



Gospel Light®

HOME DISCUSSION GUIDE
for Elementary

SUMMER C
Lesson 3

What To Do With Fear

“The Lord is the stronghold of my life—of whom shall I be afraid?”

Psalm 27:1

Stories on the news can worry or scare our kids. They may think an isolated event on the other side of the world is happening every day in their neighborhood! I try to be careful about what our kids see—and when they express fear, I make time to listen to them and talk about it. Each child is different, so I approach each one separately. First, I ask open-ended (“What do you think about . . .”) kinds of questions. Then I know exactly what they know and why they are concerned, so I can help them with that. If I just address the whole issue, I might only add to worries that weren’t even there! I try to be sure to pray with my kids about the issue several times and to tell them, **No matter what happens, God is able to care for us in dangerous times.**

Try This:

Try This: If your kids are reluctant to share their feelings and fears ask, **What might scare a kid your age? What might other kids be afraid of?** Use their ideas to give them hypothetical situations like, **How would you feel if a tornado hit our house? Destroyed buildings in our area? What would you do?** And while you’re talking about it, take time to formulate a family emergency plan or review the plan your family already has. Knowing what to do will make your kids more confident and you all less worried.