

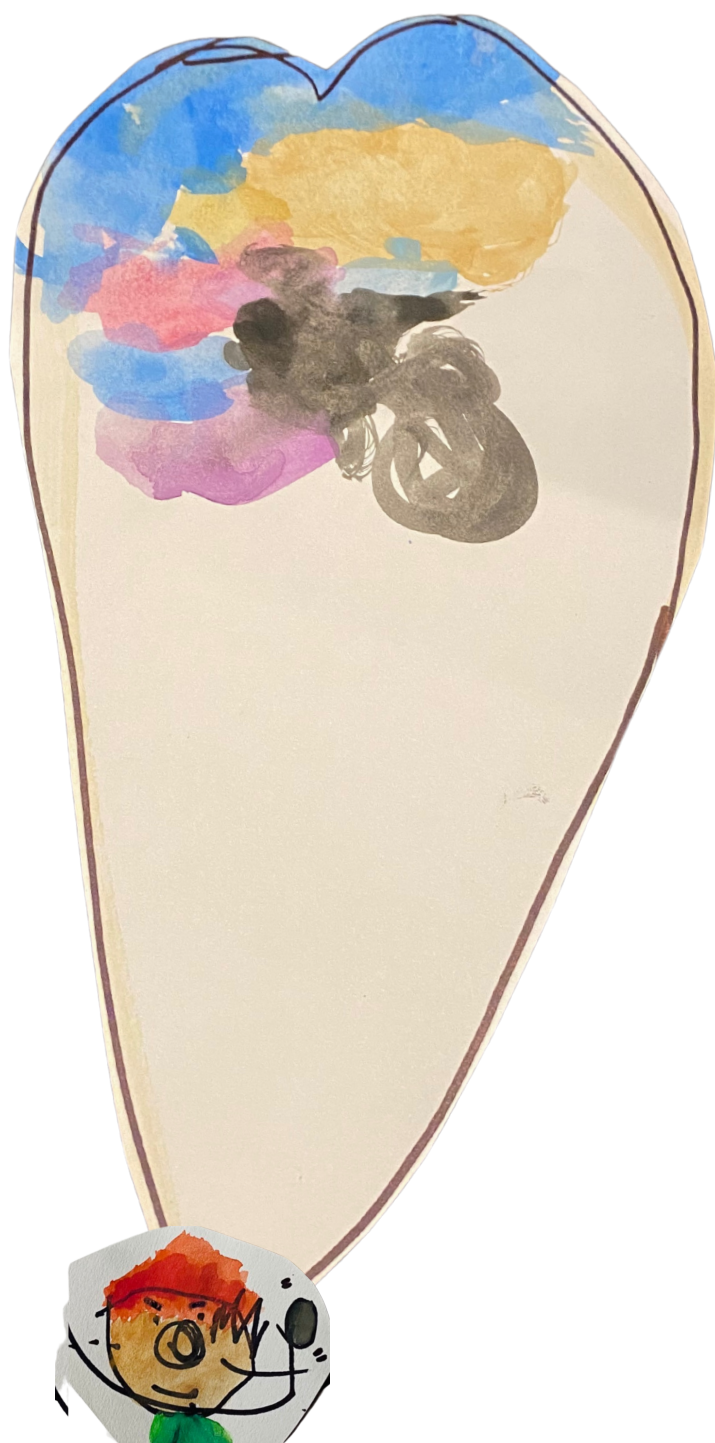
Fight Your Goliath

What are your fears and worries? What challenges are you facing?

Let's face up to them!

1. **Acknowledge it:** List your fears, worries, and the challenges that you are facing in Goliath's speech bubble.
2. **Brave it out:** Inside the heart, write a list of ways in which you can deal with them.
3. **Remember God's promises:** Around the outline of the heart write verses from the bible that can help comfort and encourage you, and try to memorize them.

Note: It would be helpful to go through this activity sheet with someone whom you trust, so they could support and pray for you!



Brave It Out!

What are your fears and worries? What challenges are you facing?
Let's face up to them!

1. **Acknowledge it:** List your fears, worries, and the challenges that you are facing on each of the green splodges.
2. **Brave it out:** Inside the heart, write a list of ways in which you can deal with them.
3. **Remember God's promises:** Around the outline of the heart write verses from the bible that comfort and encourage you, and try to memorize them.

Note: It would be helpful to go through this activity sheet with someone whom you trust, so they could support and pray for you!



PROMISES OF GOD



for when you are afraid.

