**Sunday 27th September – Fear**

Spend some time with your family talking about these questions.

This might be a difficult question for you to think about. What do you fear?

The psalm writer sings to God when he is frightened. How do you tell God what you are frightened of?

Why does thinking of God help the psalm writer when he is frightened?

**Challenge**

God will always listen to us when we are afraid of things. Often we try and fix problems ourselves and forget to bring them to God and let Him help us.

Try to pause this week if you are afraid and tell God. You can do this either out loud or silently, with someone from your family, or a friend, or on your own.