

When I Am Afraid

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A WORD TO PARENTS

It is not uncommon for children to experience fear—some fears being reasonable and others unfounded. Things that go “bump” in the night, big dogs, being in a strange place among strangers, and even climbing to the top of a slide or monkey bars can produce anxiety in children. Reasoning with a child about his fears, or simply telling him “not to be afraid” is most often ineffective. So how do parents help children with their fears?

Children need the confidence that there is someone bigger, stronger, and wiser than themselves who will protect and care for them. But more than that, they need the assurance that someone will be there for them—to make everything right, to handle the difficulties they can’t, to accomplish the tasks that are too hard for them, and to navigate the situations that are beyond their experience and ability. Often that bigger, stronger, wiser person is a parent; sometimes it is a grandparent or another adult.

But parents and other adults are not supreme, all-powerful, and all-knowing. Parents and other adults fail children and find situations they can’t navigate well. Only One Person is sufficient to handle all the complexities of the universe and, in particular, the personal world of every child. That Person is God Almighty, the Creator and Ruler of all things.

SAMPLE

VIEW
COMPLETE
CONTENT
IN THE BOOK.



HOW TO USE THIS BOOK

As you read this book, dialogue with your child as he is able. Look at the pictures, talk about fear in general, and ask about your child's particular fears. Help your child to identify and label what he is afraid of. Then show your child that though his resources are insufficient, God is unlimited. Nothing is too hard for Him. Point your child beyond himself to the all-sufficient sovereign Ruler of the Universe. Read the book often and talk about what is promised in the verses from the Bible. Help your child to understand and ponder the questions on the last page:

SAMPLE

VIEW COMPLETE CONTENT
IN THE BOOK.



Sometimes we
are afraid.

Afraid of the dark.
Afraid of big dogs.
Afraid of new people.
Afraid of climbing high.

PSALM 94:14





Children often have fears...
of things both real and imagined.

How are you guiding them to handle those fears?
Are you encouraging them to “be brave,”
or to look to God for courage?



SALLY MICHAEL is a co-founder of Truth78 (originally called Children Desiring God) and has authored many resources for both children and adults, including 20 curricula, 10 books, and several booklets. Her ministry has been marked by a passion for developing God-centered resources for the spiritual development of children. Sally and her husband, David, live in Indianapolis and have two daughters and three grandchildren.

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