daniel to be afraid, but he decided to trust God, even far from home.

As Daniel grew, he kept choosing to be faithful to God. He prayed every day, even when others made fun of him or tried to get him in trouble. The king's helpers hated Daniel and tricked the king into making a new law: no one could pray to God. Anyone who did would be thrown into the lions' den.

Daniel knew the danger. He may have felt fear at the thought of sharp teeth and hungry lions waiting for him. But he remembered God's word and trusted Him instead of giving in to fear. So Daniel opened his window and prayed, just like always.

Daniel was thrown into the lions' den, and a heavy stone was rolled over the opening. All night the lions were near, but Daniel trusted God's promise to be with him. In the morning, he came out alive, because God had sent His angel to shut the lions' mouths.

Daniel's story shows us that even when fear feels strong, God's word and presence are stronger. Like Daniel, we can say, "What time I am afraid, I will trust in Thee."

Today's Promise (#117)

Psalm 56:3–4 (KJV)

What time I am afraid, I will trust in thee. In God I will praise his word, in God I have put my trust; I will not fear what flesh can do unto me.



 Listen to
Scripture Song:

<https://precious-promises.com/117>



Apply the Promise!

Whenever you're scared, you can put your trust in God. His word gives you confidence, and you don't have to be afraid of anyone or anything.

Real-Life Example:

Simon lay in bed listening to the thunder rumbled outside. The wind pushed hard against the windows, and flashes of lightning lit up his room. His chest felt tight, and he wanted to run to his parents' room. The storm felt so big, and he felt so small. Then he remembered a verse his dad had taught him: "What time I am afraid, I will trust in thee".

Simon realized that he didn't have to make the fear go away on his own. He whispered the verse like a prayer, asking God to take his shaky feelings and replace them with trust. He even imagined God's strong hand holding his house steady in the wind. As he focused on God's power instead of the wind's power, his heart began to slow down. The storm was still loud, but inside his heart, he felt a quiet peace. He pulled the blanket up, thanked God for being his Protector, and drifted off to sleep—knowing that God was right there with him.

Discussion Questions:

- When the king made a law that no one could pray to God, why did Daniel go straight to his window to pray anyway instead of hiding?
- Simon realized he didn't have to make the fear go away on his own. Why is it a relief to know that trust is something we ask God for rather than something we have to "act" brave about?

Activity:

Have a child stand with their back to you and slowly lean backward into your hands. Explain that trusting in God is just like this "trust lean"; even though we cannot see His hands, His Word promises that He is always there to catch us and hold us steady when we feel overwhelmed by fear. This reminds us that we don't have to stand alone because we are resting in His power instead of our own.



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Devotional Guide

Day 3

Promise #118

Bible Story (Genesis 32:1-21; 33:1-11)

Jacob had tricked his brother Esau years before, and Esau had been furious. Now Jacob was finally going home, but news came that Esau was coming to meet him — with four hundred men! Jacob's heart sank. What if Esau still wanted revenge? What if his family was harmed? Fear pressed down heavy.

That night, Jacob prayed with all his heart: "O God of my father Abraham, and God of my father Isaac, You told me to return home, and You promised to do me good. I am not worthy of all the kindness You've shown me, but please deliver me from Esau, for I fear him." Jacob poured out his fear to God and held onto His promise to help.

When the moment came, Jacob bowed low before Esau, trembling inside. But instead of attacking, Esau ran forward — and hugged him! Tears ran down both brothers' faces as they wept together. God had softened Esau's heart and protected Jacob's family.

Jacob learned that God was with him the whole time. Even when fear was strong, God kept His word. Just like Isaiah 41:10 says, "Fear not, for I am with you... I will help you." Jacob discovered that God's presence is greater than any fear and His hand never lets go.

Today's Promise (#118)

Isaiah 41:13, 10 (KJV)

"For I the Lord thy God will hold thy right hand, saying unto thee, Fear not; I will help thee."

"Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness."



 Listen to
Scripture Song:

<https://precious-promises.com/118>



Apply the Promise!

God says, "Don't be afraid, because I am with you. When you feel weak, I will give you strength. When you feel alone, I will hold your hand and help you."

