

WHEN I AM AFRAID

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When I Am Afraid

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24 25 26 27 28 29 30 31 32 / VP / 10 9 8 7 6 5 4 3 2 1

For Mia and Costel Oglice,
for your faithfulness, so children all over the world
will know and love God's Word.

*I thank my God in all my remembrance of you,
always offering prayer with joy in my every prayer for you all...
For I am confident of this very thing,
that He who began a good work in you will perfect it
until the day of Christ Jesus.*

PHILIPPIANS 1:3-4, 6

For the children in the Ukraine and for children all over the world,
so they will know that when they are afraid, they can put their
trust in God.

*In peace I will both lie down and sleep,
for You alone, O LORD, make me to dwell in safety.*

PSALM 4:8

And for my precious grandchildren, Oliver, Hal, and Josie.
I am so very thankful God blessed me with you!

*Be strong and courageous! Do not tremble or be dismayed,
for the LORD your God is with you wherever you go.*

JOSHUA 1:9

I love you with all my heart! —Granna

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CONQUERING FEAR— A BIBLE STUDY YOU CAN DO!

Hi! Are you ready to go on a new Bible adventure at Camp Braveheart to find out WHAT you should do when you feel afraid? There are many difficult things in our world that can cause you to feel afraid and alone. Sometimes when you leave home to have fun at camp you may feel a little nervous and afraid. What if you don't know anyone? At other times, you may have to leave home because something bad has happened, like a tornado, a fire, a hurricane, or a war.

Whether you are leaving home for a fun adventure like camp or because something hard and difficult has happened, leaving home may feel scary and very hard.

Did you know the Bible, God's book, talks a lot about being afraid? As you begin your new Bible adventure you will discover WHAT God says about being afraid, and HOW different people in the Bible handled their fears.

Do you know WHO becomes afraid in a sudden storm? Or HOW David had the courage to stand up to a giant? WHO goes to God and asks for help when there is a battle and he doesn't know what to do? WHO is in control of all your circumstances?

WHO can help you when you are scared and bad things happen to you?

HOW can you trust God when you feel anxious and afraid?

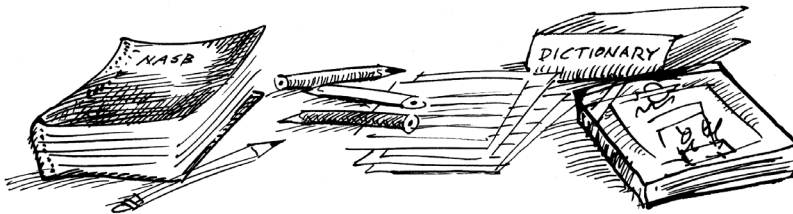
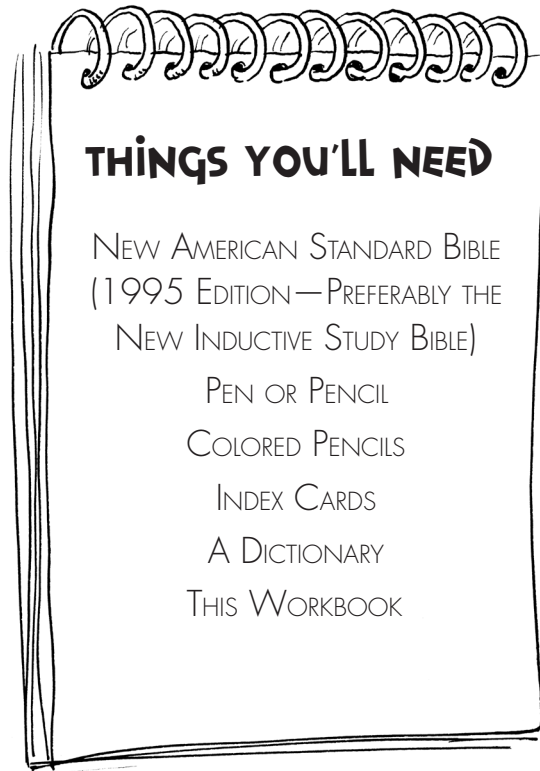
You'll find out the answers to all these questions by studying God's Word, the Bible—the source of all truth—and by asking God's Spirit to lead and guide you. You also have this book, which is an inductive Bible study. That word *inductive* means you go straight to the Bible *yourself* to investigate what the Bible shows you about being afraid. In inductive Bible study you *Discover 4 Yourself* what the Bible says and means. God gives us a promise in the Bible that nothing is too difficult for Him. This is what God says, "Behold, I am the LORD, the God of all flesh; is anything too difficult for Me?" Jeremiah 32:27.

Isn't that AWESOME! Nothing is too hard for God. In life there are many hard and difficult things that make us feel lonely and afraid, but nothing is too hard for God.

