



# CHRISTIAN EDUCATION DEPARTMENT

## FEAR FIRST AID NOTEBOOK



### **Matthew 28:1-10**

But the angel said to the women, "Do not be afraid; I know that you are looking for Jesus who was crucified.

Matthew 28:5

We are living through a scary time. Fear is normal; sometimes it is good to be afraid. Sometimes, fear protects us. Sometimes it causes us to find new, better, even safer ways to do things. During this time of coronavirus, we have had to find new ways to study, play with friends, and worship God. Sometimes fear is not good if it keeps us from doing what Jesus wants us to do. Sometimes, we have to do things even when we are afraid. On that first Easter morning, Jesus' mother, Mary, and his friend, also named Mary, were told by the angel, "Don't be afraid! Jesus is alive". Even Jesus

told them "Don't be afraid! Go tell my friends that I am alive." This phrase, "Don't be afraid," is found in many parts of the Bible. It has been said to many different people at different times when there were scary things happen. God knows that there will be times when we all are afraid. There are verses in the Bible that help us when we are scared. **Here is the Easter challenge to you for the rest of the time (however long) we are inside because of the coronavirus: Let's make and keep a FEAR FIRST AID NOTEBOOK!**

If you have an extra notebook, use it. Decorate your cover with Easter symbols. You can also use loose sheets of paper; but, find a way to keep all your pages together. You can also do this on the computer or tablet, creating a document that you can save and add to when needed. Ask an adult whom you know who can help you. Think of things that are scary, and try to find something in the Bible that helps you think about that thing in a way that may make it less scary or that can give you the strength to do what you need to even while still being scared. Write the fear and the Bible's answer in your Fear First Aid Notebook. Write the date down as well. Keep writing (every day or every Sunday, you decide) until the coronavirus pandemic is over.

Here are some examples:

--Fear of not being able to do a new thing or not being able to complete a difficult task

Answer: **Philippians 4:13**

I can do all things through Christ who strengthens me.

OR

**2 Timothy 1:7**

For God did not give us a spirit of fear; but of power, and of love, and of a sound mind.

OR

Just summarize a story in the Bible where the person or persons do what is necessary in spite of fear, like the Marys in the Easter story Matthew 28:1-10

How many verses and stories will you find and write down that will help us when we are afraid? Write to [cedoffice@ameced.com](mailto:cedoffice@ameced.com) with the Subject: FEAR FIRST AID NOTEBOOK. Tell us your name, where you live, your church's name, your age, and how many verses and stories you have found when the Coronavirus pandemic is over.