

Hope in times of **FEAR**



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

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?



How do you feel at the moment



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

Work it out

What were the disciples afraid of during the storm?

How did the disciples feel after the storm?

If you were there: How would you have felt?

What does this tell us about Jesus?

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?

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?

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.