01 / WELCOME

Trusting God When We Feel Afraid

Kid's Korner Teaching Aid • Ellie and Pip • Ages 4–10



"When I am afraid, I put my trust in you."
Psalm 56:3 (NIV)

A small scare and a big truth

In the video, Ellie sees a strange shadow in her bedroom. Pip tries to look brave in his funny hat, but he feels afraid too! Ellie remembers a verse her mom taught her. Together they learn that they do not have to stop feeling scared before they can trust God.

This lesson helps children name a fear, understand trust and faith, and choose one safe next step. Prayer and asking a trusted grown-up for help can go together.

Say to the children: "Pip's hat could not make his fear disappear. Ellie remembered someone she could trust: God. We can tell God how we feel, and we can ask people who care for us to help."

Main truth: I can trust God while I feel afraid.

Lesson length: 25–30 minutes, including the video and drawing activity.

You will need: The video, one copy of page 5 per child, pencils or crayons, red crayons, and a sample card with Psalm 56:3.

02 / WORD STUDY

Helping Children Understand Trust and Faith

TRUST means I can count on you

For a child: "Trust means believing someone cares about me and will help me, and letting that person help." Trust in God means relying on his love and care, even when we do not know what will happen next.

Everyday example: A child feels nervous on the first day of class. A caring teacher welcomes them, shows them where to sit, and stays nearby. The child can accept that help even while their tummy still feels fluttery.

Connect it to God: "We can tell God, 'I'm scared. Please help me.' We can also tell our teacher what we need."

FAITH means trusting God and responding

For a child: "Faith is believing God is real and good, and choosing to trust him." Faith can show in a small action: praying, telling the truth about a worry, or asking for help.

Everyday example: A child is afraid to apologize after breaking a toy. They pray for help, tell a grown-up what happened, and say sorry. Their voice may still shake. Taking that honest step can be an act of faith.

Connect the words: Faith is not a different kind of bravery we must earn. Faith includes trust. We rely on God and take a safe, good step with his help.

Listen closely to the verse

"When I am afraid" God invites us to be honest. Feeling afraid does not make us bad Christians.

"I put my trust" We choose to turn to God for help. We do not need perfect words or perfectly calm feelings.

"In you" The verse speaks to God. Our hope rests in him, not in a lucky hat or a special trick.

Teach with care

Do not promise that prayer prevents every painful or frightening thing. Say, "God cares for us, and we can ask for help." Fear can also warn us of danger. Trusting God never means touching something unsafe, keeping an unsafe secret, or obeying someone who is hurting us. Tell a trusted grown-up and keep telling until someone helps.

03 / TEACHER OUTLINE

A Simple Lesson to Teach

1 Welcome and watch • 3 minutes

Ask: "Have you ever felt a little scared, like Pip?" Children may answer, give a thumbs-up, or pass. Watch the video. Ask what Ellie and Pip did when they were afraid. Affirm honest feelings rather than rewarding the child who claims never to be scared.

2 Learn the verse • 4 minutes

Read Psalm 56:3 slowly. Children echo one phrase at a time. Use gentle motions: "When I am afraid" — hands on heart; "I put my trust" — open hands; "in you" — point upward. Repeat once together. Explain that "you" means God.

3 Explain and practice • 5 minutes

Teach the short meanings of trust and faith from page 2. Offer two situations and ask the children to suggest a prayer and a safe next step.

A shadow at bedtime: "God, I feel scared." Ask a grown-up to help check the shadow or turn on a light. Like Ellie, the child can ask for help without feeling ashamed.

Joining a new class: "God, help me try." Tell the teacher you feel nervous, then sit beside a welcoming child. Faith does not require walking into the room alone.

A medical appointment: "God, please help me." Tell the caregiver or nurse you are afraid and ask what will happen. Trust does not promise that nothing will hurt; it helps us face the moment with support.

4 Draw and choose a step • 8 minutes

Lead the activity on page 4 using the printable on page 5. Children can draw an imaginary or small everyday fear instead of a personal one. Sharing is optional.

