



Gospel Light®

HOME DISCUSSION GUIDE
for Elementary

SPRING A
Lesson 8

Through the Storm

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God . . . will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

To understand what scares your kids, take the scare test! Ask them to rate the things you come up with from 1 to 10, with 1 being not scary at all and 10 being very scary! (Here are some to get you started: a spider crawling up your leg, windmills, thunder, the bathtub, a bully at school, taking an important test, speaking in public, clowns, swimming.) Talk about how they feel about different situation and share your answers with them, too. Throw in silly things and mention areas you suspect frighten them. Then as they encounter difficult situations, you'll be more aware of says you can help them trust God to bring them peace at those times.

Try This:

Quieting ourselves before God at the end of the day helps us experience peace. I play quiet music as we read aloud God's promises from the Bible. This calms our hearts and reminds us that we can trust Him to take care of all things. We can rest quietly in Him! As a parent, this time helps me to reflect on God's great goodness and sense His presence and peace. It makes for great sleep!