Joshua 1:9

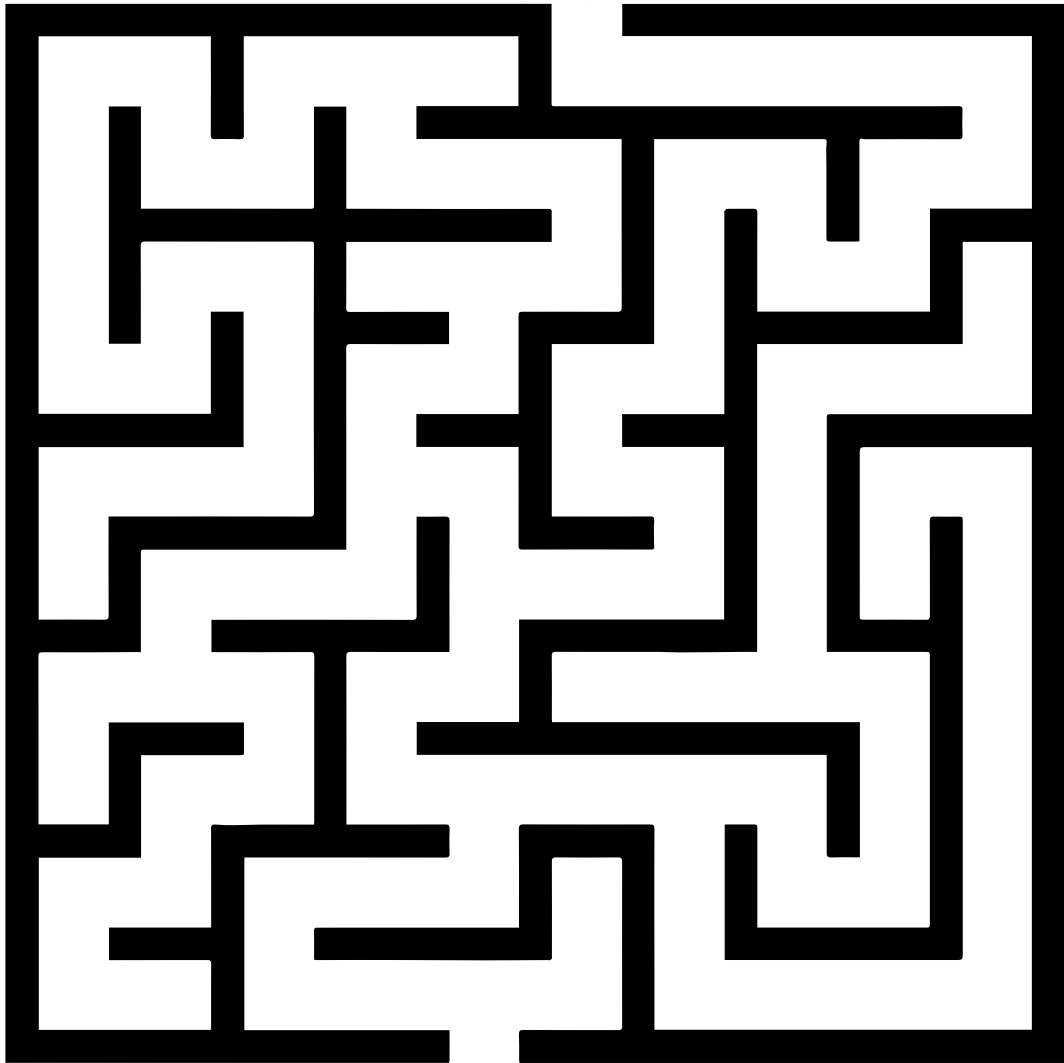
Deuteronomy 31:8

Isaiah 41:10

2 Timothy 1:7

Philippians 4:6-7

RUN TO JESUS

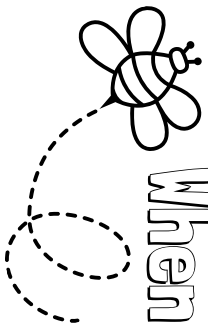


When I am afraid, I put my trust in you. – Psalms 56:3



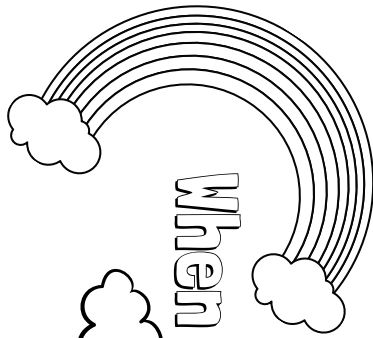
BOOKMARK

Instructions: Colour the bookmarks or design your own. Share them with your friends and families.



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

PSALMS 56:3



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

PSALMS 56:3

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

PSALMS 56:3