

An illustration of a dark house with glowing yellow windows on a cliffside. A bright yellow lightning bolt strikes the sky above. The scene is dark and stormy, with rain falling from the sky.

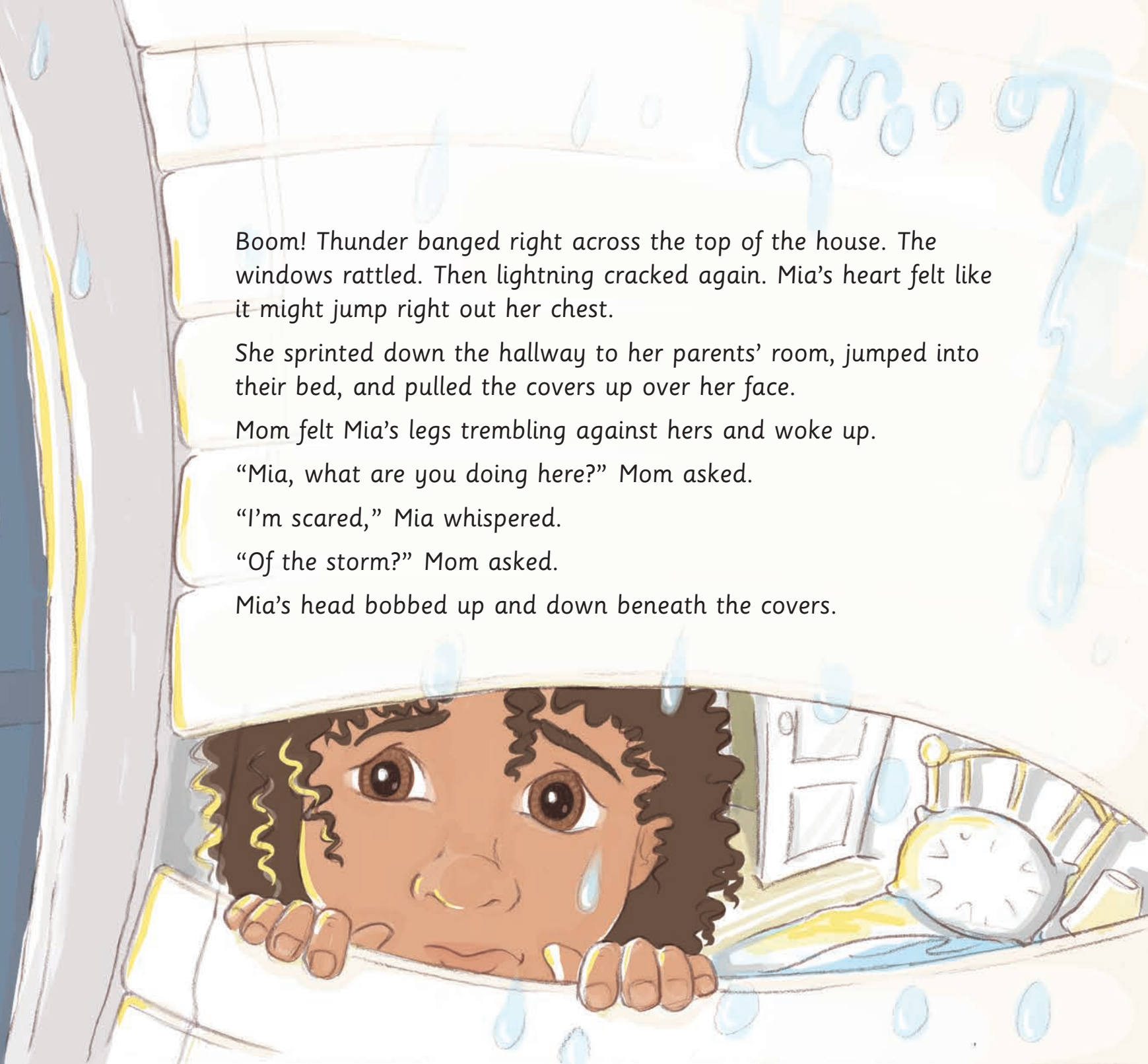
A Scary Thunderstorm

Crash! Boom! Mia sprang up in her bed, her heart pounding.

Crash! Boom! There is was again.

