

 Do Not Fear

Gather your family together. Have each person in your family take a turn sharing a fear that he or she is struggling with. Gather around that person and pray, asking God to help him or her conquer that fear.

When you have finished praying for each person, read Isaiah 41:10 aloud.

 Fear Stomp

Blow up a number of balloons and tie them off. Have or help each person in your family write down a fear he or she has on a balloon. Repeat this until each person has about three balloons. Put all the balloons on the floor in a room of your home.

Say: **Some people feel a little afraid when they hear a balloon pop. But we don't have to be afraid of balloons, and we don't have to be afraid of the fears on our balloons. Let's go stomp 'em out.**

Lead your family into the room, and together stomp on the balloons until they're all popped. Make sure you pick up all the pieces of the balloons as they can pose a choking hazard.

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Get Ready for Some Family Fun!

24

Facing the Giants

Decorate Goliath to make him not so scary. You might give him a tutu or put some flowers in his hand. Then talk about how God helps your family face "giants" in life.



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