



St. Luke's Prestonville

64 Old Shoreham Road, Brighton, BN1 5DD
01273 557772 info@stlukesonline.co.uk



Children's Church – Sunday 21st June Matthew 10: 24 – 39

DON'T BE AFRAID!

“³⁰ And even the very hairs of your head are all numbered. ³¹ So don't be afraid...”

This week we are thinking about how God knows us completely – every single one of us, even each hair on our head! And He loves us so completely! That is amazing. With the love of God, who knows all about us and loves us so, we should remind ourselves that we can be brave in anything we do. He is always with us!

Songs:

<https://www.youtube.com/watch?v=YhAH2zU8UiU>



<https://www.youtube.com/watch?v=zRvCUz6KFB4>

What does being brave mean? Can you think of times when we can be brave?

Being brave and unafraid does not mean being foolish and taking dangerous risks. It means being happy with being just us and being ready to try new things, to share our ideas, to help others, to do what we feel is the right thing.

It also means trusting God to help you with the things you are afraid of!





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Craft:

Attached to these sheets is a border of stars for you to print out. I would like you to either draw your picture inside the frame, or maybe stick on a photo of yourself. Today's prayer is printed inside the frame, too. There is a page to show you an example of how it could look with your picture on it.

Prayer:



Dear Lord

**Thank you for knowing me better than I know myself.
Thank you for loving me just as I am.
Help me to always remember that You surround me
And that I can be brave and strong in Your name.**



Amen

Your picture will remind you that God surrounds you (think of the stars), knows you so well, and guides and protects you. You could put the picture somewhere you can often look at it to be reminded how strong you can be because of God's love!

You could also add a star sticker every time you feel you have not been afraid of something you used to be afraid of!

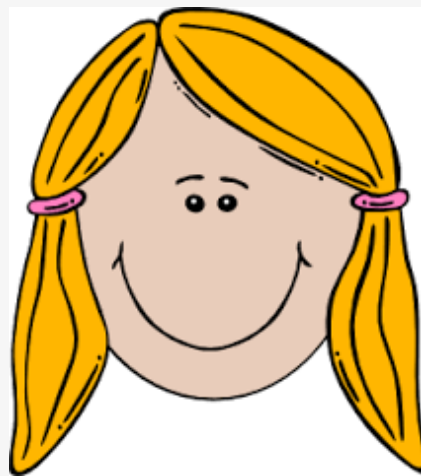




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EXAMPLE



Dear Lord

**Thank you for knowing me better
than I know myself
Thank you for loving me
just as I am
Help me to always remember that
you surround me
And that I can be brave and strong
in Your name.**

Amen



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Dear Lord

**Thank you for knowing me better
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Help me to always remember that
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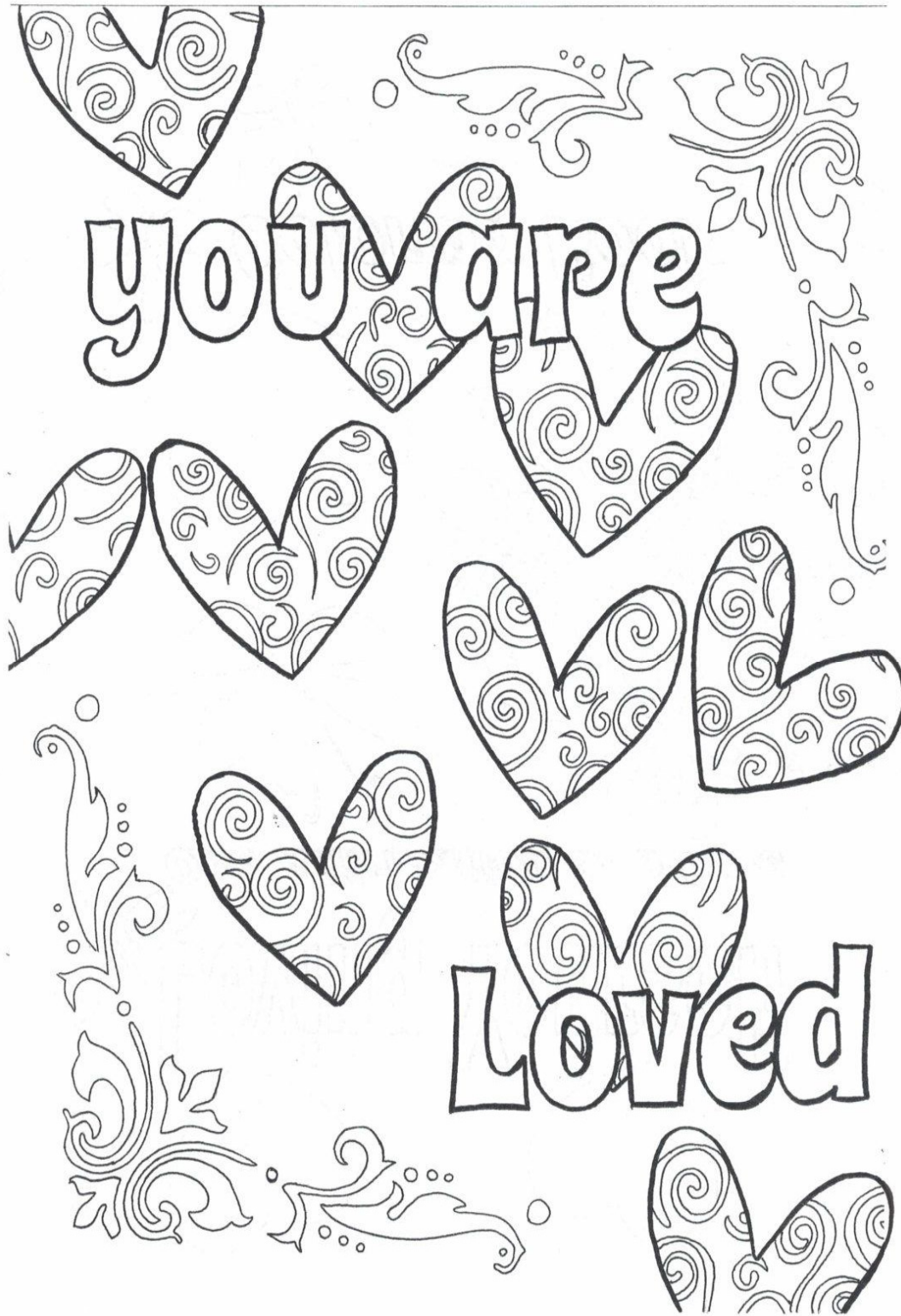
Amen



