

# UH, NO WAY, I AIN'T SCARED!

Bring it on.

**MONDAY**

Be ...

## positive

### So, here's the story ...

Jesus and his disciples had been traveling. When evening had come, He said to them, "Let us cross over to the other side (of the lake)."

Now, when they had left the multitude of people who had been following them, they took Him along in the boat.

And other little boats were also following with Him.

And a great windstorm arose, and the waves beat into the boat so that it was full of water.

But He was in the stern, asleep on a pillow. And they woke Him up and said to Him, "Teacher, do You not care that we are dying? We're gonna die out here in this storm!"

Then He arose and rebuked the wind and said to the sea, "Peace, be still!" And the wind ceased and there was a great calm.

But He said to them, "Why are you so fearful? How is it that you have no faith?"

And they were really fearful and amazed, and said to one another, "Who can this be, that even the wind and the sea obey Him!"

**Read the story for yourself in Mark 4:35-41**

### Take it to God

Fear is an emotion we have all experienced — and one I'm sure way more than we ever want to. God understands our struggle with fear.

When a crisis hits, we can do what the disciples did ... run straight to Jesus. But we can run to Him with faith, because we've already seen how He can calm the storm.

This week when you pray, spend some extra time telling Him what your troubles and fears are and ask Him to help you overcome them.

Groovy, it's

**TUESDAY**

A.M.

Noon

P.M.

Eve

Halfway there  
**WEDNESDAY**

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**A.M.**

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**Noon**

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**P.M.**

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**Eve**

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*You wanna be ...*

**secure**  
stable; safe;  
steady; immovable;  
unshakeable

or

**fearful**  
scared; nervous;  
tense; uneasy;  
alarmed; apprehensive

‘For God has not given us a spirit of fear, but of power, and of love and of a sound mind.’  
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**2 Tim. 1:7**

*Make a difference ...*

**Step up:**  
Pay attention to things that set you off, causing you to become fearful. I’m not talking about things that would typically make everyone afraid, I mean things that specifically and/or repeatedly cause you issues. Identify those things and talk to someone you trust about how to overcome those situations.

**Take it up a notch:**  
Is there anything you fear so much that you try to avoid it at all cost? Is it something you have to face often? Is it something that you should be dealing with (I mean is it necessary and proper — example: difficult homework or having to do a report in front of your class)? For those kinds of things, practice being bold and pushing through the hard stuff. Ask God to help you through it. You’ll feel so much better once you conquer your fear so it can’t control you anymore.

*Poll your friends ...*

Does your fear get so bad it defeats you and causes you to shut down, making it hard to get through a situation?

**Yes**

**No**

**Jesus did lots of miracles while He was on the earth. Read about one of them here:**  
**Matthew 8:23-27**

Throw your hands up  
**THURSDAY**

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**A.M.**

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**Noon**

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**P.M.**

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**Eve**

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**FRIDAY**

*Finale*

**Found at the root of fear is a trust issue**

**WEEKEND**

*WoodHoo!*

**A.M.**

**Sat.**

**Noon**

**P.M.**

**SUN.**

**Eve**

Being afraid can be debilitating. It can freeze you in your tracks, terrified to make a move — unable to get away from or do battle against it. Maybe that's why the devil likes to use it so much. It is a versatile weapon that can be plugged into many different situations. If it manages to pin us down, we gotta dig really deep to muster up enough courage to overcome its hold. Did you know that fear can only happen where love isn't? It's a trust issue. In 1 John 4:18, it says, "There is no fear in love. But perfect love drives out fear, because fear involves torment. The one who

fears is not made perfect in love." Fear is a result of our insecurity. When we aren't trusting God completely, we are focusing on worry — about what is happening, or will happen, or might happen. As we grow in faith, we learn to rely on God's faithfulness to take care of us — whether that's spiritually, physically, emotionally or financially. Once you realize you can depend on God (fully trust Him) even in the middle of those tough things, then you are really starting to understand just how intensely and fiercely God loves you.

*Did you know?*

I have a book called a concordance. It's sort of like a shortcut to find words or phrases (or just count) what you're looking for in the Bible. So, I used my concordance to make a count; did you know that some form of the word fear can be found in the Bible more than 500 times? If God talks about fear that often, then it must be a pretty relevant topic. It should be noted, though, that out of all those times God mentions fear, sometimes He is saying we should fear Him. That's because fear has a couple definitions — it's not always about being scared. When God is talking about Himself, He uses the word fear in the sense of revering Him — to deeply respect, be devoted to, show admiration for, regard as worthy of great honor. That's a totally different fear than being frightened.

# So, let's wrap it up



Vicky's  
VIEW

When the crew of students were freaking out on that boat in the storm, they were terrified. What they didn't understand yet was that a real life lesson was playing out before their eyes. They were feeling every bit of the fear and anxiety that scary situation had to offer. They were painfully aware of how far they were from the safety of the shore. What they didn't know at the time was the unmatched ability and almighty power of the One (Jesus) who was right there experiencing the waves with them. In the story, it tells of Jesus catching some ZZZZs below the deck, snuggling into His comfy pillow — not a care in the world, while his shipmates were scrambling around trying to figure out a way to survive through the ordeal.

When one of them woke Jesus up, saying, "Dude,

don't you care that we're about to die?"

They weren't running to Him for help, they were astonished at His reaction to the danger — or His lack of fear, really.

He knew He was okay. He had no reason to be afraid.

This was a teaching moment. Jesus simply got up and told the wind and the water to settle down.

"Peace, be still," He said.

Then He asked his crew why they were so afraid.

