

# Do not be Afraid

Are you human? Well if you *are* human (and I do believe you are), you are going to struggle with being afraid. You could be afraid of the dark, being alone, clowns, bugs, or the fear of something happening to someone you love. When I was younger, I used to be afraid of monsters, especially the ones that would show up in the dark.

Did you know that there are hundreds of things to be afraid of? For example, some people have what is called Acrophobia, which is the fear of heights being sour. Others have Catoptophobia, which is not the fear of cats, but the fear of mirrors. Still others are afraid of chopsticks, numbers, and certain fabrics. These may sound like silly fears to us, but to some people, these fears are real!

What are some other things people may be afraid of? God knew that we would be people who struggle with fear. He knew that in our world darkened by sin, there would be many things to be afraid of. If you search the Bible, the word "Fear" is mentioned 326 times. Over and over again, God says, "Do not be afraid."

Here is a story about when Jesus' disciples were terrified. Many of them had been fishermen, and they knew the dangers of being on the sea in a bad storm. They were afraid for their lives, and they could not understand why Jesus wasn't afraid too!

When Jesus saw the disciples' fear and the waves, he spoke and instantly calmed the storm. Jesus showed the disciples, and us, that he is more powerful than any storm. Jesus is God's Son, and he has the power to protect us from all sorts of danger. We can feel safe even in a terrible storm because we have Jesus.

The disciples asked Jesus, "Why aren't you worried? Don't you see we're in danger?" They couldn't understand why Jesus wasn't afraid. But you know what the better question to ask would have been? Why were the disciples afraid? How could they be afraid, knowing that they were with Jesus?

Calming the storm wasn't Jesus' first miracle. In the book of Mark, Jesus has already cast out demons, caused the disabled to walk, and healed the sick, including the disciple Peter's mother-in-law! They knew how powerful Jesus was, and yet they were still afraid.

The disciples were still learning to have faith. They were still learning to trust that Jesus was looking out for them. In the coming years, all of them but the one who betrayed him would grow to have an unshakable faith. They would all face prison and even death for Jesus! But that faith grew one day at a time, one step at a time, as they got to know Jesus.

Are you still afraid? Of course you are. Just the like disciples, it will take one step at a time. So “Do not be afraid.” Let’s see how to make that possible.

1. Our world is full of fear. Why shouldn’t we be afraid? God says....  
“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”  
– Isaiah 41:10

God is with us no matter what fearful time we are going through.

2. What if we don’t want to be afraid anymore. How can we stop?  
“For I am the LORD, your God, who takes hold of your right hand and says to you, Do not fear; I will help you.” – Isaiah 41:13

He helps us. We can’t do it on our own. He gives us His Word to hide in our hearts when we are scared, His Holy Spirit to comfort us, grown-ups who follow Jesus to help us, prayer, and friendships.

3. What would happen if we don’t give our fears to God?  
“For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, “Abba, Father.” – Romans 8:15

Fears tend to grow, sometimes out of control. The more you are afraid, the less you live the life that God has for you. Being afraid is like being in a prison, but God has set us free. As His children, we can trust Him because He is a good Dad.

4. How can we trust Him? Will He really help us with our fears?  
“There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.” – 1 John 4:18

Jesus’ love for us is perfect. He showed us that by dying on the cross to rescue us from our sins. Perfect love is the only thing that can drive out all fear.

5. What if we do learn to trust Him? What then?

“Fear the LORD, you his saints, for those who fear him lack nothing.” – Psalm 34:9

If we trust God more than we fear the world, we show Him honor and love. This verse says that we will lack nothing. In other words, we will be given everything we need in Him. Wow! Now that’s a promise worth holding onto!

Jesus has been watching over you since the day you were born. He is watching over you now and will continue to watch over you, day and night, all your life. Jesus is there because he wants you to know him personally and trust him as your Savior. When life gets scary, we can go to Jesus and pray, and God will give you the comfort you need to face any danger.

So..... Do Not Be Afraid, God is with you ALWAYS.



# JESUS CALMS THE STORM

Spot 8 differences between the two pictures.





**Jesus Calms  
the Storm**

# Jesus Calms the Storm

He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. Mark 4:39

The puzzle is based on Mark 4:35-41 (NIV).



D H P F O T D W G C F L G C U  
J D U U E L E N T M X M J O Z  
M Y E I L K I R Q E D B S H U  
U U Q I O P S K R U A F X H O  
T E T W E Q T C H I I C L U R  
S S V E Y K E K R N F E H I L  
W C L E P F R B C O H I T E J  
A S U G N B N D H A W P E Y R  
M S X S B I I R Z H L D W D Q  
P Q O A H A N P U M N M W A R  
E U U B R I T G Q I T M K P Y  
D A F F E U O D W A L L C S U  
R L A U M Y U N O S F A I T H  
R L F A G R R B K T J B F S M  
X D R O W N I X U W A V E S T

STERN  
OBEY  
WOKE  
SQUALL

CROWD  
SWAMPED  
SLEEPING  
WAVES

FAITH  
WIND  
BOAT  
CUSHION

CALM  
AFRAID  
EVENING  
TERRIFIED

TEACHER  
DROWN  
STILL  
QUIET