Her room lit up like it was the middle of the day each time the skies pounded. Mia climbed out of bed and cracked open the blinds on her window.

Rain was pouring down, tapping at the glass. It sounded like when the letter carrier knocks on the door with a package.

An illustration of a young girl with curly hair looking out a window. She is holding onto the window frame with both hands. Outside, it is raining heavily. In the background, a bed with a yellow blanket and a round alarm clock are visible.

Boom! Thunder banged right across the top of the house. The windows rattled. Then lightning cracked again. Mia's heart felt like it might jump right out her chest.

She sprinted down the hallway to her parents' room, jumped into their bed, and pulled the covers up over her face.

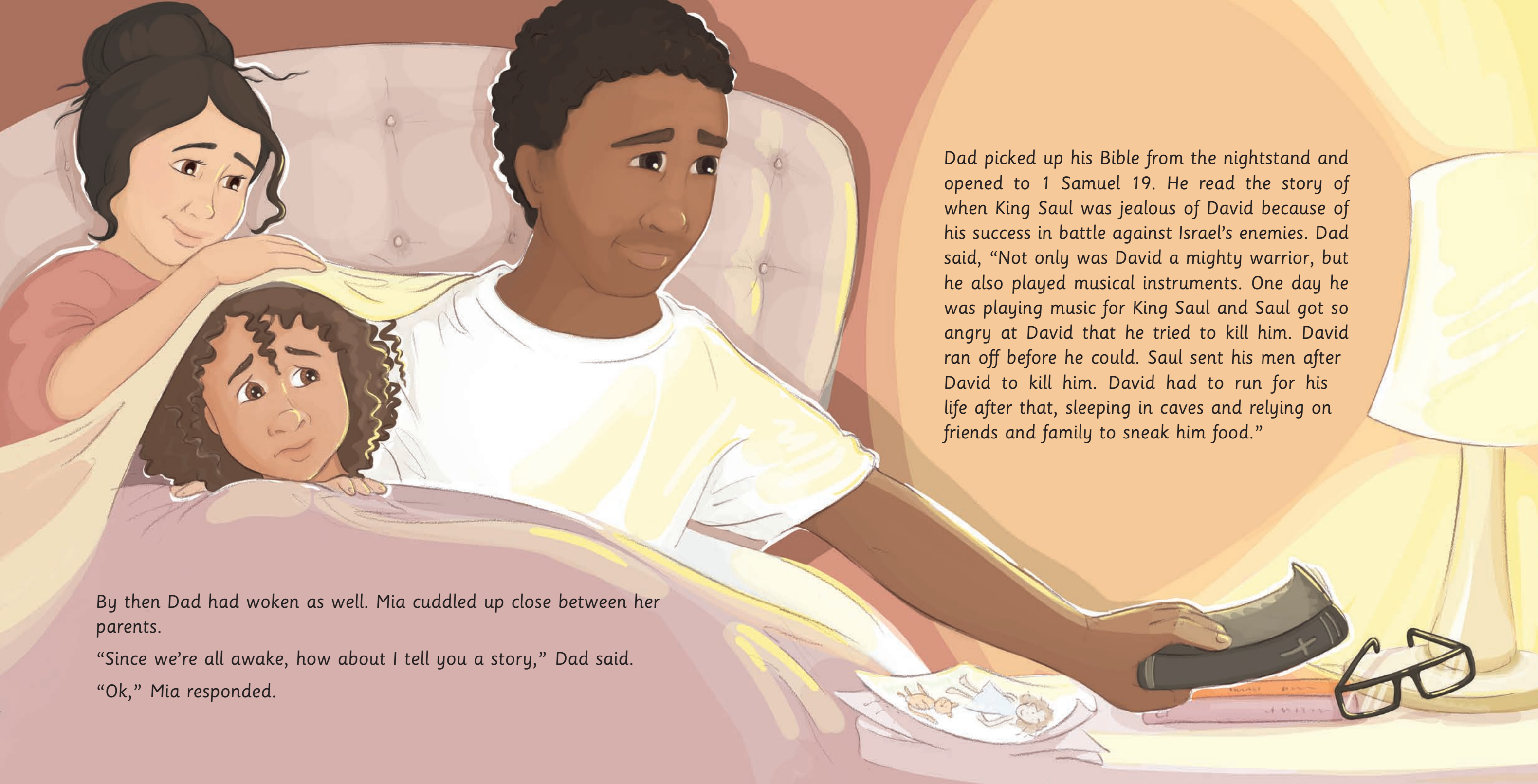
Mom felt Mia's legs trembling against hers and woke up.

