

# Face Your Fears (1)

*For God has not given us a spirit of fear, but of power  
and of love and of a sound mind.*

*2 Timothy 1:7 (NKJV)*

**1. What is fear? Tell your adult what you think fear is.**

**2. Fear is what we call it when you're scared of something. Sometimes it's smart to have a little fear. Fear stops you from doing dangerous stuff – like running across the street by yourself or talking to strangers without a trusted adult. But it's not such a good idea to have a spirit of fear.**

**3. A spirit of fear is when your fears stop you from doing what you should or could be doing.**

**4. God didn't give us a spirit of fear. He gave us a piece of His spirit that is powerful and loves us a lot. God gave us the power to think more about His protection than our fears.**



## **PRAYER**

*God, thank You for giving me a spirit of power, love and  
a sound mind. Help me to not have a spirit of fear.  
Amen.*