

## Fear — Day 1



🎧 Listen to  
Scripture Song:



### Today's Promise (#116) — KJV

**Psalm 27:1, 3** "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."

#### ❤️ Apply the Promise!

*When God is your light and strength, you don't have to be afraid! Even if an army stands against you, you can be confident. God cares for you and you are never alone.*

#### 📖 Bible Story (1 Samuel 17)

The Philistine army gathered on a mountain to fight the Israelites. Every morning, a giant named Goliath stepped into the valley. He was over nine feet tall, wore heavy bronze armor, and carried a large spear. He shouted for the Israelites to send one man to fight him. King Saul and his army were filled with fear. Whenever they saw the giant, they ran away.

One day, a young shepherd named David came to the camp to bring food to his older brothers. When David heard Goliath insulting God's people, he knew someone needed to stand for the Lord. The giant looked frightening, but David chose to remember God's power instead of focusing on his fear.

David offered to fight Goliath. King Saul tried to dress him in heavy armor, but David could not use it. He knew that armor and swords were not what had saved him before. God had helped him protect his sheep from a lion and a bear, and David trusted that God could help him again.

David walked into the valley with his shepherd's staff, a simple sling, and five stones from the brook. When Goliath saw him, he mocked him and cursed him. But David answered boldly, "Thou comest to me with a sword, and with a spear, and with a shield: but I come to thee in the name of the LORD of hosts."

Then David put one stone in his sling, swung it, and let it fly. The stone struck Goliath in the forehead, and the giant fell to the ground. David's story reminds us that courage does not mean we never feel afraid. Courage means trusting God, remembering His help, and taking the next faithful step even when the problem looks huge.

#### 💬 Discussion Questions:

- David and the soldiers both saw the same giant. Why do you think David saw a "big God" while the soldiers only saw a "big problem"?
- What did Coach Lowe do to the student instead of trying to fight him?
- Psalm 27 says, "whom shall I fear?" What is one scary thing in your life right now that you need to ask God to help you face with confidence?

#### ☀️ True Story

In 2019, a man named Coach Keanon Lowe was working at a high school in Oregon. One morning, a very angry and deeply troubled student walked into the main hallway holding a loaded weapon. The student was hurting inside and wanted to cause a terrible tragedy. When the other students and teachers saw the scary weapon, they were absolutely terrified. They immediately panicked, screamed, and ran away to hide behind locked doors.

But Coach Lowe did not run away. He saw the terrifying situation standing right in front of him, but he refused to let fear control his mind. Just like David stepping out to face Goliath, the brave coach walked straight toward the dangerous threat. But he did not use his physical fists or try to fight the troubled student. Instead, Coach Lowe did something completely shocking.

He calmly walked right up to the angry student, gently took the heavy weapon out of his hands, and wrapped his strong arms around him in a giant, loving hug. He held the crying student tightly until the police arrived, constantly whispering that he cared about him and that everything would be okay.

Coach Lowe could have easily run away like everyone else, but he chose to face the giant of fear with total courage and deep compassion. His incredible bravery safely ended a dangerous situation without a single person getting hurt. When we fully trust God to be our light and our salvation, we do not have to run away when scary giants show up. We can boldly step into the hardest moments and bring God's perfect peace.

#### 📄 Activity:

Hide five smooth rocks or crumpled pieces of paper around the room to represent David's stones. Have the children search for them. When a child finds a "stone," they must stand tall and loudly share one wonderful thing about God that is bigger than our fears, such as "God is strong!" This helps the children practice speaking truth to their fears just like David did when facing his giant.

## Fear — Day 2



🎵 Listen to  
Scripture Song:



### Today's Promise (#117) — KJV

**Psalm 56:3-4** "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."

### ❤️ Apply the Promise!

*When we feel afraid, we can choose to trust God. Because God is stronger than anything people or the world can do, we do not have to live in fear.*

### 📖 Bible Story (2 Samuel 23)

King David had a group of brave soldiers called his mighty men. They helped protect the kingdom of Israel. One of these men was named Benaiah. The Bible tells us that Benaiah was a valiant man who did many mighty deeds.

One short story shows how much courage he had. One day, when snow covered the ground, Benaiah faced a lion in a pit. The Bible does not tell us every detail, but we can imagine how frightening it would be to look down into a pit and see a strong, dangerous lion below.

