



Prepare: Blindfold (optional)

Parents, please exercise caution as you do this activity. Ask your child to stand with arms crossed in front of his chest, blindfold optional. Position yourself behind him so that you can catch your child when he falls. Whenever he is ready, instruct him to fall backwards. Your job is to make sure you catch him. Most important is also to make sure that your child understands that he should fall backwards because he might fall forward.

Before the child falls, ask him: Do you trust me even if you don't see me? Do you believe that I will catch you?

In our lesson today, we will look at how David trusted God even when he was afraid of the unknown.



David was running away from King Saul and he went to Gath. In this story, we will see what David did to keep himself safe from people who wanted to kill him.

1 Samuel 21:10-15

10 And David rose and fled that day from Saul and went to Achish the king of Gath. 11 And the servants of Achish said to him, "Is not this David the king of the land? Did they not sing to one another of him in dances?"

*'Saul has struck down his thousands,
and David his ten thousands?'*

12 And David took these words to heart and was much afraid of Achish the king of Gath. 13 So he changed his behavior before them and pretended to be insane in their hands and made marks on the doors of the gate and let his spittle run down his beard. 14 Then Achish said to his servants, "Behold, you see the man is mad. Why then have you brought him to me? 15 Do I lack madmen that you have brought this fellow to behave as a madman in my presence? Shall this fellow come into my house?"

David was afraid. He was being pursued by King Saul and now he had to go in hiding. He fled to Gath, the hometown of Goliath. Although Gath is Philistine territory, David went there because he thought that was the last place that King Saul would ever think of going to look for him. But he also had to be on guard because the Philistines can turn against him anytime. In his efforts to save himself, he lied and acted like a madman. In all this, God did not let the Philistines kill David. He watched over David even before he had stepped foot in Gath.

At the time when he had to run away from those who were trying to kill him, he cried out to God through this Psalm:

Psalms 56:1-4

Be merciful to me, my God,

for my enemies are in hot pursuit;

all day long they press their attack.

2 My adversaries pursue me all day long;

in their pride many are attacking me.

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

4 In God, whose word I praise—

in God I trust and am not afraid.

What can mere mortals do to me?

David knew that even with a powerful man pursuing him, he can still trust God. Whatever we may be afraid of, God is on our side. He is greater than anything we are afraid of. We can trust God because He is the only one who can save us.



Parent to Kid

2-6 years old

- Do you remember a time when you were afraid?

7-12 years old

- What is one thing that you are truly afraid of? Why are you afraid of it?
- What do you think you can do to fight it?

Kid to Parent

- What do you do whenever you feel afraid?

We all become afraid at some point. The important thing is to know how to fight our fears. Like David, we can always trust God. Why? He is in control. He knows the future and He is trustworthy. God is always with us and is ready to defend us. We can trust God by praying to Him to calm our hearts and we can praise Him in the midst of our fear.



Dear God,

Thank You for being the Person I can run to when I am afraid. I pray that You increase my faith and that I'll always be reminded that You are always with me. Teach me to become courageous and trust You in everything with all my heart. I know that You are watching over me each day. In Jesus Name,

Amen.



Did you know that "Fear not" or "Do not be afraid" are mentioned 365 times in the Bible? Yes, you heard it right! We have 365 days in a year and there are 365 verses in the Bible to remind us each day to not be afraid. Isn't it amazing that God encourages us every day that He is with us whenever we feel anxious or afraid? We can always put our trust in God.

Now, let's put one of the verses to work by memorizing it:

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

Source: <https://www.soulshpherd.org/fear-not-365-days-a-year/>

