

Hope in times of **FEAR**

Parent Handout



You might hear a word being used a lot recently...
Can you work it out from the word scramble...?

NVAROURINSO

Although lots of people will get better from the coronavirus, it's really important that people who might become very ill don't catch it. This means we need to make sure that as few people as possible get the coronavirus, so that we don't pass it on to anyone who might get very ill. That's a big reason why we have to stay at home:

What things do you miss?

*Here is a chance to list or draw some of the things that we can't do right now.
Perhaps use this as a chance to say thank you to God for all the nice things we can enjoy, and say sorry for taking them for granted.*

What new things have you been able to enjoy (or rediscover?)

Write or draw some things that children have done that are new and fun. Use this to remind the children that we still have so much and we have lots to thank God for.

Read Mark 4:35-41



Did you spot it?

How did the disciples feel when the storm started?

What was Jesus doing when the storm started, then what did he say and do?

What were the disciples afraid of when the storm had been calmed?

Look at the true story from the Bible. The disciples were afraid, They thought they were going to die. The Corona virus also threatens us with death, so we are afraid. Be honest with your children and tell them if and why you might be anxious too. Jesus was asleep but then stilled the storm. The disciples were then more afraid of Jesus - "Who is this man". We need to ask this question of ourselves: Who do we say Jesus is?



How do you feel at the moment



**What is making you feel that way?
(whether you are feeling happy or scared)**

For younger ones, you could draw this.

Work it out

What were the disciples afraid of during the storm?

They thought they might die

How did the disciples feel after the storm?

They were afraid of Jesus - who had power over the wind, rain and sea!

If you were there: How would you have felt?

What does this tell us about Jesus?

He is Lord over creation. Nothing is impossible for Jesus, No storm too great, no virus too vicious, no heart too hard. Not even death could hold him. Christ can carry us through any danger!

Live it out

'I live by faith in the Son of God, who loved me and gave himself for me'

This verse is from Galatians 2:20.

When we are afraid of what is going on around us what can we remember about Jesus that can help us?

Jesus' love for us, has no limits. He died so that we know we are forgiven, saved and loved.

When Jesus calmed the storm it showed he really was God's Son - When He came back from the dead it showed us that he has defeated death and our sin forgiven. How can this give us hope now?

Jesus will not leave us in this time of anxiety. He is with us, no matter what! (even if we get sick or those we know & love, but who he is and what he has done for us will never change) - true comfort.

Prayer Idea

Dear father in heaven thank you that you are with me.

Thank you that you have defeated corona virus even though we may still see its affects.

Help us to turn to you when we are afraid.

Help us to know that you are with us in times of difficulty.

Thank you for the promise of heaven and a perfect life with you. AMEN

Who could you be praying for?

1.

2.

3.