A lion is powerful in the open field, but a lion trapped in a pit could be even more dangerous. There would not be much room to move. The ground was snowy, cold, and slippery. Most people would have stayed far away.

But Benaiah did not let fear control him. He went down into the pit and faced the lion. He could not fight from a safe distance. He had to go right into the danger.

With God's help, Benaiah killed the lion in the snow. His courage became part of the Bible's record of David's mighty men.

Benaiah may have felt the cold air, seen the narrow pit, and known that one wrong step could be dangerous. But he chose faith and courage instead of letting fear decide for him.

Benaiah's story reminds us that courage does not mean danger is not real. Courage means choosing to do what is right even when the situation feels frightening. When God gives us a hard job, we can ask Him for strength and courage to obey.

### ☀️ True Story

In the summer of 2020, a six-year-old boy named Bridger Walker was playing outside in Wyoming with his four-year-old sister. They were enjoying an afternoon in a friend's backyard when a neighbor's large dog suddenly broke loose and charged toward them. In that moment, Bridger saw that his little sister was in danger. The angry dog had locked its eyes right on her.

Bridger was only a small boy, and the dog was much bigger and stronger than he was. He had every reason to be afraid and could have easily run away to protect himself. But Bridger refused to let fear control his actions. He loved his sister dearly, and he chose to stand between her and the sudden danger.

As the dog lunged forward, Bridger deliberately stepped right in front of her. He stood as a human shield, taking the brunt of the attack. The dog bit his face and head. Even though he was badly hurt and frightened, he still thought only of his sister. As soon as the dog let go, the brave young boy grabbed his sister's hand and led her to a safer place.

Bridger had to go to the hospital and receive ninety stitches. Later, when people asked him why he had stepped in front of the dog, his honest answer touched the world. He simply said, "If someone had to die, I thought it should be me."

Bridger's story reminds us that courage does not mean we never feel afraid. Courage means doing what is right even when we are scared. When fear comes, we can trust God, ask Him for strength, and take the brave step He gives us to take.

### 💬 Discussion Questions:

- What fierce animal did Benaiah fight down inside the snowy pit?
- How many stitches did Bridger receive after protecting his sister?
- Benaiah felt fear, but he did the right thing anyway. Why is it important to remember that being brave doesn't mean you stop feeling afraid?

### 📄 Activity:

Show what Bridger did for his sister! Tape a paper target to the wall. Have one child gently toss soft foam balls or rolled-up socks at the target. Have another child play the "shield" and bravely stand in front, trying to block the soft balls from hitting the paper. Talk about how true courage means putting others first, exactly like Bridger did.

## Fear — Day 3



Listen to  
Scripture Song:



### Today's Promise (#118) — KJV

**Isaiah 41:10, 13** "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. For I the LORD thy God will hold thy right hand, saying unto thee, Fear not; I will help thee."

### ♥ Apply the Promise!

*When you feel afraid, remember that God is with you and holding your hand. You do not have to be afraid, because He promises to help you and make you strong.*

#### Bible Story (Joshua 2)

Long ago, God was leading His people into the Promised Land. Their leader, Joshua, needed to know what was ahead, so he sent two spies to quietly look over the city of Jericho. Jericho had strong walls, and the people of the city were afraid because they had heard how the Lord had helped Israel.

The two spies came to the house of a woman named Rahab, whose home was built into the city wall. But soon the king of Jericho heard that Israelite spies had come into the city. He sent men to Rahab's house and told her to bring them out.

Rahab knew she had a serious choice to make. If she helped the spies, she could be in danger. But Rahab had heard about the God of Israel, and she believed He was the true God. Instead of letting fear decide for her, she chose to trust Him.

Rahab hid the spies on her roof under stalks of flax. After the king's men left, she told the spies that she knew the Lord had given Israel the land. She asked them to spare her family when Jericho was taken.

That night, Rahab helped the men escape by lowering them down from her window with a rope. Later, when Jericho fell, Rahab and her family were kept safe.

Rahab did not know every detail of what would happen next, but she knew enough to believe that the Lord was powerful and true. Her faith helped her act with courage while the whole city was trembling with fear.

Rahab's story reminds us that faith in God can make us brave. When we are afraid, we can trust His promises and choose to do what is right.

