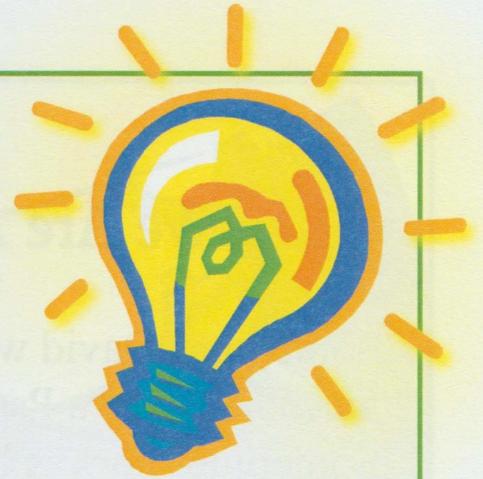


Lighting the Way



Parents' Page

Lesson 3

When We Are Afraid

Your child should understand...

Faith – Overcoming fear through faith in God

Your child should be able to...

1. Name three things that will help us when we feel sad or lonely or scared.
2. Describe two times David was frightened.

Your child should be memorizing...

Psalm 100:1-2

“Shout to the Lord with joy everyone on earth. Worship the Lord with gladness. Come to Him with songs of joy.”

Please read to your child...

Thursday	Psalm 13:5-6
Friday	Psalm 42:1-2
Saturday	Psalm 42:5, 8
Monday	Psalm 90:1-4
Tuesday	Psalm 90:10-12

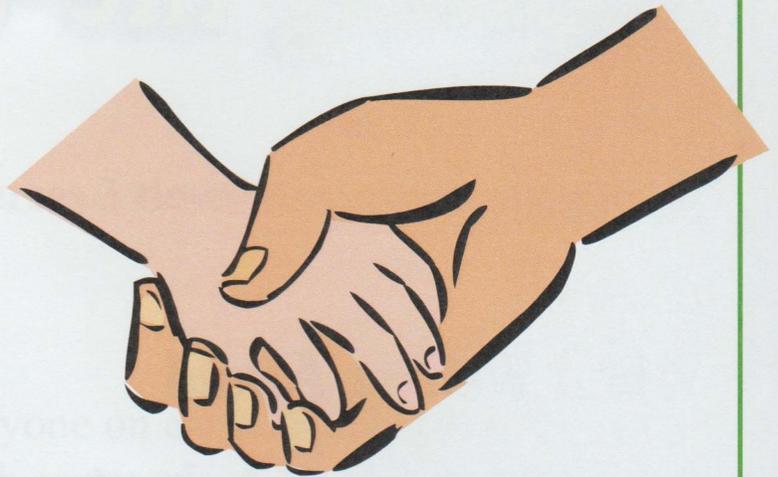
When We Are Afraid

Sometimes David was happy when he wrote a Psalm.

Sometimes he was lonely.

Sometimes he was afraid.

And sometimes he wrote a Psalm just to tell God how bad he felt. We can do that too, can't we? When we pray, we can tell God how bad we feel about something. He will understand.



Another thing we can do when we feel sad or lonely or afraid is read a Psalm from the Bible. Praying and reading a Psalm make us feel close to God. That helps us feel like God is holding our hands. Then we aren't so scared. Singing praises to God also helps us when we are hurting or sad. Good songs always make us feel better.



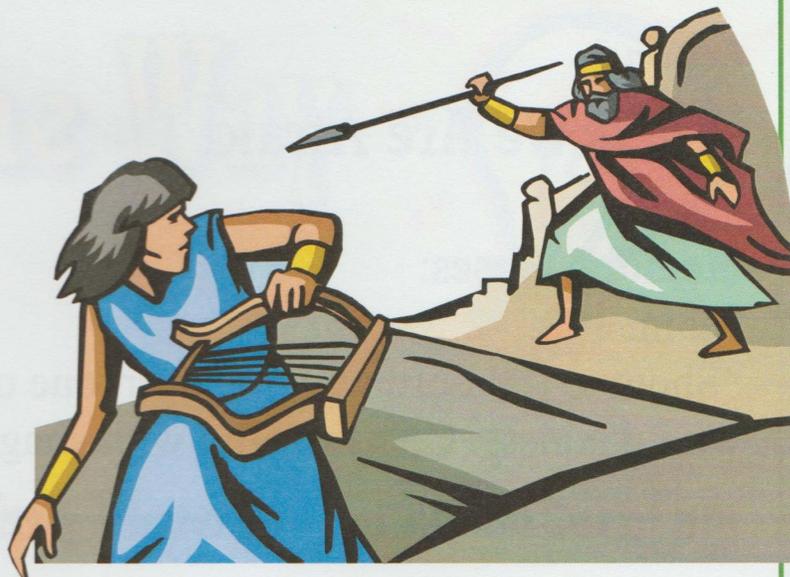
Think of three things we can do that will help us when we feel sad or lonely or afraid.

We can _____.

We can read the _____.

We can _____ praises to God.

It's no wonder that David wrote Psalms to God when he was afraid. A lot of scary things happened to David in his life. King Saul chased him all over the country trying to kill him. The Philistines captured him. And David's own son tried to kill him so he could be king instead of David!



Be ready to tell the class about two times when David was afraid.

David's life was not calm and easy. But David was very strong and brave because God helped him. The Psalms tell us that David always trusted God to take care of him, no matter what was happening to him. We can trust God to care for us, too, no matter what is happening to us.

When We Are Afraid

Memory Verses:

Psalm 100:1-2

“Shout to the Lord with joy everyone on earth. Worship the Lord with gladness. Come to Him with songs of joy.”

Fill in the blanks in your memory verses:

Psalm 100: ___ - ___

“Shout to the _____ with _____ everyone on
_____. Worship the _____ with _____.
Come to _____ with _____ of joy.”

Shine a Light on the Bible Facts



What is the book of **Genesis** about?
(Creation, Flood, Tower of Babel, Abraham, Isaac,
Jacob, Joseph)

Name **Jesus' twelve apostles**.

(Peter, Andrew, James, John, Philip, Bartholomew, Thomas,
Matthew, James the son of Alphaeus, Thaddaeus, Simon, Judas)

On your **Bible map**, walk your fingers up and down the **Jordan River**.