Real-Life Example:

Julia didn't like walking through the halls at school anymore. A group of kids had started making fun of her lunch and calling her names. Every morning, she felt a heavy, shaking feeling in her stomach, wondering what they might say next. She felt very small and very alone.

One afternoon, Julia remembered the promise: "I the Lord thy God will hold thy right hand." She realized she didn't have to find the courage to face the hallway by herself. She whispered a prayer, asking Jesus to walk right beside her and hold her hand through the halls. When the kids started to tease her again, Julia's heart beat fast, but she didn't look down. Instead of focusing on their unkind words, she imagined Jesus walking right next to her, squeezing her hand and giving her His strength. She found that when she leaned on Him, she didn't have to be "dismayed" by the mean things others said. She kept walking with her head up, knowing her Savior was holding her steady.

Discussion Questions:

- In the Bible story, Jacob was terrified of his brother, but what did Esau do when he finally saw Jacob?
- Julia imagined Jesus walking right beside her. How does thinking of Jesus as a person standing next to you change how you feel when you are afraid of something or someone?

Activity:

Have one person pretend to be a "Fear" (like a storm or a bully) and gently try to pull a child's arm toward them. First, have the child try to resist on their own. Then, have a second person (representing God) hold the child's other hand firmly and act as an "anchor" that cannot be moved. Discuss how much easier it is to stand still when someone much stronger is holding onto you.



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Day 4

Promise #119

📖 Bible Story (Matthew 8:23-27)

One evening, Jesus told His disciples, "Let us go over to the other side of the lake." They climbed into the boat and began rowing across the Sea of Galilee. At first the water was calm, and the disciples may have felt peaceful with Jesus resting nearby.

But then the wind picked up. Dark clouds covered the sky, and the waves grew higher. Soon the storm was roaring all around them. The boat rocked wildly, and water poured over the sides. The disciples were fishermen, used to storms, but this one felt too strong. Fear gripped their hearts.

Meanwhile, Jesus was asleep in the back of the boat. In their panic, the disciples shook Him awake and cried out, "Master, don't you care that we are about to die?" Their fear was louder than their faith.

Jesus stood and spoke just three words: "Peace, be still." Immediately the wind stopped and the waves became calm. The storm obeyed His voice. The disciples stared in amazement. Even the sea and the wind obeyed Him!

Jesus asked, "Why are you so afraid? Where is your faith?" The disciples learned that night that true peace doesn't come from calm seas or safe circumstances. It comes from Jesus Himself. Just as He promised in John 14:27, His peace is different from the world's peace. His peace can quiet the fiercest storm — and calm our troubled hearts.

🌈 Today's Promise (#119)

John 14:27 (KJV)

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.



 Listen to
Scripture Song:

<https://precious-promises.com/119>



❤️ Apply the Promise!

God says, "Don't let your heart be troubled. Even when everything feels stormy around you, My peace is with you. I give you peace the world cannot give, and you don't have to be afraid."

🌟 Real-Life Example:

Ben found out that he had to go to the hospital to have a small surgery on his tonsils. As the day got closer, a giant wave of fear crashed over him. He began to imagine all the "scary things" he saw in his head: What if the medicine feels funny? What if the doctors look scary in their masks? What if it hurts when I wake up? His heart started to pound so hard it felt like it was shaking his whole body.

Ben tried to tell himself to "be a big boy," but his fear felt much bigger than he was. He realized his heart felt just like the disciples' boat when the storm was roaring and the water was pouring over the sides. Instead of fighting the scary thoughts, he whispered, "Jesus, I'm terrified of this surgery. Please be the Boss of this storm in my heart." As he stopped trying to fix his fear and simply trusted Jesus to be there, a quiet, steady peace began to settle over him. He was still at the hospital, and the surgery was still happening, but the "loud" fear was gone. He felt a deep comfort that didn't come from a toy or a movie, but from the Savior who promised to give a peace that the world cannot give.

💬 Discussion Questions:

- Why did the disciples think they were going to die even though Jesus was right there with them?
- Ben's fear was about something real that was happening to his body. Why is it more helpful to ask Jesus to "be the Boss" of our feelings than to just try to act brave?