5 Talk together • 5 minutes

Choose three or four questions from page 6 for your group's age. Listen for this understanding: "I can still feel scared, trust God, and ask for help." Accept answers in children's own words.

6 Pray and send • 2 minutes

Use the closing prayer on page 6. Invite each child to name or point to one trusted grown-up who can help. Send the drawing home to begin a gentle family conversation.

For mixed ages: Let younger children point, draw, and echo short phrases. Invite older children to explain a safe next step without making them responsible for another child's safety.

04 / ACTIVITY GUIDE

Draw a Fear and Choose a Brave Step

Purpose: Help children name an everyday fear and connect prayer with a practical, safe response. Allow about 8 minutes. Use page 5 as a copy-ready worksheet.

1 Draw something a little scary

Say: "Draw something that makes you a little afraid. It could be a shadow, a loud noise, or trying something new. You may draw Pip's worry instead, or leave your picture private." Younger children can dictate a few words to a teacher.

2 Name the feeling kindly

Say: "Feeling scared is not naughty. God cares about how you feel. We can tell him the truth." Never require a child to describe a frightening experience in front of the group.

3 Add the red X

Invite children to put a big red X across the fear picture. Explain: "This X means fear does not have to choose my next step. It does NOT mean my feelings are wrong or that the scary thing has magically disappeared."

If a child does not want to cross out their drawing, they may put the X beside it instead. Everyone can participate without destroying a picture they want to keep.

4 Draw the help

In the second space, draw a safe next step or someone who can help. A child who draws a dark room might add a parent and a lamp. A child who draws a new classroom might add a teacher holding the door open.

5 Practice the next step

Together say: "God, I feel afraid. Help me take a safe next step." Invite children to finish: "I can ask _____ to help me _____." Celebrate asking for help, not pretending to be fearless.

Check what they understood

Ask: "If you still feel scared after praying, did you do something wrong?" Answer: "No. You can keep trusting God and telling a safe grown-up what you need."

Teacher note: Choose small, everyday worries for public examples. If a child describes harm or danger, listen calmly, thank them for telling you, and follow your organization's child-protection procedures. Do not treat a real danger as merely an imaginary shadow.

05 / PRINTABLE ACTIVITY

My Next Brave Step

Name _____ Date _____

When I am afraid, I put my trust in you.
Psalm 56:3

1 Draw something that makes you a little afraid.

Add a red X across or beside your picture: fear does not have to choose your next step. It is okay if you still feel scared.

2 Draw a safe next step or a grown-up who can help.

I can ask _____ to help me _____

_____

Say together: "God, I feel afraid. Help me take a safe next step."

06 / DISCUSSION AND CLOSING PRAYER

Talk Together and Pray

Choose a few questions; allow time to think. Children may answer, point, draw, or pass. There is no need to ask for their biggest or most private fear.

Ages 4 to 6

• How could you tell that Pip was scared?

• Did Pip's funny hat make him feel completely brave?

• Who did Ellie talk to when she prayed?

• Can we talk to God when we still feel scared?

• Which grown-up could help you with a scary shadow?

Ages 7 to 10

• What is the difference between pretending not to be scared and trusting God while you are scared?

• What does "trust" mean in your own words? How could someone show faith?

• If a friend is nervous about a new class, what could you say or do to help?

• Does trusting God mean every hard thing will disappear? What can we do if the fear stays?

• What safe next step could you take in one of today's examples?

Listen for: Honesty about feelings, trust in God's care, prayer, and seeking help. Asking for help can show faith; children do not have to manage fear alone.

One last sentence

Invite the children to finish: "When I feel afraid, I can…" Then say together: "I can trust God while I feel afraid."

Closing prayer

Teacher: "You can repeat each line after me, or listen quietly."

Dear God,
Sometimes we feel afraid.
Thank you for loving us and being with us.
Help us trust you, even when we still feel scared.
Help our faith grow as we learn about you.
Help us tell a trusted grown-up when we need help.
Show us the next safe, brave step.
Thank you that we do not have to face our fears alone.
In Jesus' name, amen.