"Mia, what are you doing here?" Mom asked.

"I'm scared," Mia whispered.

"Of the storm?" Mom asked.

Mia's head bobbed up and down beneath the covers.




Dad picked up his Bible from the nightstand and opened to 1 Samuel 19. He read the story of when King Saul was jealous of David because of his success in battle against Israel's enemies. Dad said, "Not only was David a mighty warrior, but he also played musical instruments. One day he was playing music for King Saul and Saul got so angry at David that he tried to kill him. David ran off before he could. Saul sent his men after David to kill him. David had to run for his life after that, sleeping in caves and relying on friends and family to sneak him food."

By then Dad had woken as well. Mia cuddled up close between her parents.

"Since we're all awake, how about I tell you a story," Dad said.

"Ok," Mia responded.

An illustration of a father and daughter in profile, facing each other. The father, on the right, has dark skin, a mustache, and is wearing glasses. The daughter, on the left, has light skin and curly brown hair. They are positioned in front of a window with a grid pattern, through which a blue sky with yellow lightning bolts is visible. The background is dark, suggesting a night scene.

Dad looked at Mia. “What do you think David felt when Saul was angry at him and tried to hurt him?”

“Scared?” Mia guessed.

“You bet he was,” Dad said. “Let me tell you just how scared he was.” Dad then flipped in his Bible over to the book of Psalms.

“David wrote many Psalms in his life. He wrote a few of them when he was scared. Do you know what the Psalms are?” asked Dad.

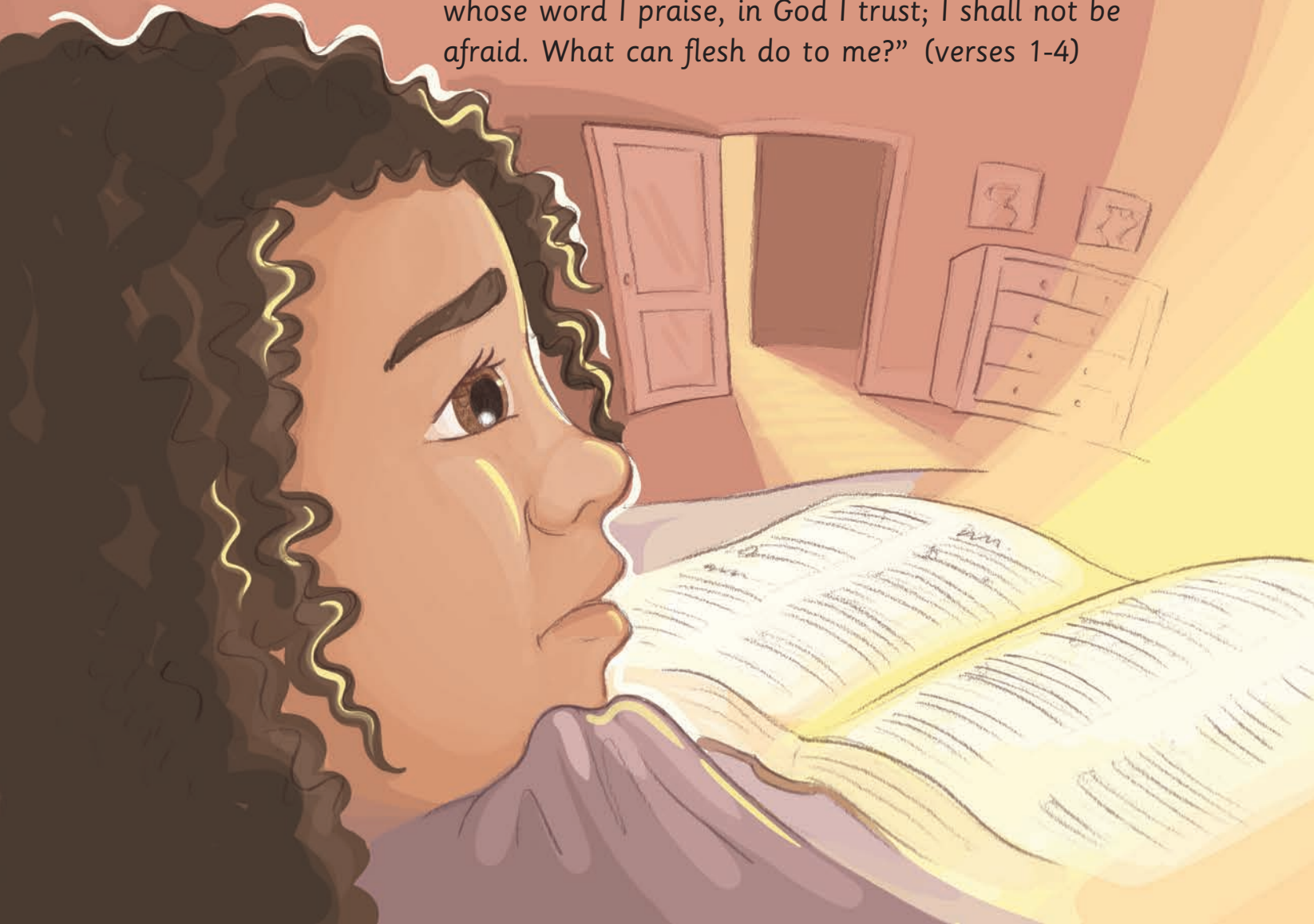
“A book of the Bible,” answered Mia, jumping as another boom echoed throughout her parents’ bedroom.