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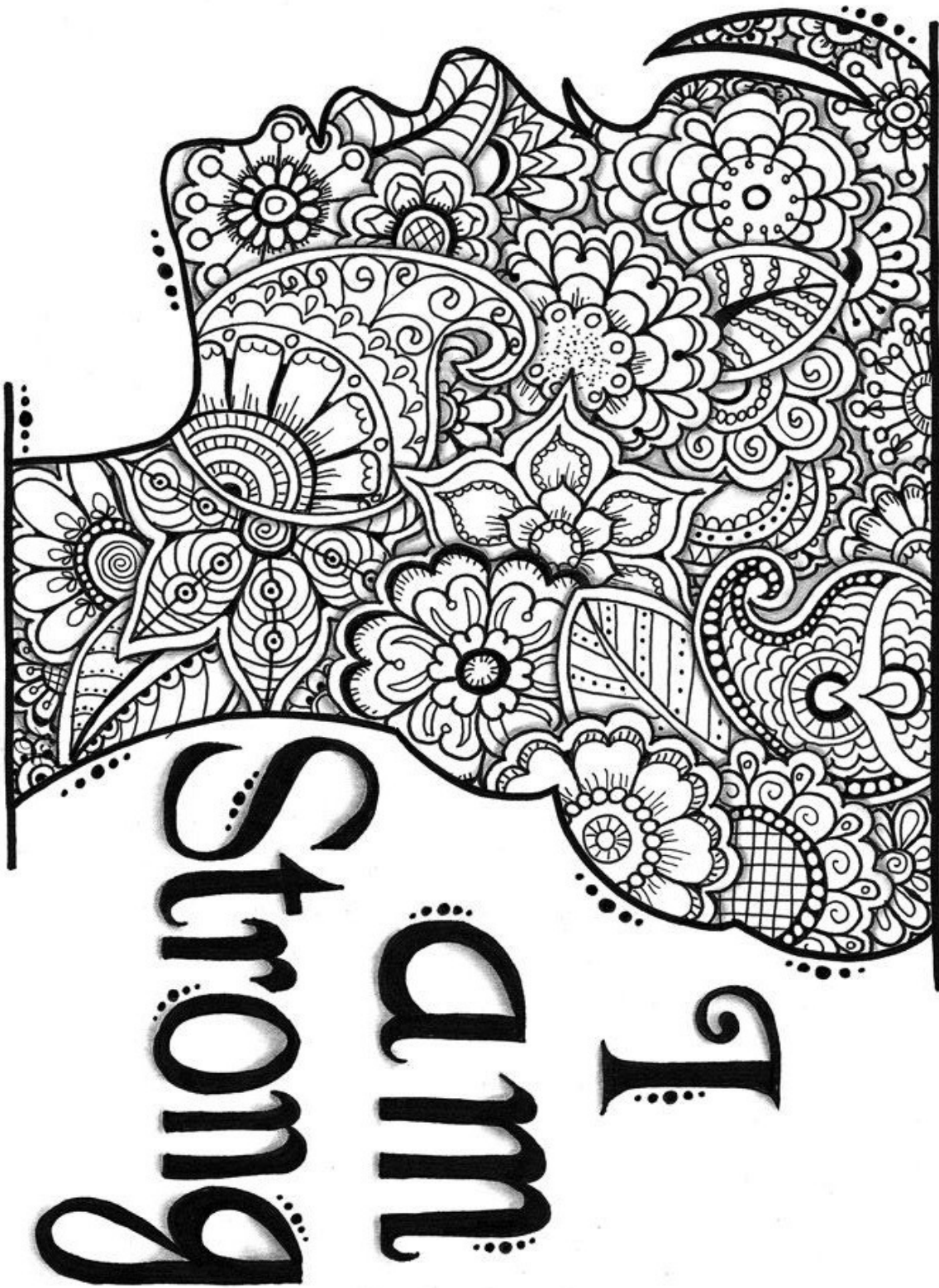




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