Grab your Bible, God's Map, to discover the truth about an AWESOME God and an AMAZING Savior, and what it means

to trust them no matter what your circumstances are. God and Jesus love you!

Follow God's Map, His plan is always for your good.
WHEN you trust God and Jesus you will have a brave heart!

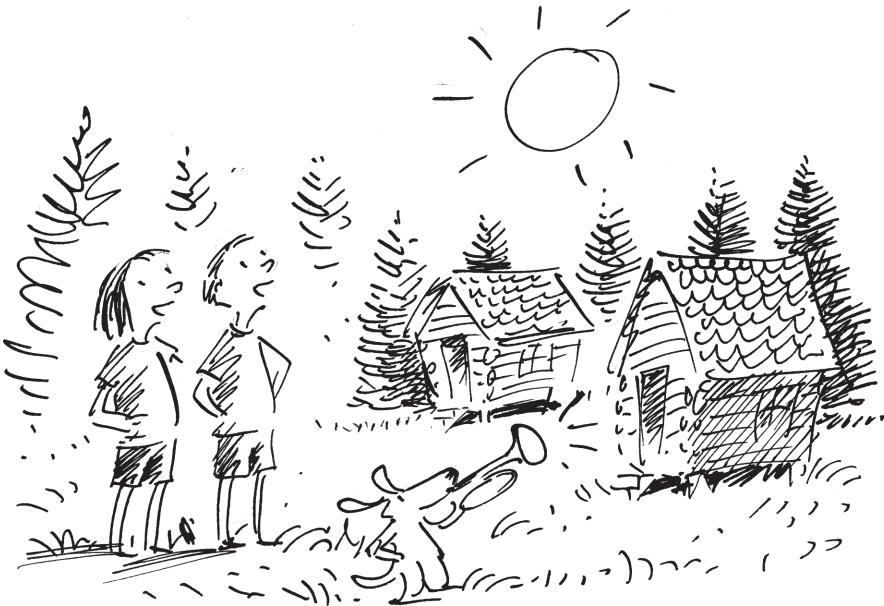




WHY ARE YOU AFRAID?

Welcome to Camp Braveheart! We are so happy you want to join us on our new Bible adventure to learn about being afraid. Can you name something that makes you feel afraid? HOW does being afraid make you feel? Does it make your heart beat fast? Does feeling afraid make you feel worried or anxious?

Fear is a normal emotion. We are all afraid of something. We might fear snakes, getting sick, being alone, or being in a very bad



storm. Since fear is a normal feeling we all have, it's very important to know WHAT to do when you are afraid. That's why we are excited to have you here at Camp Braveheart to discover WHAT the Bible says about being afraid and what you are to do when you are afraid.

WHY is the Bible the best place to learn about being afraid? It's because the Bible is God's book. In the Bible, 2 Timothy 3:16 tells us, "All Scripture is inspired by God." That word *inspired* means "God-breathed." All Scripture is breathed by God. Isn't that cool? God's

book, the Bible, is also called God's Word. You can trust what the Bible says about being afraid because the Bible doesn't just *contain* God's words, the Bible *is* God's Word. The Bible is the truth. To conquer fear you have to know truth.

So, HOW did God's Word get written down? Second Peter 1:20-21 tells us that ordinary men were chosen by God and moved by God's Spirit telling them what to write down so we would have the very words of God. Not words about God, but God's very words.

Isn't that awesome? You are going to learn what God says about Himself and what He says about being afraid.





WHO CAN YOU TRUST?


All right! Are you settled in? Now that you have unpacked your bag, let's go meet our team, Team Truth, and get started on our Bible adventure. WHAT is the first thing you should do before you get started? Do you know? PRAY!

Bible study should always start with prayer! Prayer is talking and listening to God. You need to talk to God and ask Him to help you understand what the Bible says and to teach you how to obey it as you begin your new Bible adventure. So, pray!

Now that you have prayed, what's next? Look at your map! You got it! You don't want to get lost! You need to open God's Map, the Bible. The first location we need to look at is in the book of John, which is in the New Testament part of the Bible. Let's read John 1:1-2, 14 and answer the 5 Ws and an H questions.

WHAT are the 5 Ws and an H? They are the WHO, WHAT, WHERE, WHEN, WHY, and HOW questions to help us discover what the Bible is saying.



