



WHAT CAN I DO WHEN I AM SCARED?

BIBLE STORY: God Loves Us No Matter What (James 1:2-18)

BIBLE TRUTH: I can trust God to help me when I face hard times.

BIBLE VERSE: The testing of your faith produces endurance. *James 1:3b*

Your preschooler is learning about trusting God when he is scared. He learned, "The testing of your faith produces endurance" (James 1:3b). Reinforce this truth this week by explaining that faith is trusting in Jesus. Produces means "brings about or causes" and endurance is strength built over time. Use the example that a runner builds endurance by practicing.

In his letter to the Jewish Christians who were scattered across the world, James, who was likely the brother of Jesus, encouraged believers to not give up when they experienced trials. He explained that their suffering would produce endurance and help them grow in their faith. James reassured them that God would help them if they asked, and that God would bless them for enduring.

This week's Bible verse and passage contain some words that are probably not very familiar to preschoolers. Faith is trusting in Jesus even though we cannot see Him. Testing includes any hard time that we go through. During the trials, we are tested. Will we trust that God is going to handle it? Or are we going to look for help somewhere else?

When we have been diligent to learn God's Word, pray, and spend time with God growing in our faith, we build endurance. Runners build endurance by running a little longer or farther every day until they can run miles at a time without their bodies giving out. We build our endurance through trusting God in the times of testing, too. When we trust God to handle our trials, He gives us strength to get through them.

Letting your child see you study God's Word, pray, and make time to spend with God will help him grow in his faith, too. Lead by example. Journal what you learn from God's Word for your children to read when they are older. They can build endurance by learning from your trials that God used to build your faith.

