

I'M NOT AFRAID



GET INTO THE BIBLE



15 MINUTES



IN THE CUPBOARD



GETTING INTO THE ACTIVITY

A practical activity looking at how we can give our fears to God to help us to not be afraid.

On a piece of paper write everything you are scared of. This might be darkness, spiders, storms etc. Fold the piece of paper into a fan.

Light the candle. The flame represents you. What happens when you wave your fears near the candle? The fears on your fan are making the flame all wobbly and shaky. Fear can make us feel shaky and worried in real life too.

We can reduce fear by sharing it with God in prayer. On your sandwich bag write 'prayer' with the permanent marker. Hold the prayer bag between the candle and your fear fan. Wave the fan again. What happens now? Your prayer bag is absorbing the fears, meaning our flame (you) remains strong and courageous. **Philippians 4 v 6** "Do not worry about anything, pray about everything."

Pray to God and share your fears with him and thank him for being there to share your fears with.



WHAT YOU'LL NEED

- Paper
- Pen
- Candle
- Lighter / Match
- Sandwich Bag
- Permanent Marker



NOTES FOR PARENTS & CARERS

Share a picture of the activity with your BB group or post on social media using #BBatHOME. Please take care with the candle. All activity should be supervised by an adult and an adult should initiate any contact with the BB group and/or share on social media.