1. Asking WHO helps you find out:
WHO wrote this?
WHO was it written to?
WHO are we reading about?
WHO said this or did that?
2. WHAT helps you understand:
WHAT is the author talking about?
WHAT are the main things that happen?
3. WHERE helps you learn:
WHERE did something happen?
WHERE did they go?
WHERE was this said?
When we discover a “WHERE” we double underline the “WHERE” in green.
4. WHEN tells us about time. We mark it with a green circle ○ or a green clock like this: . WHEN tells us:
WHEN did this event happen? (Or WHEN will it happen?)
WHEN did the main characters do something?
It helps us to follow the order of events.
5. WHY asks questions like:
WHY did he say that?
WHY did this happen?
WHY did they go there?
6. HOW lets you figure out things like:
HOW something is to be done or
HOW people knew something had happened.

Who
What
Where
When
Why
How

Now that you know what the 5 Ws and an H are, turn to your Observation Worksheets on page 223. Observation Worksheets are pages that have the Bible text printed out for you to use as you do your study.

Let's mark God's Map. Read John 1:1-2 and John 1:14 on page 223 and color the word *Word* yellow. Don't forget to mark your pronouns!

Now answer the 5 Ws and an H questions below.

John 1:1 WHO was in the beginning?

List WHAT you see about the Word in John 1:1.

1. The Word was in the _____.
2. The Word _____ God.
3. The Word was _____.

Did you notice the Word was not only with God, but also the Word was God? The Word and God were both together in the beginning.

Look at John 1:14. WHO became flesh and dwelt among us?

WHAT else do you see about the Word in verse 14?

We saw His _____ as of the o _ _ _

_____ from the _____, full
of _____ and _____.

AWESOME! So, WHO is the Word? WHO became flesh and dwelt among us? WHO is God's only begotten Son, WHO is also God?

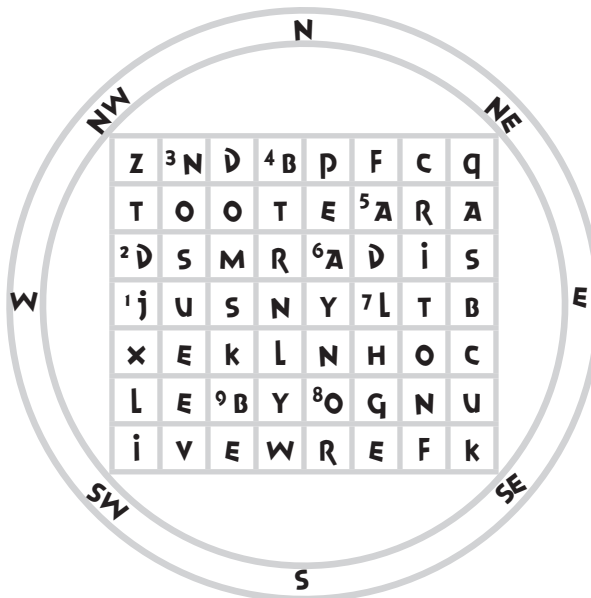
Do you know? If you do, say it out loud. If you aren't sure, use the compass below to discover WHO the Word is.

Look at the first blank on page 17. It has a number under it. Find the number on the compass below and then place the letter in that box on the first blank.

Next, using that first letter as a starting point, follow the compass directions under the other blanks to find the rest of the letters for that word. To help you get started, we did the first one for you.

COMPASS CODE

Compass key: N = north or up, S = south or down, E = east or right, W = west or left. NW, SW, SE, and NE mean you move diagonally.



J — — — —
1 SE NE W N

You did it! You just discovered WHO the Word is. The Word is Jesus! Are you wondering WHY John called Jesus the *Word*? It's because *Word* can mean *message*. The Bible is sometimes called God's Word because it is God's written message about Himself and His Son, Jesus. John called Jesus the Word because Jesus served as God's message about Himself to the world. God sent Jesus to show us the truth about WHO God and Jesus are. Isn't that amazing?

Jesus was in the beginning with God.

Jesus was God.

Jesus is God's only begotten Son, full of grace and truth.

Jesus left heaven to become a man to live among us.

Jesus is God's message to the world about Himself and God.



WHAT else can you learn about Jesus? Turn to page 223 and read John 1:28-29.

John 1:28 WHO was baptizing? _____

John 1:29 WHAT did John say when he saw Jesus coming to him?

Behold, the _____ of _____.

John 1:29 WHAT does the Lamb of God do?

God sent Jesus into the world to die on a cross to take away the sins of the whole world. Jesus is the Lamb of God who came to save us. God loves us so much that He gave us Jesus His only son to save us!

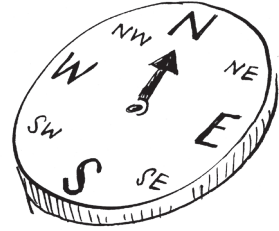
Isn't that wonderful! Now grab your compass to discover this week's memory verse. Each week in our Bible adventure we will have a new verse so we can learn to hide God's Word in our heart.