🎬 Activity:

Shake a clear jar of water and glitter to show how it becomes cloudy and chaotic; this represents our hearts when fear hits us. Set the jar down and watch as the glitter settles, leaving the water clear. Explain that when we stop "shaking" and trying to be the boss of our own safety, and instead ask Jesus to settle us, His peace clears the chaos.



Fear



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Devotional Guide

Day 5

Promise #120

Bible Story (Numbers 1-12)

Young Timothy had been raised by his faithful mother and grandmother to love God. When Paul met him, he invited Timothy to join his missionary work. Timothy became Paul's helper, traveling from city to city to share the gospel.

But Timothy was younger than most leaders, and sometimes he felt nervous speaking in front of people. Crowds weren't always friendly. Some mocked or even threatened Paul and Timothy for preaching about Jesus. At times Timothy may have wondered, "Am I strong enough to keep doing this?"

Paul knew how hard and scary ministry could be. . So he wrote Timothy a letter to encourage him: "God has not given us the spirit of fear, but of power, and of love, and of a sound mind."

Paul reminded Timothy not to be ashamed of the gospel, but to be brave and stand tall. He wanted Timothy to know that God's Spirit gives courage, love, and clear thinking. Paul also told him to remember this truth: "Greater is He that is in you, than he that is in the world."

With God's help, Timothy grew into a faithful leader who shared Jesus boldly. He learned that God's Spirit inside him was stronger than fear — and that same Spirit gives us courage too..

Today's Promise (#120)

2 Timothy 1:7-8 (KJV)

"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. Be not thou therefore ashamed..."

1 John 4:4 (KJV)

"...Greater is he that is in you, than he that is in the world."

Apply the Promise!

God says, "Fear does not come from Me. I give you courage, love, and clear thinking. Remember, My Spirit inside you is stronger than anything you face in this world."

Real-Life Example:

Marcus had to stand up in front of his whole class to give a presentation about his favorite hobby. The moment the teacher called his name, his stomach felt like it was doing backflips. He began to think of "fear thoughts" like, What if I forget what to say? What if the other kids laugh? He felt like his brain was getting foggy and his legs were turning to jelly.

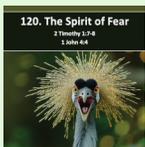
Marcus remembered that God doesn't give us a spirit of fear that makes us hide, but a spirit of power to stand tall. He stopped trying to find his own courage and asked God to swap his "fear spirit" for a "sound mind." As he took his first step toward the front of the room, he didn't just feel brave; he felt a sudden "God thing"—a clear mind and a heart full of love for his classmates instead of fear of them. His voice shook at first, but he realized that the Holy Spirit inside him was much stronger than the nervous feelings on the outside. By the time he finished, Marcus knew he hadn't done it alone; God had given him the power to do what seemed impossible.

Discussion Questions:

- Paul told Timothy that God gives us three specific things instead of fear; can you remember what those three "power gifts" are?
- Have you ever felt embarrassed or shy about sharing your faith, like Timothy? How can God's Spirit give you courage in those moments?

Activity:

Write a few short scenarios on slips of paper (like "a friend asks what you believe," "someone laughs at you for praying," "you have to give a speech in class"). Let everyone draw a slip and talk about how fear might react — and how God's Spirit of power, love, and a sound mind could help instead.



 Listen to
Scripture Song:

<https://precious-promises.com/120>



116. Psalm 27:1,3

**¹The Lord is my light and my salvation;
whom shall I fear?**

**The Lord is the strength of my life;
of whom shall I be afraid?**

**³Though an host should encamp against me,
my heart shall not fear:
though war should rise against me,
in this will I be confident.**

 Listen to

Scripture Song:

