When I Am Afraid, I Can Trust God

The Bible Lesson

David knew what it meant to be afraid.

During one difficult time in his life, David was surrounded by enemies who wanted to hurt him. He did not know what would happen next, and he had good reasons to be frightened.

But David knew something more important than his fear. He knew he could turn to God.

David did not say that he would never be afraid. Instead, he explained what he would do when fear came into his heart.

Sometimes we feel afraid, too. We might worry about tomorrow, about someone we love, or about something difficult happening in our lives.

We might lie awake at night with questions nobody can answer. We might cry or wish everything could go back to the way it was before.

God does not ask us to pretend that everything is wonderful when we are hurting.

Instead, we can tell Him exactly how we feel.

We can pray when we are frightened. We can trust Him when we do not understand what is happening. And we can ask people who love us to help us through difficult days.

Being brave does not mean you never feel afraid. Sometimes courage begins when you are frightened but choose to trust God anyway.

God's Word - Psalm 56:3 (KJV)

What time I am afraid, I will trust in thee.

Talk About It

1. What was David's response when he felt afraid?
2. Why is it okay to tell God when something frightens us?
3. What is one thing you can pray about when you feel worried?

A Prayer for Today

Dear Heavenly Father, sometimes I feel afraid, and sometimes I do not understand what is happening around me. Please give me courage, comfort my heart, and help me trust You, even on difficult days. In Jesus' name, Amen.

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