To discover this week's verse look at the message on page 19. Turn back to page 16 and find the compass. You will solve this verse using the same compass and the same way you discovered WHO the Word is on page 17. The first blank of each word has a number under it. Find the number on the compass and then place the letter in that box on the blank.

Next, using that first letter as a starting point, follow the compass directions under the other blanks to find the rest of the letters for that word. To help you get started, we did the first one for you.

COMPASS CODE

Compass key: N = north or up, S = south or down, E = east or right, W = west or left. NW, SW, SE, and NE mean you move diagonally.



“D ____
 2 NE 3 SE E 4 SE 5 N SE E SW W

 6 SW E 7 SE S W S W’ 8 N W S

 9 NW SW S NE S E.”

Mark 5:36

Great work! In Mark 5:35 the synagogue official is told not to bother Jesus because his daughter has died. But in Mark 5:36 Jesus overhears and tells the synagogue official, “Do not be afraid any longer, only believe.”

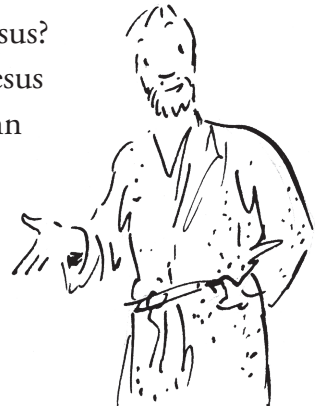
To believe Jesus means to put your trust in Him, to commit to Him, to accept what He says about someone or something, and to have faith.

HOW can the synagogue official trust Jesus?
 WHAT are some things you learned about Jesus today?
 WHO did you discover Jesus is in John 1:1-2, 14?

Jesus is G ____ d.

Jesus is God’s only

b ____ ____ ____ ____ ____ S ____ n.



God sent Jesus, the L _ _ b of God to save us from our
s _ _ s.

God and Jesus love you! You can trust Jesus because you know
WHO Jesus is!

WHAT did Jesus say to the synagogue official? Write out Jesus's
words on a piece of paper. Now practice saying these words out
loud, three times in a row, three times every day.

WHEN you are afraid, WHAT did Jesus say to do?

B _ _ _ _ e! Put your trust in Jesus!



A STORMY SEA

Rise and shine! Let's grab some breakfast before we head out on
our hike. Yesterday we discovered WHO Jesus is, today we need to
find out WHAT is happening with Jesus and His twelve disciples.
WHO are the twelve disciples? The twelve disciples are the men
Jesus called to follow Him. They are Jesus's closest friends.

Today we are going to open God's Map to the book of Mark,
which is also in the New Testament. At this time, Jesus's disciples
have been following Jesus for two years. The disciples have seen
Jesus do some very amazing things like turning water into wine,

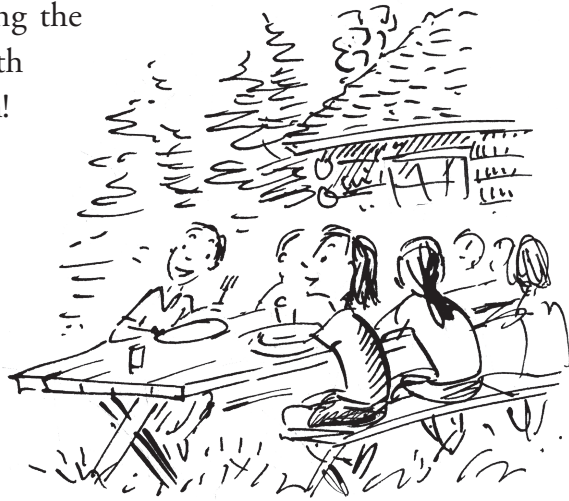
healing the blind and the sick, raising the dead, and feeding the multitude with only five barley loaves and two fish! Isn't Jesus AWESOME?

Pray and ask God to help you understand and do what His Word says.

Great! Let's find out WHAT is happening in Mark 4.

One way we can uncover clues as we read the Bible is to look at the key words in the passage of Scripture we are studying and mark them in a special way.

What are *key words*? Key words are words that pop up more than once. They are called key words because they help unlock the meaning of the chapter or book you are studying and give you clues about what is most important in a passage of Scripture.



- Key words are usually used over and over again. (That's because God doesn't want you to miss the point.)
- Key Words are important.
- Key words are used by the writer for a reason.



Once you discover a key word, you need to mark it in a special way using a special color or symbol so you can immediately spot it in the Scripture. You also need to mark any pronouns for those words too! WHAT are pronouns? Check out the word box below.

PRONOUNS

Pronouns are words that take the place of nouns. A noun is a person, place, or thing. A pronoun stands in for a noun! Look at the two sentences below. Watch how the pronoun *he* is substituted for Max's name in the second sentence.


