



# Family Matters



A CHRIST-CENTERED RESOURCE FOR FAMILIES AND TEACHERS

## It's *Still* All About Jesus — Even When You Are Afraid

Some people like scary movies, some of us do not.

For those who like them, perhaps it's because you like being scared — while yet knowing you are safe, because you are in a theater or at home on your couch, and you know it is only just a movie. For those of us who don't like scary movies, it may be because the images are too real, stay in our head and haunt us. We may also not like scary movies because we don't really find them entertaining, even exhausting.

Whatever you feel about scary movies, we all have a fear of one thing or another. It could be heights, elevators, closed spaces, bridges, certain kinds of animals or various social situations. Google a list of fears, and you will find a list of hundreds of phobias — everything from fear of bathing (ablutophobia) to the fear of animals (zoophobia). We can also simply be fearful of the unknown. Fear shows up in various ways. Our reaction to fear will be to ignore it, deny it or flee from it.

One of our jobs as parents is to help our children face their fears and learn to overcome things that should not get in the way of a healthy and happy life. But fear is real. It can show up in odd ways concerning our children. It can have a strong grip on us, and even as adults can become a controlling force in our lives.



In his month of October, our American culture likes to recognize spooky things.” Sometimes it is harmless fun, other times it can stir up deep emotions and lead us down unhealthy pathways. We do a lot of crazy things to overcome or conquer our various fears.

Whatever you and I are afraid of, whatever we find unsettling, Jesus already has conquered it. We may have panic attacks here on earth, but there is no panic in heaven! Our Heavenly Father has given us his only Son, Jesus, to alleviate the biggest fears we have: those of sin, death and the power of the evil one. Jesus has overcome them all through his death and resurrection.

We still can be afraid of things this side of heaven. There will be some fears that we will get over and others that will linger and haunt us as we journey forward. As the people of God however, we will want to explain to our children the wonderful love of our Heavenly Father who comforts us when we are uncertain and when we are afraid of things in this life. He reminds us that in spite of our fears, it's still all about Jesus.



## FAMILY LINKS: Activities for families to reinforce Bible truths in the Christian home.

*Gather the family together for a time of Bible study and discussion using the outline provide below.*

### OPENING PRAYER: GIVEN BY THE OLDEST FAMILY MEMBER PRESENT

#### FAMILY DISCUSSION TIME:

*Have each member of the family respond to the following statements.*

- What kind of animal(s) are you afraid of?
- What is something you would never want to do?
- What other fears might you have?

#### FAMILY BIBLE TIME:

look up Ps. 56:3  
What does this verse say we should do when we are afraid?  
(Trust in God.)

Repeat the verse out loud several times and try to memorize it as a family.

Thunder storms

BIRDS

HEIGHTS

LOUD NOISES

THE DARK

spiders

### GIVING OUR FEARS TO JESUS FAMILY ACTIVITY

Preparation:

- Locate several small packages of sticky notes in various colors if possible.
- Someone will need to cut out a wide cross from a large piece of cardboard or poster board. It should be around 18 inches across by 24 inches long if possible.

Process:

Have each member of the family write down their fears or things they are afraid of, one per sticky note. Younger children who cannot write can have a parent or older sibling write for them.

Then, one family member at a time, each person shares their fears out loud, reading from a sticky note and then placing it on the cross, saying, "I trust in God to help and guide me." Continue until all have shared and placed all their fears on the cross!

**CLOSING ECHO PRAYER:** Have an adult or older sibling read the following prayer with other members of the family, repeating the words phrase by phrase.

Dear Father in Heaven. Thank you for Jesus, as we can cast our cares and fears on Him. Help us to not be afraid and to trust completely in You to keep us safe every day and one day to take us to Heaven. In Jesus Name. *Amen.*

"I TRUST IN GOD TO HELP AND GUIDE ME."

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Writer: Dr. Steven Christopher Designer: Erica Schwan

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