#### True Story

In 1960, a brave six-year-old girl named Ruby Bridges became the first African American child to attend an all-white elementary school in New Orleans. A large crowd of adults was very angry because they believed Black children and white children should not go to the same schools. Because the crowd was so upset, federal marshals had to walk beside Ruby every morning. She had to pass through adults who shouted cruel words and held up frightening signs.

Ruby was only in first grade. She was small, and the people around her were loud and unkind. Many children would have cried, run away, or begged not to go back. But Ruby kept walking into school day after day.

A doctor named Robert Coles met with Ruby because many people wondered how she could face so much fear. Ruby explained that she prayed for the angry people every morning before she left home. Her mother had taught her that when she felt afraid, she could talk to God.

One morning, a marshal watched Ruby stop right in the middle of the shouting crowd. Her lips were moving, but she was not talking to the people. Later, she explained that she had forgotten to pray before leaving home, so she stopped right there to pray for the angry adults. She prayed, "Please, God, try to forgive those people, because they don't know what they're doing."

Ruby's story reminds us that courage does not mean we never feel afraid. Courage means trusting that God is with us, praying when we are scared, and choosing to do what is right even when others are unkind.

#### Discussion Questions:

- Why did the Israelite spies need a safe place to hide in Jericho?
- What did Ruby Bridges forget to do before she left her house one morning?
- When you have to do something scary, how does remembering that God is holding your right hand help you feel brave?

#### Activity:

Take a long piece of red yarn or string (representing Rahab's red rope) and weave it through a room or down a hallway, looping it gently around chairs or doorknobs. Have the kids close their eyes (or use a blindfold) and hold onto the red string with one hand. They must navigate the "maze" by trusting the string to guide them safely to the other side.

## Fear — Day 4



# Precious Promises

Devotional Guide



🎵 Listen to  
Scripture Song:



### Today's Promise (#119) — KJV

**John 14:27** "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."

### 📖 Apply the Promise!

*Jesus gives us a peace the world cannot give. Even when everything around us feels stormy, He is with us and can calm our hearts so we do not have to be afraid.*

#### 📖 Bible Story (Mark 4)

Jesus had been teaching large crowds of people all day and was very tired. As evening came, He and His disciples got into a wooden boat to cross over to the other side of the Sea of Galilee. Jesus went to the back of the small fishing boat, laid His head on a cushion, and fell fast asleep.

Suddenly, a dark storm swept down over the lake. The wind howled loudly, and foamy waves crashed over the sides of the little boat. The boat began to fill up with freezing water, tossing wildly up and down in the dark. The disciples were experienced fishermen who knew all about the sea, but even they were terrified. They were certain they were going to sink.

But where was Jesus? He was still peacefully sleeping right through the loud, crashing thunder! The frightened disciples ran to Him and shook Him awake, crying out in a panic, "Master, do you not care that we are going to drown?"

Jesus calmly stood up. He was not scared of the wind or the stormy water. He looked out at the wild, roaring storm and simply spoke to the sea, saying, "Peace, be still." Immediately, the roaring wind stopped blowing. The waves flattened out instantly. The deep water became as perfectly smooth as a piece of glass.

The disciples stared in wonder. They had seen that even the wind and the sea obeyed Jesus.

Jesus showed His friends that when He is with you, you never need to let your heart be troubled. His powerful peace is stronger than the biggest storm.

#### ☀️ True Story

Many years ago, a young preacher named John Wesley was traveling on a ship across the ocean to America. John knew many Bible truths, but in his heart, he still struggled with fear. He had not yet learned to rest his whole heart in God.

One day, a storm struck the ship. The wind roared, and waves smashed against the wood. Water poured onto the deck, and the main sail tore apart. Most of the passengers cried out in panic, certain the ship was going to sink. John felt the panic, too. In that moment, he realized he was afraid to die.

But on the same ship was a group of believers called Moravians. They loved Jesus and trusted His promises. They believed their lives were safe in God's hands, whether He calmed the storm or carried them through it. Right in the middle of the storm, while the waves crashed and others screamed, the Moravians calmly sat together and sang hymns to God. Even their little children were not afraid.

John Wesley was amazed. When the wind stopped, he asked one of the Moravian men, "Were you not frightened?" The man answered, "I thank God, no." John asked, "But were your women and children not afraid?" The man replied, "No, our women and children are not afraid to die."

John realized they had a peace he was missing. They did not just know about God; they trusted Him like a loving Father. Their hearts rested safely in Jesus.