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117. Psalm 56:3-4

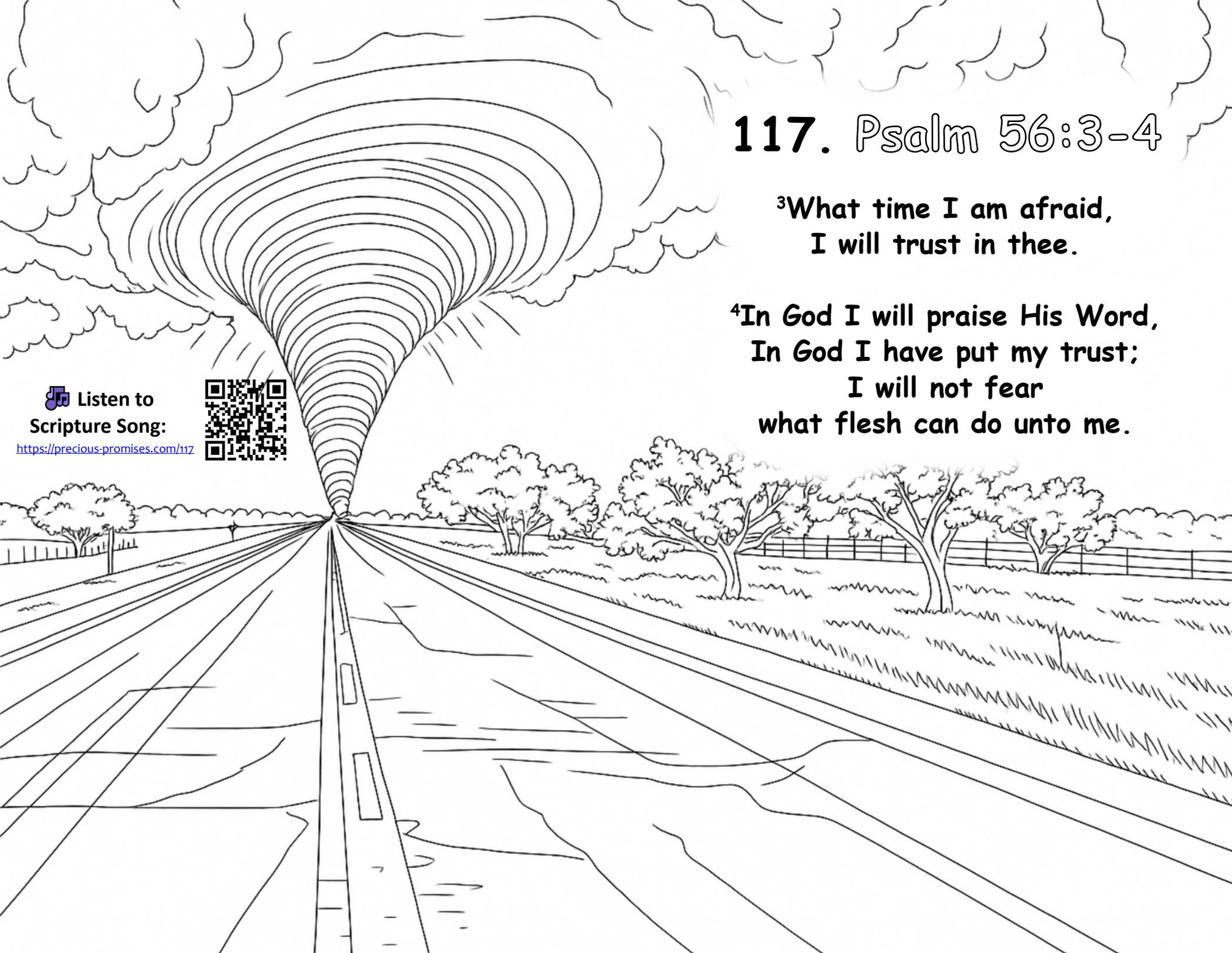
³What time I am afraid,
I will trust in thee.

⁴In God I will praise His Word,
In God I have put my trust;
I will not fear
what flesh can do unto me.

