



Family Devotions
Tuesday, March 24, 2020
“Do No Be Afraid”

The Setting: It will be best if you all gather in a circle of some kind; either around a table, in a living room with chairs, etc. Make sure that everyone is part of the circle; encourage everyone to be a part, not letting anyone move outside the circle. It is good to all be at eye-level, although this is not essential.

Remind everyone to put away their phone or other devices, and make sure TV's and other distractions are turned off.

Anyone can lead the devotion, but maybe choose a different person each time.

You can light a candle and put it in the middle of your circle to represent that the Light of Christ in your midst.

It may take a few times for everyone to take this seriously. Don't give up. Don't get frustrated with each other. Remember, we often laugh or make jokes when we are uncomfortable, and chances are this will be uncomfortable the first few times you do it!

Open in Prayer

Dear God,

Please bless this time together. We ask you to join with us and give us guidance. We pray that as we open ourselves to you and to each other that this can become a holy time.

In Christ's Name, AMEN.

Opening Questions

Ask the following questions, one at a time, and let each person answer. You can go around the circle or you can just let each person answer as they feel led.

1. What are you afraid of?
2. When you were 5 years old, what were the things you were afraid of? If you are not longer afraid of some of those things, or all of those things, what changed? How does what we fear change as we get older?
3. When you find yourself afraid of something, what is the first thing you do?

The Scripture Lesson

Read 1 Samuel 17: 45 – 47 (note, this is a little graphic...you may want to edit some of the words)

1. In our last small group time we read the story of David and Goliath. What do you remember from that story?
2. In the passage we just read, David exhibits a lot of confidence. He doesn't seem to be afraid of Goliath, the Philistine. Why is David not afraid?

3. Have someone read Isaiah 43: 1
4. In this passage, God actually **commands** us not to fear, or worry. The phrase “fear not” is used at least 80 times in the Bible. This is because God knows that fear takes us away from relying on God!
5. Why is fear often easier than trusting that God will see us through whatever we are afraid of?
6. Try this...give each person a piece of paper and a pen and/or markers. On their piece of paper have each person write down or draw a picture something they are afraid of or worried about. Now...have everyone keep that piece of paper close by; maybe set it on their nightstand or put in on the bathroom mirror. Every time they see that piece of paper, pray: **God, take my fear of _____ and replace it with more faith in you.**

If you want, you can share what you wrote or drew on the piece of paper. But, because some things that adults may write down may not be understood by children, it is also okay to keep them private.

Closing Prayer

Dear God,

Help us to not be afraid and to place our fears in your hands. Help us to trust that we are yours and that because you love us you will be with in the tough times. We know that trusting in your doesn't mean that everything will always be easy and that tough times will disappear, but we do know that you will never forget us and you will never stop walking alongside us, loving us along the way.

In Christ's Name, AMEN.