"How is it that you have no faith?" He asked.

You see, up to that point, they figured Jesus had some sway as Israel's Messiah (the One it was said would rescue them), sure — but until that moment they hadn't realized just how divine His power really was.

Well, He showed them, all right.

You think they were scared

when they thought they were about to drown?

What about when they realized the power this guy had to make the wind and sea immediately do whatever He spoke?

Yeah, this Jesus was not at all how they expected.

Do you remember the part of the story, where the boat was full of water?

Why didn't the boat sink?

That's what they usually do when they're full of water, right?

Well, do you recall even earlier in the story — the part where Jesus said, "Let us go across to the other side?"

Again, His spoken words had power. I get the feeling there was nothing on the planet that could've made that boat do anything other than exactly what Jesus had commanded it to do, which was get to the other side. Not even if every inch

of that thing was full of water. I think that's very cool — and comforting. The commands that came out of Jesus' mouth were all that were needed to do the job. He didn't have to grab a pail and start scooping the water out; He didn't have to get down on His knees or entwine His fingers together in just the right prayer pose to cause the scene to change. His words (spoken in faith) were enough.

Don't let anyone tell you different — words do have power. When you believe what you're saying is true and you pray in Jesus' name, your words matter. Prayers can change situations.

When you read the Bible, pay attention to the words Jesus speaks — and what happens because of them.

*Ponder this:*

**Is fear getting the best of you this week?  
What will you do to change that?**

*Time to take charge of your life:*

(Fill in the blank ...)

**\_\_\_\_\_ has been bugging me lately, bringing me down.  
What can I do to change that? Do I need help  
from someone else? Who?**

*Something good that  
happened this week was:*

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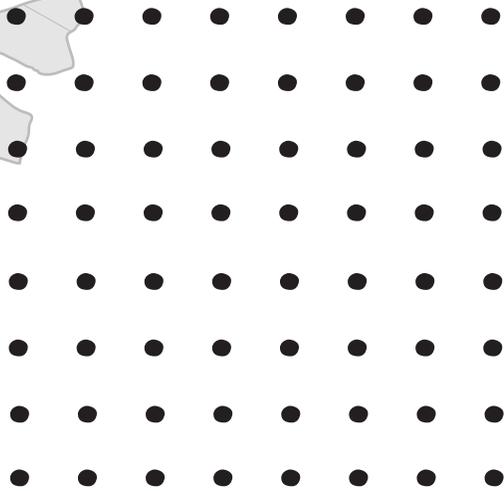
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*Let's read:*

**Mark 4:35-41**

# Claiming the promised land

To play, connect two adjacent (next to each other) dots. Take turns with your opponent. If you complete a square, you get another turn. The one with the most squares at the end of the game wins.



You are ...

**strong**

# Wandering the wilderness

Make your way along the words to make a sentence. Your journey will form one single path. You can only go north, south, east, or west and the path must never cross over itself. Start at the northwest corner and finish at the southeast corner.



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answer on page 331

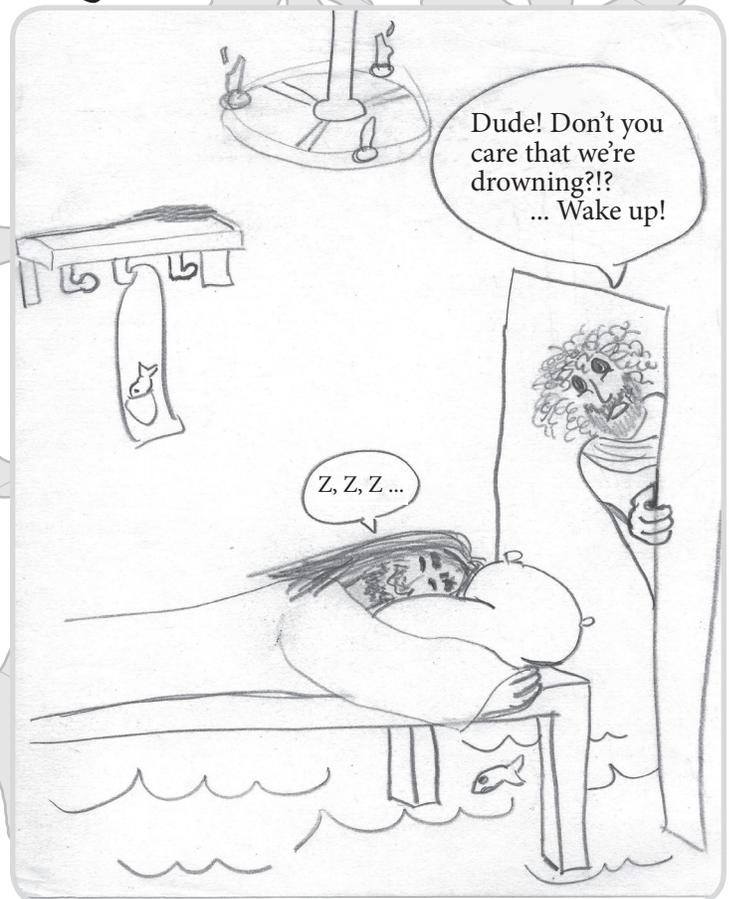
# Matthew 7:7

answer on page 315

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

- BOAT
- ASLEEP
- FEARFUL
- JESUS
- PERISHING
- FAITH
- WINDSTORM
- REBUKED
- OBEY
- AROSE
- PEACE
- SEA
- WAVES
- STILL
- COWARDLY
- FILLING
- CALM
- STERN

# Delight



# Design

**Draw a picture that shows how you'd conquer something scary you face.**