Max can't wait to discover what Jesus is doing by the sea. *He* wants to find out what happens in the boat.

The word *he* is a pronoun because it takes the place of Max's name in the second sentence. *He* is another word we use to refer to Max.

Watch for these other pronouns when you are marking people:

I	you	he	she
me	you	him	her
mine	yours	his	hers
we	it		
our	its		
they	them		

Now that you know what key words and pronouns are, turn to your Observation Worksheets on page 223. Read Mark 4:1-2 and mark every reference to *Jesus* and any pronouns for *Jesus* in a special way, just like we have listed below.

 (He, Him) (draw a purple cross and color it yellow)

Mark anything that tells you WHERE by double underlining the WHERE in green.


All right! Now that you have marked Jesus in the first two verses, let's find out WHAT Jesus is doing and WHERE He is by asking the 5 Ws and an H questions.

Mark 4:1 WHAT did Jesus begin to do?

WHO is Jesus teaching? A very _____


Mark 4:1 WHERE is Jesus? In a _____

Now turn back to your observation worksheet on page 223. Read Mark 4:35-41 and mark the key words listed below.

 (He, Teacher) (draw a purple cross and color it yellow)

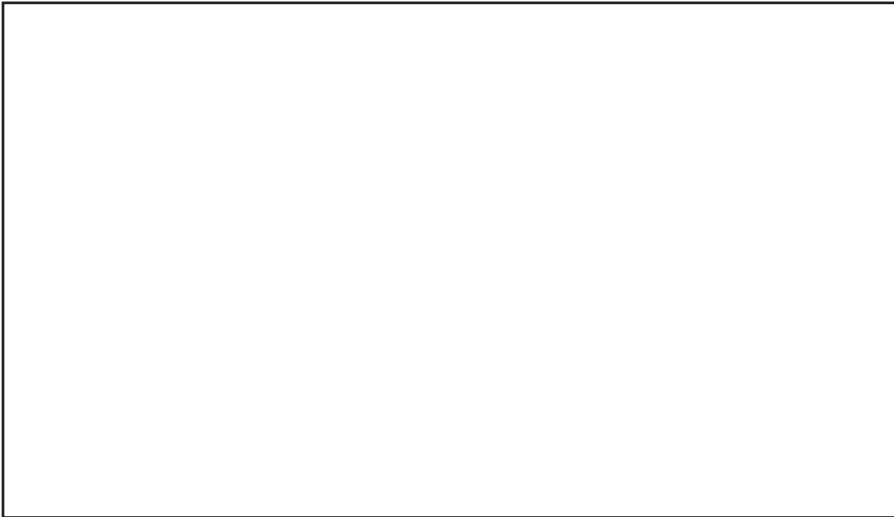
 (they/them) (color it blue)

 (draw a black jagged circle around it)

Don't forget to mark your pronouns! And mark anything that tells you WHERE by double underlining the WHERE in green. Mark anything that tells you WHEN by drawing a green circle ○ or a green clock like this: 

Tomorrow we will ask the 5 Ws and an H questions to find out WHAT happens next.

Why don't you draw a picture in the box below to show how you feel when you are afraid. WHAT does your face look like?



WHAT did you learn from your memory verse? WHAT should you do when you are afraid? Say it out loud! WHO are you to believe and put your trust in? Say it out loud!

Way to go!

