

Jesus can take away our fear

Items needed:

Clear vase

Baking soda

Vinegar

The vase represents us.

The baking soda is the fear that creeps into our thoughts

The vinegar is Jesus and shows how Jesus can remove the fear
(you might want to have a tray underneath the vase to catch any overflow)

Isaiah 41:10 (NIV) says "So do not fear, for I am with you; do not be dismayed for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

Philippians 4:7 (NIV) says "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" transcends means to go beyond our understanding.

1 Peter 5:7 (NIV) says "Cast all your anxiety on him because he cares for you" anxiety is all your worries and concerns.

Life has changed for most of us, we are not going to school but are trying to learn from home. When we go out we see people wearing masks and gloves. We have to watch our distance from other people. We cannot eat inside a restaurant or go play basketball or baseball with our friends. It is a very weird time for us. God has not changed. God is still with us and is wanting to take away our fear and concerns.

I saw this in an online video, raise one of your hands up to God. Make a fist, holding all your fears. Throw your fear up to God, let him have it. Make a fist in your other hand, put all your worries and concerns into this fist. Throw your worries and concerns up to God. You now have to open hands. Allow God to place his peace into your hands, allow him to calm your fears.

Please feel free to talk to God, anytime, anywhere whenever you begin to feel fear or worry, you can talk to God. You do not have to speak out loud, he can read our thoughts and silent prayers.