



Don't Be Afraid; Just Believe

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Crack! A flash of lightening and another epic boom of thunder! It's the middle of the night and a huge storm is making its presence known. Mom says, "Don't be afraid. I'm right here."

Your grandfather is in the hospital for the third time this year. Grandma says, "Don't be afraid. Jesus is with Grandpa and he's also with you."

There are a lot of things in this world that can make us feel afraid or anxious. In those times, it's pretty common to go to Mom, Dad, or another adult for help. In today's Bible account, we hear about Jairus. He was an important church leader who managed the local church. His little daughter was sick, very sick. Jairus begged for help because he felt helpless. Where did he go for help? He went to an adult, but not just any adult. He went to Jesus. Jesus had been healing others, teaching people, and even raising people from the dead. Jesus's words to Jairus were simple. "Don't be afraid. Just believe."

Just believe? Believe what? Believe that Jesus is God. He is the one who made the world. The one who calmed a sea, walked on water, healed a blind man, chased out demons, and most of all, he is the one who forgives sins. Think about that list for a minute. Why did he do all that? Because he loved them and because he loves you. Can you imagine the joy that Jairus and the little girl's mom felt when Jesus took her hand and she sat up? They saw that he even had power over death!

God made promises to those in the Bible, and he's made promises to you and me as well. He has kept every promise he's made. He's faithful. He forgives us. He has made a place for us in heaven. He has promised to be with us in all things.

Life has some scary things sometimes. Sometimes things turn out just fine, but sometimes hard things happen. In it all, you and I don't need to be afraid. Our God is all powerful. Our God has promised that he will be with us each and every day. And God has promised that our ultimate home is with him in heaven.

Questions to Consider:

- What are some things that may make you feel afraid?
- What do you do when you're afraid? What are some things you can do to help calm your fears?
- Why do you think the men from the house told Jairus not to bother Jesus anymore?
- Jesus said, "Don't be afraid. Just believe." How do you think Jairus may have been feeling right before Jesus said that?
- The Bible tells us so many things that God has done that show his power and his love. Together with your family, create a list with as many examples as you can.
- As you hear the story of Jairus' daughter and when you read through the list you created, what comfort and encouragement does this give you? How can this help when you are facing difficult things?