

# Face Your Fears (3)

*Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.”*  
*Joshua 1:9*

1. How can you face your fears? Tell your adult about some things you can do when you feel scared.

2. One thing you can do is stop and breathe and remember that God is with you. The Bible says that God never leaves us or forgets about us. You can always have faith that God is with you.

3. As long as you aren't in any real danger, you can decide that you aren't going to be scared. When you start feeling scared, just remember that you don't have to be.

4. Talk with your adult about what you're going to do next time you feel scared.



## **PRAYER**

*God, thank You for always being with me. Help me to keep growing my faith. Amen.*

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