

Day 3: Fear Stops Faith Guide  
Focus: Never let fear hinder you

**Mark 5:36**

**Overhearing what they said, Jesus told him, "Don't be afraid, just believe"**

Lesson Activity

**Items needed:** A parent or Guardian, 3 empty containers/boxes, table, and small items/reward to go in the containers.

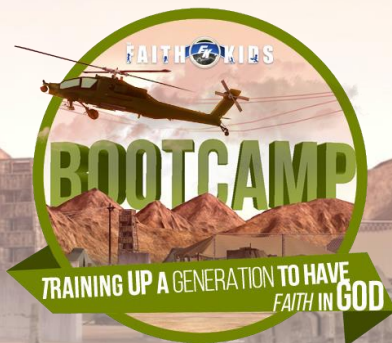
**Instructions:** Parent or Guardian can place 3 boxes on a table, in two of the boxes there is some sort of reward, or item, (Example: a cookie in one box, maybe a toy in the other box). In the third box there is nothing. (The children won't know this however). Explain to the child that (2) boxes holds a reward, however one box has something mysterious in it. Explain it could be something, smelly, scary, icky, or squashy, asks your Child or Youth if he/she believes or has Faith. Have the Child or Youth too choose a box with a reward, await response. Explain to the youth, they have to make a decision, and they can even get help from someone else if they need the help. (Watch their response, is he/she nervous, scared, or hesitate?) Let the youth choose a box and then explain this to the Child or Youth.

Explain how the youth said he/she had Faith, but was a little nervous, hesitate, or fearful of choosing the box with something mysterious in it. Explain how sometimes our fear can stop our Faith, and the power of God in our lives, and it can hinder what God wants to do for us, and in our lives.

Scripture References

- Mark 5:36
- Matthew 14:28-31
- Isaiah 41:10
- Mark 4:40
- 2 Timothy 1:7
- Acts 1:8

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### How Much Do You Remember?

**What is the main verse for the Lesson?**

- Mark 5:36

**What is fear?**

- Torment, terror, trembling, carefulness

**What is doubt?**

- A feeling of uncertainty

**Why do we sometimes fear?**

- When we put too much emphasis on self we become preoccupied with our well-being. We become very concerned with anything bad that might happen to us. The act of worrying about these "unseen" dangers results in fear. Let me draw it out for you.

Self-centeredness  
æ (causes)  
Self-preservation  
æ (which generates)  
Fear

*I guess all this preoccupation with self is not Christian-like, is it?*

Right, but it gets even worse because fear prevents us from showing love toward God and others.

*What? Why is that so?*

Because fear and love are opposites. Look at what God says:

***"There is no fear in love..." I John 4:18a***

**What can we do to not walk in fear?**

- Read our bible, get an understanding of God's word, pray, don't look to ourselves, don't doubt God, trust God

**What must we not be fearful to do?**

- Witness to others, pray for others, pray for others to be healed

**Do you know the story of David and Goliath?**

Was David fearful? Why?

- No, he went in the name of the lord, and fought the giant Goliath, and with Gods help he won