 Listen to
Scripture Song:



<https://precious-promises.com/117>



118. Isaiah 41:13, 10

 Listen to
Scripture Song:

<https://precious-promises.com/118>



**¹³For I the Lord thy God
will hold thy right hand,
saying unto thee,
Fear not;
I will help thee.**

**¹⁰Fear thou not;
for I am with thee:
be not dismayed;
for I am thy God.
I will strengthen thee...**

**I will help thee;
yea, I will uphold thee
with the right hand
of my righteousness.**



119. John 14:27

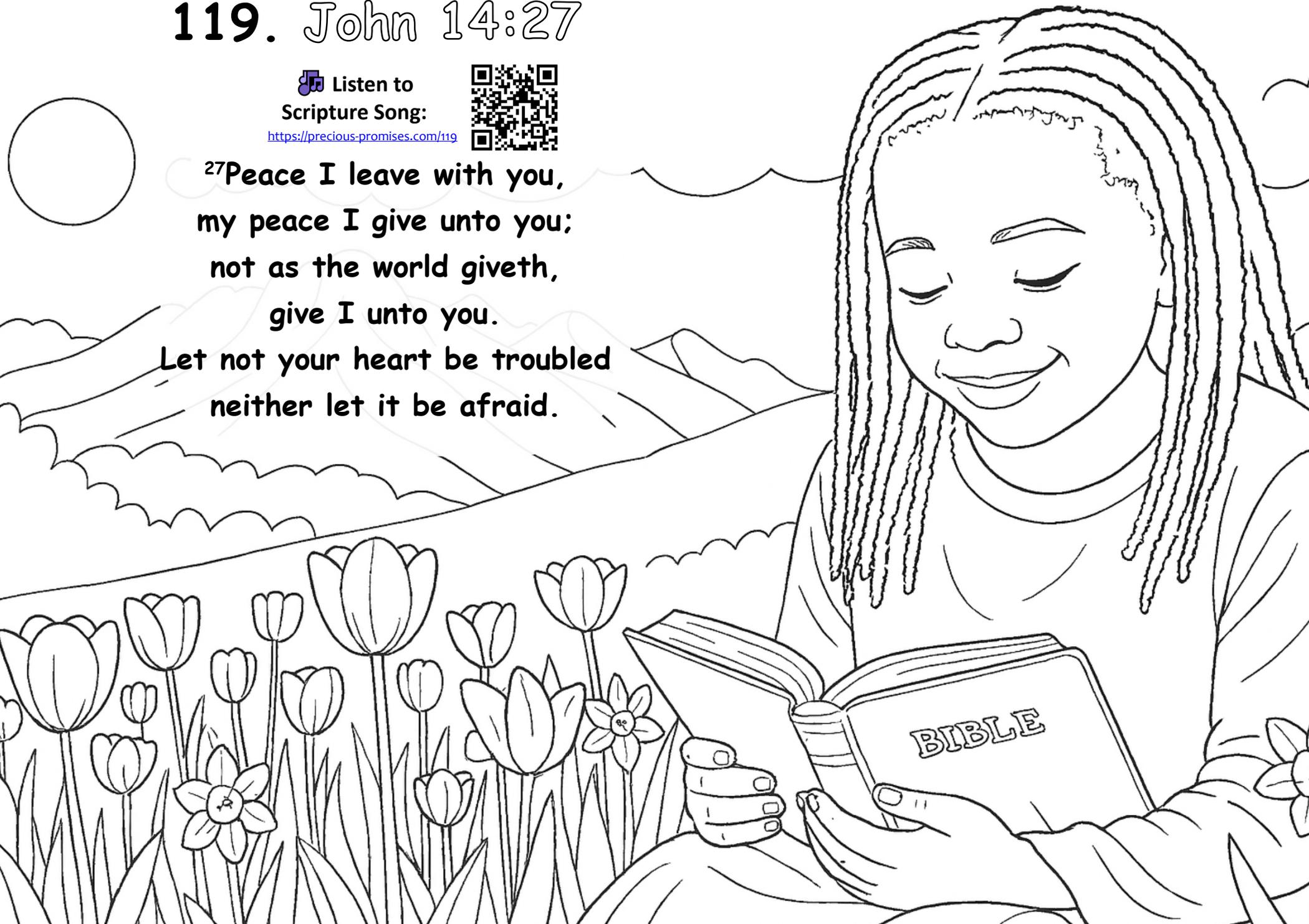
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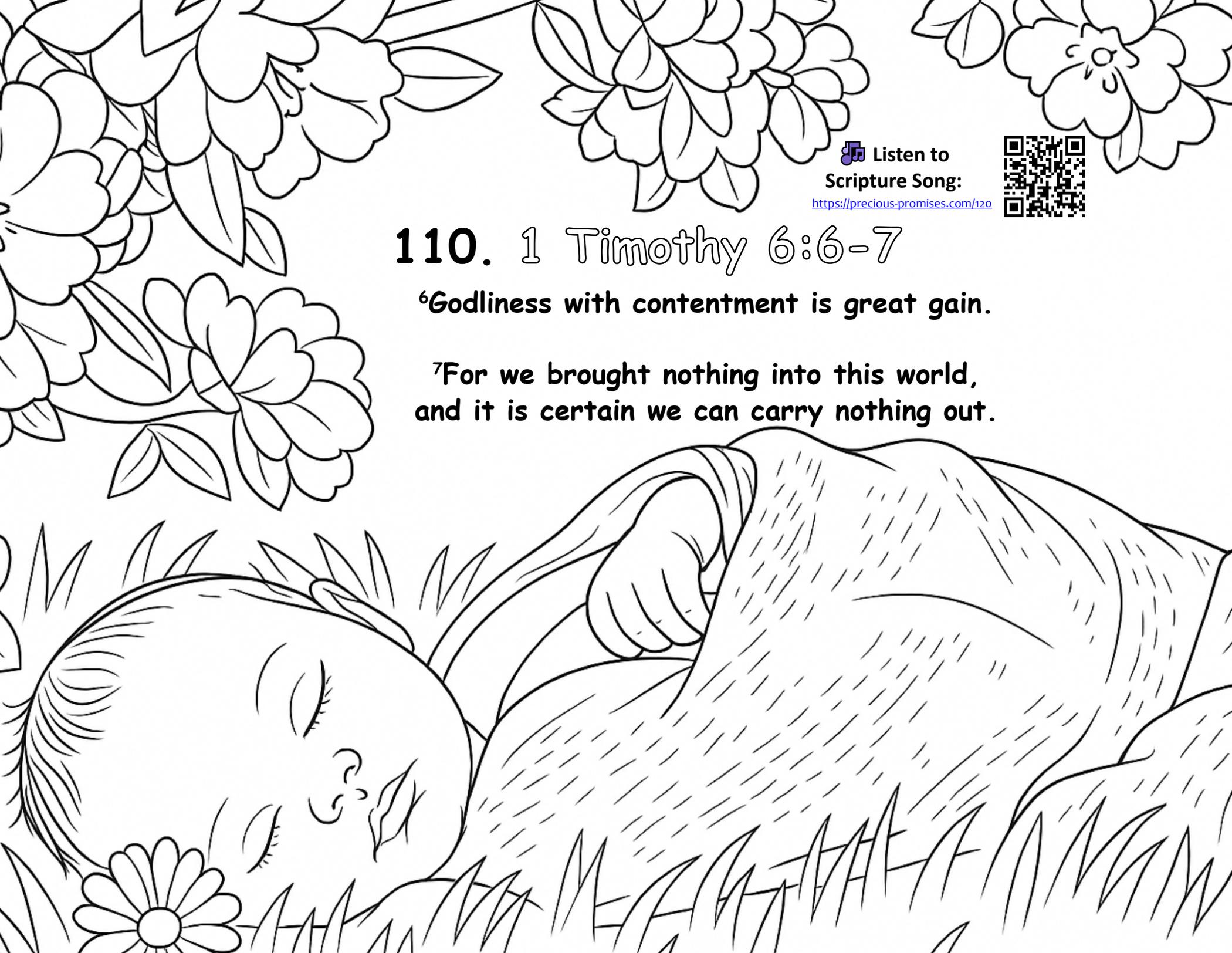
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**²⁷Peace I leave with you,
my peace I give unto you;
not as the world giveth,
give I unto you.**

**Let not your heart be troubled
neither let it be afraid.**



A black and white line art illustration of a child with long hair, wearing a long-sleeved shirt, sleeping peacefully in a field of tall grass and various flowers. The child's eyes are closed, and their hand is tucked near their face. The background is filled with large, detailed flowers and leaves.

 Listen to
Scripture Song:
<https://precious-promises.com/120>



110. 1 Timothy 6:6-7

⁶Godliness with contentment is great gain.

**⁷For we brought nothing into this world,
and it is certain we can carry nothing out.**