“Yes. The Psalms are a book of the Bible. They were actually the songs the Israelites sang in worship just like we sing our hymns and

praise songs on Sunday mornings at church. These songs were all different. Some were happy songs, sung when God rescued the Israelite’s from harm. Some were sad songs. Some were praise songs, singing about the goodness of God. And some were even songs about being scared, like you are right now.”

Dad went on to read part of what David said in Psalm 56 and said, “David wrote this while he was on the run from King Saul and ran to the Philistines, hoping they would help him but they threatened his life as well.”

“Be gracious to me, O God, for man tramples on me; all day long an attacker oppresses me; my enemies trample on me all day long, for many attack me proudly. When I am afraid, I put my trust in you. In God, whose word I praise, in God I trust; I shall not be afraid. What can flesh do to me?” (verses 1-4)



“Mia, what do you notice about what David wrote?” Mom asked.

“He was really scared,” Mia said.

“Yes. What else?” Mom asked.

“He trusted God,” Mia remarked.

By that time, the thunder was farther away, and Mia’s heartbeat had returned to normal.



Dad said to Mia, "It's okay to be afraid. We are all afraid at times. Even King David who fought the giant Goliath was afraid. God doesn't want us to be afraid on our own. He wants us to come to him with our fears and tell him all about it. He loves you and cares about you, Mia. So much so, he knows about every tear you cry."

"Let's all pray together, like David did," Mom said.

Mom, Dad, and Mia prayed together and then she returned to her room and crawled up into her bed. As she closed her eyes, she whispered, "Thank you, God, for watching over me tonight."

Questions for Discussion:

1. Have you ever felt scared about something? What does your body feel like when you are scared?

(Some examples might be: heart pounds, sweaty palms, stomach feels tight or nauseous, head hurts, etc.).

Dad and Mom, share about a time you felt scared.

2. Do you know that God wants you to come to him when you are scared? Why?
3. David asked God to help him in this Psalm. What are some things you can ask God to do when you are scared?

(Example answers might be: ask for protection, rescue, help, etc.).

4. David also reminded himself about who God is. What are some things you can remember about God when you are scared?

(Some examples might be: God is all-powerful, all-knowing, he saves us, he hears us, etc.).

5. For older children: Do you think Jesus ever felt anxious about anything? Read Luke 22:39-46. Jesus faced the most scary thing ever, the cross, so we wouldn't have to. Sin is our greatest enemy and Jesus defeated it through his perfect life and sacrificial death. Because he conquered our greatest fear, we can trust him to be with us in all our other fears.

6. Pray together about your child's fear, applying what they learned from this story.