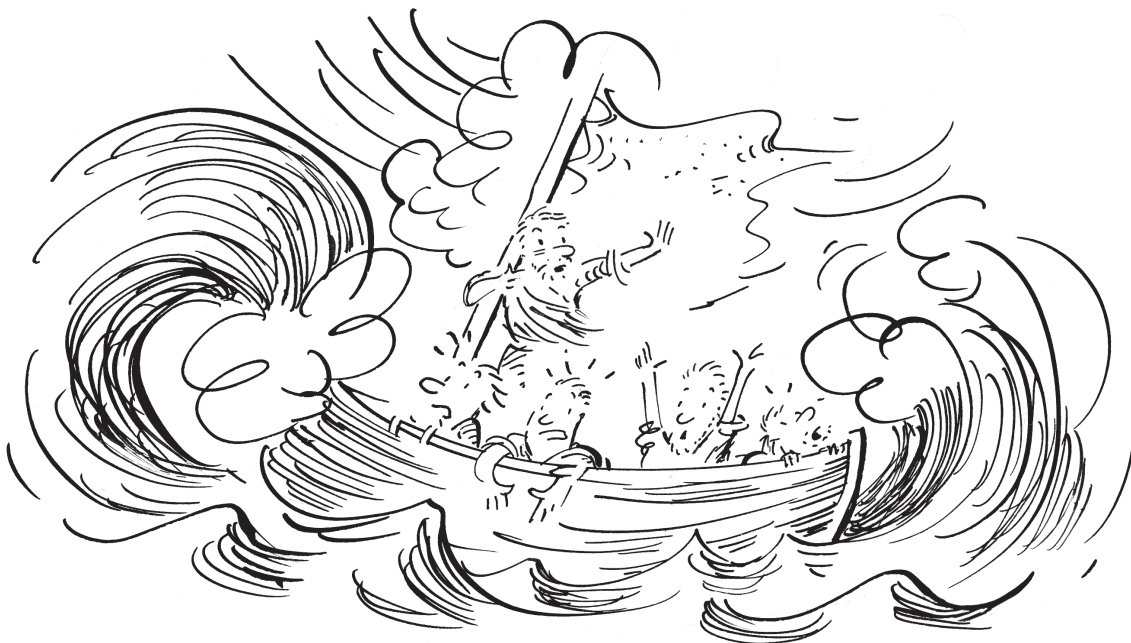


WHAT HAPPENS IN THE STORM?

Whew! It's hot today! Let's go sit by the lake and find out WHAT is happening with Jesus and His disciples in the boat. All right Team Truth, do you remember what you need to do first?

P _ _ y! That's right! Don't forget to talk to God and ask Him to guide you as you study His book, the Bible.

Yesterday you marked your key words for Mark 4:35-41. Today, let's turn back to page 223 and read Mark 4:35-41 to find out what is happening. Ask the 5 Ws and an H questions.



Mark 4:35 WHEN is this happening?

Mark 4:35 WHAT did Jesus say to the disciples?

Mark 4:36 HOW are they going to the other side?

In a _____

Mark 4:36 WHO did they leave as they got into the boat?

The _____

Mark 4:37 WHAT happens while they are on the sea?

Mark 4:37 WHAT was happening to the boat?

Mark 4:38 WHERE is Jesus? In the _____

Mark 4:38 WHAT is Jesus doing during the storm?

Mark 4:38 WHAT did the disciples do?

Mark 4:38 WHAT did the disciples say to Jesus?

“Teacher, do You not _____ that we are
_____?”

Mark 4:39 WHAT did Jesus do?

Mark 4:39 WHAT did Jesus say?

“Hush, _____.”

Mark 4:39 WHAT happened?

Mark 4:40 WHAT did Jesus say to them?

“Why are _____? Do you still
have _____?”

Mark 4:41 WHAT did the disciples become?

WHAT did they say?

“Who then is this, that even the _____ and the
_____ Him?”

WHAT emotion did the disciples have?

Was this a normal emotion for them to have in this situation?

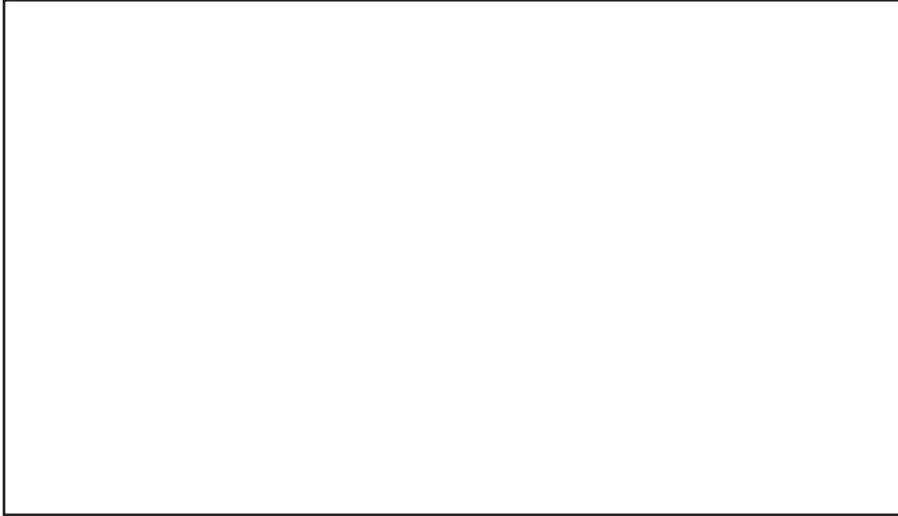
WHY do you think Jesus asked them, “Why are you afraid? Do you still have no faith?” The disciples have been following Jesus for two years. They have seen Him do all kinds of signs (miracles) like healing, raising the dead, and providing food. They have seen Jesus’s awesome power!

Should they be afraid since Jesus is with them in the storm?

Did you notice the disciples asked Jesus if He cared they were perishing (dying)? Fear causes doubt. Since the disciples know WHO Jesus is, they should know Jesus cares about them.

