

FEAR & ANXIETY

WEEK 1 | FAMILY

CHAT:

Here is an activity to get some conversation going with your family.

Gather the family somewhere comfortable - around a table, on the living room floor

Grab a Bible, bible app or find an audio or visual clip online and read/listen to Psalm 23v1-4

Find out what everyone is afraid of.

Each person, in their own head, comes up with an idea of something that they fear. They then either act or describe this to the rest of the family for them to guess. You could have as many rounds as you like.

Explore this question together: If you were a superhero what super power might you have to combat and conquer fear? It could be something like the superpower of bravery or love.

Grab some paper, pens and sticky tape. Everyone draws their superpower onto the paper and sticks it to their chest.

Spend a few moments going round explaining what each person has drawn and why. Are there any bits in the Bible that made you think of this superpower?

Each person could also come up with 1 idea of how as a family you could have that superpower.

PRAY:

Here is a prayer activity for you and your family.

Gather the family somewhere comfortable - around a table, on the living room floor, etc.

Grab some items that you can use to make a 'castle under seige'. This could be play mobile, lego, army men or anything that can create a battle scene. In the middle of the scene create a safe place, something like a castle or hideout. Find and place a hero type character in the safe place.

Get someone who likes reading to find and read Psalm 23:4.

Now grab some pens and bits of papers.

Write or draw people that you would like to ask God to protect, take care of and be with. Fold the bits of paper and place them in the safe space.

Another idea would be to create a den somewhere in the house or outside if you have space. Make it all cosy and then encourage every member of the family to visit it at some point during the day to name someone and pray for that God would be with them and keep them safe.



Here is an activity for you to do together with your family.

Gather the family and find a space somewhere that can be used for a game.

Divide the space so there are 2 sides to the room.

Send everyone off around the house to gather together some objects that can be thrown. Something like cuddly toys, soft balls, bean bags or socks.

Place all the objects on one side of the room with a team of 2 or more people (team A). On the other empty side assign 1 person (team B).

Set a timer for 30 seconds. Each team must throw the objects over the line to land in their opponent's side. At the end of the 30 seconds, whoever has the least objects wins. This will probably be the person on their own - team B.

Have another go at the game but this time team B is joined by someone else - pick someone who is strong and fast.

Set the timer and go again. Count the objects. This time team B should have done better.

Ask someone to point out what made the second round easier for team B.

Grab a Bible for someone to read Psalm 23:4. How does God being with us help us when we face fear or overwhelming situations?

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