

## FAITH FORMATION AT HOME

BRIEF FAITH ACTIVITIES TO DO AT HOME.

FULL FREE LESSONS CAN BE FOUND ON VIBRANT FAITH CATALYST



vibrantfaith

# Be not afraid.

**PRAYER:** *God, remind us of your presence when we feel afraid. Help us learn ways to stay safe. Amen.*

**READ SCRIPTURE:** **Matthew 14:22-33**

### FAMILY DISCUSSION:

Why were the disciples afraid? How do you know the disciples were afraid? What did they do?  
What is the first thing Jesus said to the disciples when he got to the boat? Why do you think Jesus invited Peter to walk on the water?

### ACTIVITY:

Have each family member write or draw a picture of three things that scare him or her. *(As an adult, be aware of what you write so that you don't add to the fears of young children. You may choose instead to write about fears where you know how to protect and reassure yourself, such as encountering a barking dog, driving on an icy road, or being caught in a storm.)*

### SHARE:

When family members finish, have each person tell about their three things. As a family, discuss each item listed by your child(ren).

**Ask:** What would help you feel safer in this situation? How can I help you feel less afraid? Then plan actions to take to calm your child's fears. For example, a night light often helps a child who's afraid of sleeping in the dark. Or a child may feel safer by having a flashlight nearby to illuminate any scary monsters in the middle of the night. Having a family plan of action for storms or other emergencies is also a good idea.

**PRAYER:** *Thank you, God, for listening to our fears and helping us find ways to feel comforted and safe. Amen.*