WHAT should the disciples have done?

Draw a picture of Jesus and the disciples in the boat. Show Jesus calming the winds and the waves in the storm.



WHAT is something you are afraid of?

Now that you have seen Jesus's power and control over the storm, do you know WHAT you should do when you are afraid the next time? Write out WHAT you should do when you are afraid.

The disciples were not alone in the storm. Jesus was in the boat with them. Jesus was not only with them, but Jesus was in control of the storm. Jesus heard their cry and calmed the storm. Remember WHO Jesus is. Fear makes us forget.

Jesus asked the disciples, "Why are you afraid, do you still have no faith?" Faith (trusting and believing Jesus) conquers fear. The

next time you are afraid, remember that Jesus is with you. You are not alone! Jesus is God's Son. He has power over the storm. Jesus has power over everything! Jesus calmed the sea and He will calm your heart. Trust Him. He cares for you!

Do this hand motion to help remind you that faith conquers fear: Take your left hand and make it shake since fear makes us shaky. Now take your right hand and cover your left hand to make it stop shaking—this represents faith (trusting and believing Jesus). Just like your right hand covers your left hand and stops it from shaking, trusting Jesus overcomes fear.



All right! Way to go—do the hand signal and say it out loud, faith in Jesus conquers fear! Remember this hand signal to remind you and your friends you don't have to be afraid when hard and difficult things happen, you can choose to trust Jesus.

Don't forget to practice your memory verse! WHAT did Jesus say to the synagogue official? Say it out loud. Way to go!




BACK IN THE BOAT


Are you ready to go canoeing? Before we grab our oars and head to the lake, let's find out what happens another time on the Sea of Galilee. Yesterday we discovered Jesus's power over a very scary storm on the Sea of Galilee. WHAT will we find out today? Don't forget to pray!

Turn to page 224. Read Matthew 14:22-27 and mark the key words listed below.

Jesus (He) (draw a purple cross and color it yellow)

disciples (color it blue)

 fear (being afraid, frightened, or terrified) (draw a black jagged circle around it)

Don't forget to mark your pronouns! And mark anything that tells you WHEN by drawing a green circle ○ or a green clock like this: 

Look at Matthew 14:22. WHAT did Jesus make the disciples do?

Matthew 14:22 WHAT did Jesus do with the crowds?

Matthew 14:23 WHERE did Jesus go?

Matthew 14:23 WHEN is this happening?

Matthew 14:23 Is anyone with Jesus on the mountain? _____

Matthew 14:24 WHERE is the boat?

Matthew 14:24 WHAT is happening to the boat?

Matthew 14:25 WHAT time of night is it?

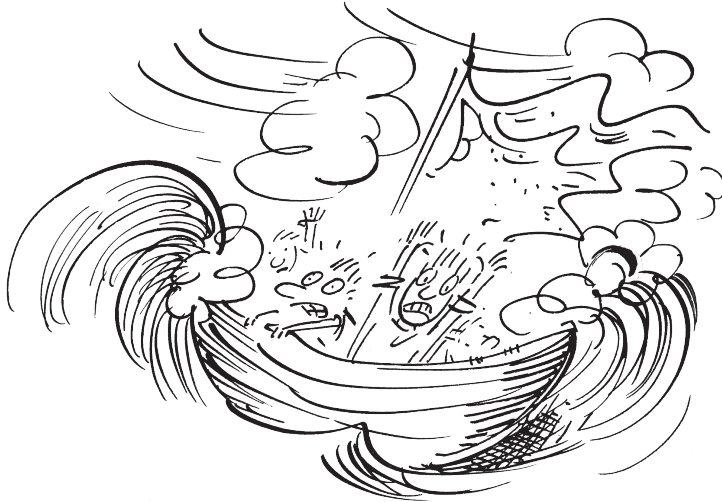
The fourth watch would be somewhere between 3:00 and 6:00 in the morning.

Matthew 14:25 WHAT happens?

Matthew 14:26 WHAT did the disciples say when they saw Jesus walking on the sea?

Matthew 14:26 HOW did they cry out?

They cried out in _____.



Draw a picture in the box below of this amazing event. Show the disciples' feelings on their faces.



Matthew 14:27 WHAT did Jesus say to the disciples?

T _ _ _ c _ _ _ _ _ .

WHAT did Jesus mean when He said to “take courage”? To take courage in this verse means to be comforted, to be calm, to quiet your fears. HOW can the disciples be comforted and calm when they are terrified?

Matthew 14:27 WHAT did Jesus say after He said “take courage”?

