

# What Do I Do When...

Who do you go to when you're afraid? How do you feel when someone says something mean? What do you do when you're worried about something? How do you respond when someone asks you to do something that you know is wrong?

The Bible tells us that God loves us and knows us. That means He knows what is happening in your life and how you feel. He cares about you in the big and little moments of each day and is there to help you through it all.

We can look to God for direction whenever we face troubles. This month we'll explore the question "what do I do when...?" and see that God's Word always holds the answers we need!



## Parent Guide:

I'm so glad you and your family are joining us this month! Here are a few tips to make your lessons go as smoothly as possible.

- Every study includes four parts to "RAMP up" learning – Read, Apply, Make it Stick, and Prayer. See [comesojourn.com/resources](http://comesojourn.com/resources) for more information on this method.
- I encourage you to preview the lessons before doing them with your family so you are familiar with the material. You know your children best and looking ahead gives you a chance to anticipate areas where they might need more (or less) time and focus for the best understanding.
- The lessons often build upon one another, so it is ideal to do them in order without skipping any.
- Before starting, check out the "Make it Stick" sections where materials for each activity are listed. I try to keep the crafts and activities simple, using things you may already have at home, but take a look in case you need to stock up on anything.
- I recommend printing the verses (last page), cutting them, and posting each verse in a place your children will frequently see it. We like to use the bathroom mirror – memorizing and brushing teeth at the same time!

Thanks again for joining us. I pray God blesses your family as you draw near to Him together!

# Lesson 1: What do I do when I'm afraid?

**Read:** Psalm 56:3-4, Psalm 118:6

Who do you go to when you feel afraid?

Someone who loves you can give comfort when you're afraid and help you feel better again. Maybe your mom and dad help you feel better with a big hug. God loves you too, and He is there for you when you feel afraid.

If a bad dream leaves you frightened – God is there. If a doctor's appointment makes you feel afraid – God is there. If you have to try something hard for the first time and it makes you scared – God is there.

God's Word tells us that we can trust in Him and look to Him for comfort from our fears. His love is like a hug, right when we need it, anytime and anywhere!

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**Apply:** Next time you feel afraid, tell God about it! Pray to Him and ask Him to help you feel better.

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## Make it Stick: Hugging Hands

Create hands that open wide to give a hug, and reveal a hidden message!

## Supplies:

- Construction paper (2 colors)
- Scissors
- Tape
- Markers/crayons

## Instructions:

- On one piece of construction paper, trace and cut out a pair of hands – be sure to leave extra length at the base of the palm for taping
- On the inside of one hand write: When I am afraid
- On the inside of the other hand write: I will put my trust in you

- Tape the bottom section of both hands, writing side down, onto the second piece of construction paper so that they can open up to reveal the verse or close to give a “hug”

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**Pray:** Thank God that He is there for you when you are afraid.

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**Verse:** Psalm 56:3

# Lesson 2: What do I do when people are unkind?

**Read:** Ephesians 4:32, Matthew 5:44, Matthew 7:12

Has someone ever said something or done something mean that made you feel badly? When someone is unkind it can leave you feeling sad or angry.

God wants us to treat each other with love. You've probably heard about "The Golden Rule" which is from the verse we read in Matthew 7. It makes God happy when we treat others kindly, as we would want to be treated.

But even when we treat others as we should, someone still may not be kind to us. So we do when someone is mean? Well, God's Word also tells us to forgive others, just as He has forgiven us.

We bring glory to God when we treat others with kindness and forgiveness. We can also turn to God for comfort when others are mean. His Word promises that we can cast our cares on Him, because He cares for us!

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**Apply:** Practice showing kindness this week with those around you.

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## Make it Stick: Do To Others Song

Search for the song – Do To Others – based on this week’s verse. It’s an oldie but a goodie by Steve Green. A catchy way to learn the verse and a good one to sing whenever you need a reminder of how to treat others.

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**Pray:** Thank God that He forgives us and ask for His help in forgiving others.

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**Verse:** Matthew 7:12

## Lesson 3: What do I do when I'm worried?

**Read:** Matthew 6:25-34

Do you ever feel worried? What kinds of things do you worry about?

The Bible tells us not to worry but instead to trust God to take care of us. Jesus shared this message when He lived on earth and it is an important one to remember anytime you feel worried.

God knows what you need and He knows what is ahead. He will provide and go along with you each step of the way. You don't need to worry but instead trust in Him!

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**Apply:** Next time you begin to worry, stop and pray! Ask God to take care of you and keep you trusting in Him.

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## Make it Stick: Natural Bird Feeder

Jesus taught that God takes care of the birds of the air and He will take care of us. Make a natural bird feeder as a reminder of this truth!

## Supplies:

- Orange peel OR pinecone
- Peanut Butter (or other nut butter)
- Bird seed

### Instructions:

- Cover your orange peel or pinecone with peanut butter
- Sprinkle bird seed over the peanut butter, pressing in as needed to help it stick
- Take your natural bird feeder outside and wedge it in between some branches
- Watch the bird enjoy their feast!

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**Pray:** Thank God that He takes care of you in all that you need.

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**Verse:** Matthew 7:34

# Lesson 4: What do I do when people ask me to do something I know is wrong?

**Read:** Colossians 3:17

*Not to parents: This week's lesson is organized a bit differently so that you can tailor the conversation to your child's age and experiences. After asking the introductory questions to get the conversation going, let your child's comments be the guide as to what topics you discuss in the most depth. You can use any verses below to help if applicable. Then use the conclusion (in brackets) to wrap up the discussion.*

Have you ever been around someone who did or said something you know is wrong? Has someone ever asked you to join in on something you know is wrong? What should we do when that happens?

Gossip/bad language: Ephesians 4:29, Proverbs, 20:19, Proverbs 21:23

Lying: Proverbs 12:22, Psalm 34:13, Colossians 3:9

Watching/listening to things you're told not to: Philippians 4:8, Psalm 119:37, 1 Corinthians 6:19-20

## Disobeying parents: Ephesians 6:1

Taking something that doesn't belong to you: Exodus 20:15, Leviticus 19:11

God's Word tells us that we should honor Him in all that we do. If someone asks you to do something you know is wrong, stand up and honor God by doing what is right. This isn't always easy and you can go to your parents or other grown-ups who love you to help. God is pleased when we choose to do what is right, even when those around us don't.

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**Apply:** When you're faced with someone asking you to do something you know is wrong, remember that God wants us to honor Him in all that we do. You can even practice with your mom and dad so you know how to respond.

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### **Make it Stick:** Chalk "Stepping Stones" Challenge

Design a set of "stepping stones" with chalk, then challenge each other to stay on the right path as a reminder of honoring God, even when others go a different way.

Supplies:

- Sidewalk chalk

Instructions:

- Decide on several shapes to create your stepping stones
- On a driveway or other paved surface, draw a series of stepping stones from one end to the other. Mix the shapes side by side with each other, but be sure to create a path for each individual shape that can be followed the entire way
- Challenge your kids to follow only one shape from side to side. For example, step only on the triangles to get across, not touching any squares or circles.

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**Pray:** Ask God to give you the strength to do what is right.

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**Verse:** Colossians 3:17

**Verses:** Cut out the verses to post each week

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

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In everything, therefore, treat people the same way you want them to treat you...  
Matthew 7:12

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So do not worry about tomorrow; for tomorrow will care for itself... Matthew 7:34

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Whatever you do in word or deed, do all in the name of the Lord Jesus...  
Colossians 3:17