

MAKE IT STICK

FEAR NOT LESSON 4

5 SIMPLE WAYS
YOU CAN MAKE
THIS LESSON STICK
WITH YOUR KIDS

THIS WEEK'S LESSON:

5 Simple Ways to Make This Week's Lesson Stick



IN THE CAR:

Ask your child what they learned about this week on the drive home: What should we do when we experience fear? Pray. Instead of worrying about things and constantly thinking about them, give it over to God! We can't add a single hour to our life by worrying. Jesus' perfect love casts out fear and we no longer have to fear because He has taken the punishment for our sins on Himself and given us forgiveness and eternal life with Him. Matthew 6:25-34, Do Not Worry, 1 John 4:18 Perfect Love Drives Out Fear



HANGING OUT:

Make this week's lesson real: Ask your kid why replacing worry with prayer is much easier than not worrying without replacing it with anything. Ask, "Is it easy to just stop a bad habit?" Ask your kid why it's important to talk about your fears with God and with your loved ones for support.



AT DINNER:

Here are some great discussion starters: Who can you talk to when you are afraid? What character traits about God help us know we can trust Him to care for us? Why doesn't worrying help?



AT BEDTIME:

Quiz your child on this week's memory verse: "Turn all your worries over to him. He cares about you." 1 Peter 5:7



PARENT TIME:

What you need to know: God tells us not to fear and HOW not to fear by trusting everything to Him. When we are tempted to worry about things, we can take it to God in prayer instead. Fear is a true emotion and feeling that we will not avoid and should be honest about. But it's what we do with that fear that determines what will happen next. Playing worries over and over in our heads does not help. Praying about it to God does! Let's always encourage our kids to take their fears to God!