

Family time: Lent Reflection 1 April 2020

Creating a space for children and adults to bond and work on their spirituality together. Working in conjunction with the lent reflections.

Theme: Facing our fears with our friend

Questions:

- What does it mean when you fear something?
- What do you fear and why?
- What do you do when you are faced with your fears?

Read together: Mark 4:35-41

- What do you think the disciples were afraid of?
- What did the disciples do when they were afraid?
- What did Jesus do when they brought their fear to Him?

Jesus calmed the fears of the disciples by calming the storm. When we bring our fears and all the things that we are scared and afraid of to Jesus He can calm them and help us through them.

- Have your fears ever stopped you from doing something?

When we are afraid of something it can stop us from living our lives the way God wants us to. Example: If I am afraid of embarrassing myself in front of people it may make me never want to put up my hand in class or speak up and it may stop me from making new friends. God does not want us to live in fear, but when we are afraid he wants us to tell Him about our fears so that He can help us through them. He won't always take them away but He will make it easier for us to face them because we won't have to face them alone. How do you think Jesus, who is our friend, can help you through your fears?

Family activity:

Read through the Bible verses below and pick one or more that you all like. Write it down on a piece of paper and stick it up where the whole family can see it. For the next week, every day read it out loud as a family before or after a meal time.

Isaiah 41:10

Psalms 56:3

Philippians 4:6-7

2 Timothy 1:7

1 John 4:18

Joshua 1:9

Matthew 6:34

Mark 5:36

Deuteronomy 31:6

Psalms 46:1

Romans 8:38-39