



STOP

Don't be afraid!

What are you supposed to do to stop the spread of a virus? Yes, wash your hands for 20 seconds and keep your distance from other people. During a time of crisis when the virus is spreading, something else is also spreading uncontrolled—**fear**.

Children and adults everywhere are afraid of many things as a virus spreads.

What are the people in your family afraid of?

Can you think of some things you are afraid of?



You may be asking many questions. If you don't get answers which you understand you can become afraid.

What will happen in the future?

How long will this sickness last?

Will life ever be the same again?

Everything can seem overwhelming and fear can rapidly spread everywhere. But there is great news! You don't have to be afraid when you believe in Jesus Christ as your Saviour. He can help you stop the spread of fear.

As with everything in the Bible, these verses are all true. Let's call these truths "**Fear Busters**".



Fear BUSTERS

1

"... Perfect love casts out [takes away] fear ..." 1 John 4:18

God is alive and real. He made you. He loves you with a perfect love. When you remember His great love for you, you don't have to be afraid.

2

"Whenever I am afraid, I will trust in You [God]." Psalm 56:3

To trust in God means to put your confidence in Him—to believe who He says He is. Ask God to help you trust in Him when you feel afraid.

3

“For I know the thoughts that I think toward you, says the Lord ... to give you a future and a hope.” *Jeremiah 29:11*

God has plans for our good. You have a hope and a future. You know that someday you will be with God in Heaven for ever. You can have hope because you know the future. You can also have hope because God has plans for your life here on earth. You don't have to worry or be afraid.

4

“... I will never leave you ...”
Hebrews 13:5

God will always be with you—you are never alone! You can't see Him (just like you can't see the virus) but you can know God is with you wherever you are.



#5

"The Lord is my helper ..."

Hebrews 13:6

You can count on God to help you with everything. Just talk to God in prayer—anytime, anywhere, about anything! You can tell Him about your fears and ask Him to help you not to be afraid. He already knows what is happening, but He wants you to talk to Him about it. God hears you and will answer your prayers in the way He knows is best.

The last Fear Buster says God will give His children perfect peace (a quietness on the inside when things are not quiet on the outside).



#6

"You [God] will keep him in perfect peace, whose mind is stayed on You ..." *Isaiah 26:3*

Keep thinking about who God is and what He has done for you. Remember that He loves you more than anyone else ever could. Think about how powerful God is—He created the universe and keeps it all running. He can help with anything! Remind yourself that God knows everything, even when you don't understand what is happening. Most of all, remember that no matter what people do, God is still in control. As you spend time thinking about God, He will give you His perfect peace!

Cross out all the fears on your list. Write a thank you to God. You could write something like this: **"Thank You, God, that You love me. Help me to know that today."**

You could also write out these Fear Busters to help you remember them.

These six Fear Busters can help stop the spread of fear. Use them yourself first. Then tell others about these Fear Busters from the Bible that can give God's comfort and peace to those who trust in Jesus.



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