**A group of trees in a forest

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**Day 1**

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| **Faith Fact**  I can trust Jesus if I’m afraid.  **Faith Verse**  Jeremiah 29:13 (NLT)  “If you look for me wholeheartedly, you will find me.”  **Question of the Day: How can you face the storms of life?** |

**Read about It**

**Read:** Matthew 14:22–27

Imagine you were with the disciples in the boat. A giant storm came up while they were out on the lake. They had been with Jesus and seen the miracles He could do. But they were still afraid. Then when they saw Jesus coming toward them walking on the water, they didn’t even know it was Jesus. They were terrified! They thought He was a ghost.

Like the disciples, we’re going to face difficult times in our life that feel like scary storms. Jesus will be with us just like He was with the disciples. We don’t have to be afraid. Jesus told the disciples not to be afraid because He was there. We can trust that Jesus will be with us, too!

**Talk about It**

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| **Question 1.** How does the Bible describe the storm that night?  **Answer 1.** There was a strong wind and heavy, or big, waves (Matthew 14:24) |
| **Question 2.** What did Jesus do after the storm started?  **Answer 2.** Jesus came to the disciples walking on the water. (Matthew 14:25) |
| **Question 3.** How would you have felt if you were in the boat with the disciples during the storm?  **Answer 3.** Answers will vary. |
| **Question 4.** How are difficult times in our life like the storm the disciples faced?  **Answer 4.** Answers will vary. |
| **Question 5.** How can you face the storms of life?  **Answer 5.** We can face them knowing that Jesus is with us. |

**Pray about It**

Dear Jesus, thank You that I am not alone when I face difficult times in my life. Help me to remember that You are with me all the time. Amen.

**Day 2**

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| **Faith Fact**  I can trust Jesus if I’m afraid.  **Faith Verse**  Jeremiah 29:13 (NLT)  “If you look for me wholeheartedly, you will find me.”  **Question of the Day: How can we trust Jesus even when we’re afraid?** |

**Read about It**

**Read:** Matthew 14:28–33

Some people think of Peter as the disciple who took risks. He sometimes charged boldly into things. So it’s not surprising that he said to Jesus, “If it’s really you, tell me to come to you.” He started out strong and brave. But when he took his eyes off Jesus and saw the wind and waves around him, Peter became scared and began to sink. Jesus didn’t let him drown though. In fact, Jesus immediately reached out to help him get out of the water.

Peter was willing to call to Jesus because he knew that Jesus was worth trusting. We can trust Jesus too. He has proven His faithfulness over and over again. But sometimes we have a hard time trusting Him completely. It’s easy for us to take our eyes off Jesus just like Peter did. But if we will call out to Jesus, He will help us walk confidently and courageously through any storm that comes our way.

**Talk about It**

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| **Question 1**. What did Peter do when Jesus said to come to Him?  **Answer 1.** Peter got out of the boat and walked on the water toward Jesus. (Matthew 14:29) |
| **Question 2**. What did the disciples do after seeing what Jesus had done?  **Answer 2.** They worshipped Him and said, “You really are the Son of God.” (Matthew 14:33) |
| **Question 3.** Do you think you would have gotten out of the boat like Peter did? Why or why not?  **Answer 3.** Answers will vary. |
| **Question 4.** How do you think Peter’s friendship with Jesus changed after that night?  **Answer 4.** Answers will vary. |
| **Question 5**. How can we trust Jesus even when we’re afraid?  **Answer 5.** Answers will vary. |

**Pray about It**

Jesus, I know that I can trust You in everything. Help me to have the courage to face my fears, even when it’s hard. Thank You for always being with me. Amen.

**Day 3**

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| **Faith Fact**  I can trust Jesus if I’m afraid.  **Faith Verse**  Jeremiah 29:13 (NLT)  “If you look for me wholeheartedly, you will find me.”  **Question of the Day: Who can we trust in when we’re afraid?** |

**Read about It**

**Read:** Psalm 27:1–8

When David wrote this psalm, he called God, “the Lord.” The Lord is all powerful. He is greater than anything or anyone else. He has all authority, and He has the final say about everything. These verses talk about how we can trust God and don’t have to be afraid. When danger comes, He can protect us. When enemies attack, we can be confident of His help.

When the storms of life come and the waves seem high like they did to Peter, we can remain confident in God. We don’t have to be afraid! Because of this, we should desire more than anything else to be close to Him. When we pursue God, we can find peace from our fears. God wants us to come to Him. He is constantly saying to us, “Come and talk with me.” (Psalm 27:8). But it’s up to us if we will choose to respond to Him.

**Talk about It**

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| **Question 1.** Who can we trust in when we’re afraid?  **Answer 1.** The Lord (God) (Psalm 27:1) |
| **Question 2.** What are some ways verse 1 describes the Lord?  **Answer 2.** He is our light, salvation, and fortress. (Psalm 27:1) |
| **Question 3.** According to these verses, what should we seek most?  **Answer 3.** To live in the house of the Lord all the days of our life, which means to live in His presence (Psalm 27:4) |
| **Question 4.** If Peter had remembered these verses when he was walking on the water toward Jesus, do you think he would have sunk? Why or why not?  **Answer 4.** Answers will vary. |
| **Question 5.** Why do people allow their fears to keep them from trusting Jesus?  **Answer 5.** Answers will vary. |

**Pray about It**

Dear God, You hold the world and all the universe in Your hands. I know You love me and desire the best for me. Help me to live in Your presence all the days of my life and trust You to help me overcome my fears. Amen.

**Day 4**

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| **Faith Fact**  I can trust Jesus if I’m afraid.  **Faith Verse**  Jeremiah 29:13 (NLT)  “If you look for me wholeheartedly, you will find me.”  **Question of the Day: What can God do when we give our fears to Him?** |

**Read about It**

**Read:** Psalm 34:4–7

Have you ever woke up in the middle of the night because you heard a loud noise? Or maybe you’ve been in a car when the person driving had to slam on the breaks to avoid being in an accident. Our bodies are designed with something called a “fight or flight” response to fear. In those times, it can feel like our heart stops for a split second. Our hands might get sweaty, and our body feel like we can’t move. Our immediate reaction is sometimes to flee or run away.

Fear can be paralyzing like when Peter noticed the waves around him and he started to sink. But Jesus can free us from our fears when we go to Him. He can give us the courage to face our difficulties head-on. When we feel desperate and helpless, we can call out to Him just like Peter did. The Bible promises us that He will listen. Go ahead and try it. Trust the Lord to face your fears with you and He will not fail you!

**Talk about It**

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| **Question 1.** Who did the writer of today’s Bible verses turn to for help when he was afraid?  **Answer 1.** The Lord, God (Psalm 34:4) |
| **Question 2.** What kinds of feelings do you have in scary situations?  **Answer 2.** Answers will vary. |
| **Question 3.** How can we feel after we go to God for help?  **Answer 3.** Answers will vary. Could include radiant with joy, have no shame. (Psalm 34:5) |
| **Question 4.** How can we be close to God even when we are afraid?  **Answer 4.** Answers will vary. |
| **Question 5.** What can God do when we give our fears to Him?  **Answer 5.** Free us from our fears (Psalm 34:4) |

**Pray about It**

Dear God, help my heart to trust You in every situation. I believe You can free me from all my fears. Help me to live every day in that freedom! Amen.

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