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# Do Not Fear



**“Do not fear,** for I am with you...” Isaiah 41:10 (NASB)

It is so good to know that when God says, “Do not fear,” He does not want to make you feel guilty because you are afraid. No matter how hard you try, you can’t get rid of fear on your own. “Do not fear” is God’s invitation to experience **His peace** when scary things happen around you or your family.



Let a **donut** remind you of **what God will help you do**: We spell donut  
**DO - N - U - T**

1. **DO - Name your fear!** Talk to God about your fear. Tell Him exactly what it is you’re afraid of and why.
2. **DO - Understand that God can take care of it. He is in control of what’s happening.**
3. **DO - Tear your fear up and throw it away!** You might ask – But **how** do I tear it up? You turn your attention **away** from your fear and turn it **to** your great God. Read a Bible verse about how loving and awesome God is, and then tell Him, “Thank You.”

**Now let’s get started:** (See donut pattens below.)

1. Think about your fears. Write or draw each thing you are afraid of on one of the donuts. Use one donut for each fear. Now hold one donut fear in your hand and talk to God about it.
2. Remember what you know about God. Tell Him out loud, “I believe You are in control!”
3. Now tear up the donut with the fear and throw it away. Thank God that He is bigger than any fear. Say Isaiah 41:10 out loud to yourself. It is what God is saying to you.

**‘Do not fear,** for **I am** with you; Do not anxiously look about you, for **I am** your God. **I will** strengthen you, surely **I will** help you, Surely **I will** uphold you with My righteous right hand’ Isaiah 41:10 (NASB).

