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ABOUT THE DEVOTIONAL

This is so exciting! Christmas is almost here, and we get to spend the next month learning more about who Jesus is, why we can trust Him, and why we make such a big celebration of His birthday!

The Bible has so much to say about why the birth of Christ is important- not just at Christmas time, but all the time. Every day, you will have a Bible verse that focuses on a very important message about God. Once you have read the verse, you get to read a short message written especially for you! There are questions after each message, along with an activity that you can do with your family. How fun!

You might notice that one verse comes up multiple times. Luke 2:10 says "And the angel said to them, "Fear not, for behold, I bring you good news of great joy that will be for all the people." Every five days, you will look deeply into one of the five elements in this verse: Fear Not, Behold, Good News, Great Joy, For All People.

While you and your family are going through "Good News, Great Joy, All People", you will get to know more and more about God. If you have any questions about who He is, or how you can know Him even better, make sure you talk to an adult who already knows God. They will be excited to help you!

MERRY CHRISTMAS FRIEND!

Day 1

What is fear? We all know what it feels like, but what does that word mean? The dictionary says it's a strong, uncomfortable feeling toward someone or something that seems dangerous to us. There are many things in the world that can make us feel afraid. We might fear snakes or spiders or storms or the dark. And the angel said to them, "Fear not, for behold, I bring you good news of great joy that will be for all the people."

-LUKE 2:10

We might be afraid of being all alone. Sometimes we're scared of loud noises or angry voices. No matter what it is that makes us feel afraid, fear is an emotion every person experiences.

Did you know the Bible tells us not to be afraid over 350 times? When God's Word says something so often, He really, really wants us to listen and understand the message. Over and over again, God tells us not to be afraid. When the angel announced Jesus' birth to the shepherds, the first message was "Fear not". God wanted everyone to know that we have nothing to fear because Jesus came to be close to all of us.

REFLECTION QUESTIONS

1. What is something you are afraid of?

2. Why can we trust God when He tells us not to be afraid?

ACTIVITY

Together with your child, grab a piece of paper, and have them make a list of things they're scared of. When you're finished, say, "God tells us that we don't have to be afraid because He's always with us." Let your child tear the page into tiny pieces and throw them away!



Day 2

Having an anxious heart means that you worry about something over and over again. When you're worried, you think about things you're afraid of over and over. Focusing on those fears makes them grow bigger in your heart and your mind. Some anxious thoughts you might have are believing that you're going to get a Say to those who have an anxious heart, "Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you."

-ISAIAH 35:4

bad grade at school, that others don't like you, or that you or the people in your family are going to get hurt. Anxious hearts have a hard time hearing God's voice and remembering what He's said.

The Bible gives us many reasons why we don't have to worry, and it also tells us to be strong. But God doesn't mean we're supposed to find a way to do it alone. His Word says we can be strong and not let worry fill up our hearts and minds because He would come to save us. One of the reasons Jesus was born was to conquer all the things we fear. We can trust Him to always be with us and make us strong because of His power, even when we're afraid.

REFLECTION QUESTIONS

1. What does it mean to have an anxious heart?

2. What are some ways Jesus gives us strength to not be afraid?

ACTIVITY

Together with your child, fill a backpack or bag with some heavy items. Be sure to make it heavy enough so it'll be hard to carry. Have your child put on the backpack and walk around the house, feeling the heaviness of it. Then empty the backpack and have them walk around. The heavy items represent our fears and worry. The lighter backpack shows us what it's like to let Jesus take care of our anxious hearts.



Day 3

Think about a time when you were alone and scared. Maybe you were in a store with a parent, and you got separated. Maybe you were in your bedroom and woke up from a bad dream. When situations like that happen, it's easy to be afraid because you don't have someone there to help you. But when mom or dad "Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you."

-DEUTERONOMY 31:6

finds you or comes to comfort you, it's wonderful because they have a way of making your fears feel smaller.

God teaches us to be strong and courageous, not because of anything we can do on our own, but because He will never leave us or stop taking care of us. Unlike parents or other adults who aren't always able to be with us, Jesus was willing to be born into our world so He could demonstrate His constant presence. The Bible tells us many names for Jesus and one we hear about often at Christmas time is Immanuel which means God with us. God sent His son, Jesus, to show all people His presence will never leave us.

REFLECTION QUESTIONS

- 1. How does Jesus' presence change how we view our fears?
- 2. What do you feel when you hear Jesus' name, Immanuel?

ACTIVITY

Together with your child, grab a piece of paper, and have them write the words, "Jesus is with me when...". Underneath, have them draw pictures of different things they do or feelings they have. Have them use the things on this paper to help them thank God for all the times and ways He is with them.

