



Helping Kids Face Fear God's Way

When Fear Feels Big, God's Love Is Bigger

Raising Christ-Centered Kids | Feelings | Fear

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"fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." (Isaiah 41:10, *ESV*)

Key Takeaway

Fear is real, but Jesus is stronger.

The Biblical Meaning of Fear

Fear began in the Garden when Adam and Eve hid from God after disobeying Him. Sin made them afraid because they turned away from His perfect love. Ever since, fear has tried to pull us away from God's presence, but He keeps calling us back: "*Do not fear, for I am with you.*" (Isaiah 41:10; Joshua 1:9)

There is also a holy wonder that draws us closer to God instead of pushing us away. "The fear of the Lord is the beginning of wisdom." (Proverbs 9:10, *ESV*) This kind of fear humbles us to trust His power and goodness.

When kids learn to move from being afraid of God to being filled with wonder at who He is, they discover real courage. It is not the absence of fear but the confidence that His love holds them even when they feel afraid.

Every "fear not" in Scripture is an invitation to trust God.

Understanding Fear: When Life Feels Stormy

Everyone feels afraid sometimes. Fear shows up when something seems too big or uncertain, like answering a question in class, sleeping alone, or trying something new. Fear whispers, "You can't."



Parent Guide | Fear

But fear often forgets the Deliverer. In Mark 4:35–41, when the disciples panicked during the storm, Jesus showed that peace is not found in calmer waves but in His presence. He spoke, and the wind obeyed.

Fear loses its grip when we remember who is in the boat. Jesus faced the greatest fear, the cross, and He did not turn back. Because He conquered death, He stands beside us in every smaller fear.

Faith does not erase fear. It redirects it, turning trembling into trust and panic into prayer.

Practical Steps: Overcoming Fear with God's Help

1. **Name the Fear** — Say it out loud or draw it. When fear hides, it grows. When it's spoken, God's light can reach it.
2. **Look Up to the Cross** — Picture Jesus in the storm with you. Pray, "Jesus, help me." That small prayer invites His peace.
3. **Face It with Faith** — Take one brave step, like walking into a dark room or trying again after a mistake and knowing He walks with you.
4. **Speak God's Word** — Say truth out loud. "When I am afraid, I put my trust in You." (Psalm 56:3) God's Word steadies the heart like an anchor.
5. **Rest in His Peace** — Breathe slowly and imagine handing your fear to Jesus. He calms storms, and He can calm your heart too.

Scripture for Parents and Kids

- "When I am afraid, I put my trust in you." (Psalm 56:3, *ESV*)
- "Perfect love casts out fear." (1 John 4:18, *ESV*)
- "Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go." (Joshua 1:9, *ESV*)

Encouragement for Parents

You don't have to remove fear. You only need to help your child bring it to God. Fear closes the heart, but love opens it. If your child feels scared, they need connection more than correction.

Remember this simple truth: Fear looks big until we remember Who is bigger.

When you share your own fears and pray together, you show that courage is not pretending to be fearless. It is trusting a faithful God. Over time, your child will learn that fear may knock, and they may let it in, but it does not get to stay. Christ's perfect love makes its home in their hearts.

CTMP Corner: Kingdom Kids in Action

- **Connect:** Share one fear you had this week and how you faced it with God's help.
- **Teach:** Read how Jesus calmed the storm and talk about what that means for our hearts.
- **Model:** Show your kids how you pray when you feel anxious. Let them hear you say, "Jesus, I trust You."
- **Pray:** Thank Jesus for being stronger than fear and ask Him to fill your family with His peace.