John Wesley's experience reminds us that real peace comes from trusting Jesus with our whole heart. When we believe that God is near, loving, and strong enough to care for us, fear does not have to rule us.

#### 💬 Discussion Questions:

- What was Jesus doing while the storm was roaring all around them?
- What did the Moravians do at the exact moment the giant wave crashed over the ship?
- What does it mean when Jesus says He gives us a peace that the world cannot give?

#### 🎭 Activity:

Choose to act out either Jesus calming the storm or the Moravians on the ship. Let some children make loud storm sounds like howling wind and crashing waves, while others act very afraid. Then, have one child stand up and say, "Peace, be still," or begin calmly singing a hymn. Show how trusting God brings a quiet calm, even when everything around us feels scary.

## Fear — Day 5



🎵 Listen to  
Scripture Song:



### Today's Promise (#120) — KJV

**2 Timothy 1:7-8** "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 of the testimony of our Lord..."

**1 John 4:4** "...greater is he that is in you, than he that is in the world."

### 📖 Apply the Promise!

*God has not given you a spirit of fear. He gives you power, love, and a calm, clear mind. Because He is with you, you can be brave and do what is right, even when something feels scary.*

### 📖 Bible Story (2 Timothy 1)

The Apostle Paul was an older man, locked inside a Roman prison for preaching about Jesus. He knew his time on earth was almost over. He wrote a personal letter to his young friend and helper, Timothy. Timothy was a dedicated leader, but he naturally struggled with feeling afraid. He faced pressure from angry crowds who wanted to stop the growing church, and he felt fear pressing down on his heart.

Paul did not want Timothy to be trapped by his worried feelings. He gently reminded the young man that the Holy Spirit living inside him was not a spirit of fear. Paul explained that God provides three special gifts to replace our fear: power to stand strong, love to help others, and a clear mind to think when situations become scary.

Timothy did not have to find bravery hidden inside his own heart. He just had to rely on God's Spirit living within him. Paul encouraged Timothy not to be ashamed of the Gospel or the fact that his teacher was in chains. He wanted Timothy to realize that even though the Roman leaders looked strong, God's power was much higher.

Timothy took Paul's wise words to heart and continued to lead the early church with a steady focus. He refused to let his young age or angry critics hold him back. Whenever he felt small or worried, he chose to lean entirely on the strength God provided.

Timothy's story reminds us that fear does not have to control God's children. When we feel timid or afraid, God can give us strength, love, and a clear mind to obey Him bravely.

### 💬 Discussion Questions:

- Where was Paul when he wrote to Timothy?
- What did Paul remind Timothy that God had not given him?
- Why did Austin have to swim to shore?
- What helped Austin keep going when he was tired and afraid?
- When you feel scared or timid, what can you ask God to give you?

### ☀️ True Story

In early 2026, thirteen-year-old Austin Applebee was on holiday with his mother, his twelve-year-old brother, and his eight-year-old sister in Western Australia. They rented paddleboards and a small kayak, but the ocean conditions quickly changed. Strong winds and rough water pushed the family far from the beach, and the kayak began filling with water.

With no help in sight, Austin's mother made a difficult choice. She told Austin to try to get back to shore and find help. Austin was not a strong swimmer. He had actually struggled to pass a basic swimming class just weeks before. It would have been easy for her to take over as he looked at the long stretch of water between him and the land.

Austin first tried to paddle the kayak, but it kept taking on water. Soon, he had to leave it behind and swim through the cold, choppy waves. When his life jacket slowed him down, he bravely took it off. He prayed and kept telling himself he had to make it for his family.

For four exhausting hours, Austin battled the ocean alone. When his arms ached, he kept moving toward shore. At last, he reached the beach, but he did not stop. He ran more than a mile to find a phone and call for help. Because Austin kept going, rescuers found his mother and siblings safely later that night.

Austin's story reminds us that fear does not have to stop us when we place our trust in God. We can pray, remember that God is near, and keep moving forward one step at a time.

### 📖 Activity:

Have an adult randomly call out one of three words: "Power," "Love," or "Sound Mind." When they hear "Power," children must stand strong and flex like a hero. For "Love," quickly make a heart with their hands. For "Sound Mind," stand perfectly still, point to their head, and take a deep breath. Mix up the words quickly to see who can keep up without giggling!