

10 Minute

*Devotions*  
*for Families*  
on Fear



## How to Use This

If you're like most busy families, finding time to sit down together can be difficult. The purpose of this devotional is to give you, as a parent, a tool to meaningfully and intentionally connect with your kids, as you all grow together spiritually. Each of these devotionals includes a brief description you can read to your kids as well as a Scripture reading and questions you can discuss as a family. You can complete each devotional in less than ten minutes, but we hope you won't feel rushed. Some easy ways to make this into a win is to simply do this devotional together before or after a meal or right before bed. Look for a time that you are already normally all together as a family and just add this brief devotional time to the routine you have in place. That will make it much more likely that this becomes a habit you keep!

# 01.

## Bad Move

### *Introduction*

Everyone is afraid of something. Some people are afraid of the dark. Some people are afraid of public speaking. Some people are afraid of snakes. Sometimes fear leads us to make bad choices. We make these bad choices because we panic, we're scared, and we're afraid of things that might happen. God doesn't want us to live in fear, and if we trust Him, we won't let fear guide our actions.

### *Question Time*

What is one thing you are afraid of?

Have you ever told a lie to keep from getting into trouble?

What happens when you get caught in a lie?

A man named Isaac was once so afraid, he lied to a king. Isaac thought a simple lie would keep him out of trouble, but when his lie was exposed, he got in even bigger trouble. Fear led him to make a bad move.

### *Scripture*

Genesis 26:1-9

Isaac lied because he was afraid of the king. He would have been better off telling the truth. God wants us to trust Him and do the right thing, no matter what.

### *Next Steps*

The next time you make a mistake or break a rule, don't cover it up. Be honest. Instead of letting fear lead you to make a bad move, be willing to admit your mistake. Fear can turn one bad move into two. Honesty and courage can start to make things right.

# 02.

## Get In the Game

### *Introduction*

Fear can keep us from getting hurt. A good, healthy fear of falling can keep us from standing too close to a dangerous ledge. Fear can also keep us from experiencing good things, like learning to skate, or ride a bike, or even share our faith. God wants us to get in the game. He wants us to give our fears to Him so that fear cannot stand in the way of us living the life He wants for us.

### *Question Time*

Have you ever had a fear that you were able to overcome?

Looking back, how do you feel about that fear you once had?

Is there something that scares you about serving God?

Fear can prevent us from experiencing God's blessings. Fear kept the Israelites who left Egypt from entering the land God promised to them. Instead of focusing on God's promises, they focused on the dangers that lay ahead.

### *Scripture*

Numbers 13:26-14:4

Caleb and Joshua were the only two adults who made it all the way from Egypt to the Promised Land because they refused to let fear hold them back. They got in the game, and they enjoyed the blessings of the Lord.

### *Next Steps*

Is there a new kid that you haven't made friends with at school or in our neighborhood? The next time you see them, go up and say hello. Is there someone you want to invite to church? Go and invite them. Don't let fear keep you from enjoying God's blessings and doing the good work He created you to do.

# 03.

# Game Changer

## *Introduction*

Sometimes the thing that holds us back the most isn't fear. It's worry. Worry is thinking about things that might happen. It's thinking about things that are beyond our control. No amount of worrying can change a situation, and yet we continue to worry over things we cannot control. God wants us to let go of worry. He wants us to give worry to Him and have faith He will care for us.

## *Question Time*

What things have you heard on the news lately that makes you worry?

Are there some other worries you carry around in your head? What are they?

How do some of these worries affect the decisions you make?

Worry is a uniquely human thing. Humans worry, but birds and flowers do not. The Lord provides for His creation exactly what it needs every day. If we trust God, we can let go of our worries just like the flowers and birds.

## *Scripture*

Matthew 6:25-36

Do not worry over things you can't control. Seek God first, and God will provide!

## *Next Steps*

The next time you start to worry over something, ask yourself this question. "Is this something I can control?" If you can take action in that moment, do it. If you can't, then give it to God. Ask God to give you peace and trust that God will take care of you!

# 04.

## Sweet Victory

### *Introduction*

Sometimes we have to face our greatest fears. People who hate to fly have to get on a plane. People who hate public speaking have to give a presentation. We can do one of two things in those moments. We can panic. Or we can give our fear to God. When we give our fear, He will give us courage. We can overcome any fear because we have a God who is greater than the things we fear!

### *Question Time*

What is one scary situation you have faced recently?

How did you make it through that scary moment?

How does it feel after you overcome a fear or do something you were scared to try?

I can only imagine the fear the Israelites had when they saw Goliath. He was a true giant, towering over the battlefield with a giant suit of armor and giant weapons. I'm sure David had fear, too, when he saw the giant, but David's faith led to an incredible victory.

### *Scripture*

1 Samuel 17:25-49

If we have faith in God, nothing can stop us. God can give us the courage and strength to overcome anything, even a giant!

### *Next Steps*

Whenever you feel afraid, ask God to take your fears. Tell Him what scares you, and ask Him for courage. God will make you strong. He will help you stand up to the giants!