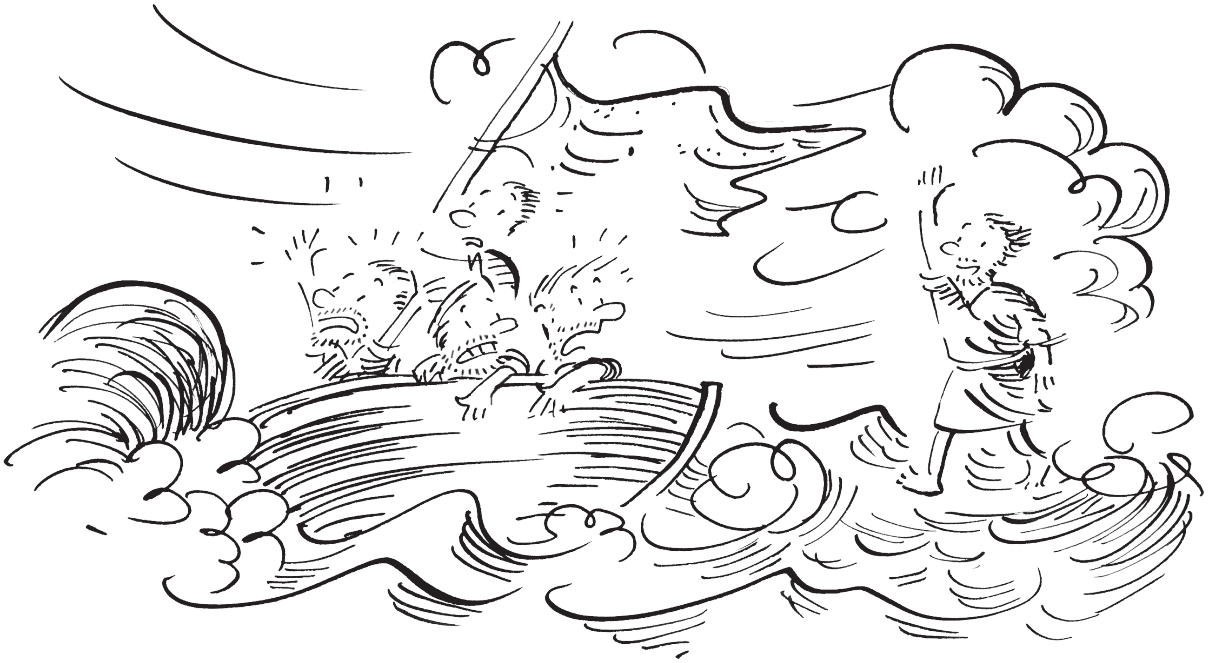
“It is ____; do not _____.”

Jesus tells the disciples it is Him. They are not alone. Jesus is with them. The disciples don’t have to be afraid. Neither do you when you are in a scary situation. Jesus is with you too! You can choose to trust Jesus.

Tomorrow you will find out WHAT happens next on the boat. Before you climb into your canoe, practice saying your memory verse.

Can you fill in the blanks of your memory verse below without looking?

“ _____
 _____,
 _____.” Mark 5:36



Remember Jesus's words when you feel afraid. Jesus is with you in the storm. You are not alone! He will calm your fears. Remember your hand motion for faith over fear—do it. Don't be afraid, trust Jesus!

Great work! Now climb into your canoe and have fun on the lake!



WHY ARE YOU SINKING?



“Oh, no! The canoe is filling up with water—we’re sinking! Quick, scoop the water out. It’s looking better...quick, paddle over to the bank so we can find out what is happening with the canoe.”

Whew, that was a little scary! Now that we know our canoe is okay, let’s find out WHAT happens next with Jesus and His disciples. Don’t forget to pray! Thank God for helping you.


Turn to page 224. Let’s read Matthew 14:28-33 and mark the key words listed below.

Jesus (Lord) (draw a purple cross and color it yellow)

Peter (color it orange)

disciples (color it blue)

fear (being afraid, frightened, or terrified) (draw a black jagged circle around it)

Don't forget to mark your pronouns! And mark anything that tells you WHEN by drawing a green circle ○ or a green clock like this: 

Ask the 5 Ws and an H questions.

Matthew 14:28 WHAT did Peter say to Jesus?

“_____, if it is _____, _____
me to _____ to _____ on the
_____.”

Matthew 14:29 WHAT did Jesus say?

“_____!”

Matthew 14:29 WHAT did Peter do?

“Peter got _____ of the _____, and
_____ on the _____ and came
toward _____.”

Matthew 14:30 WHAT happened when Peter walked on the water toward Jesus?

Matthew 14:30 WHAT did Peter cry out?

Matthew 14:31 WHAT did Jesus do?

Matthew 14:31 WHAT did Jesus say to Peter?

“You of _____, why did
you _____?”

Matthew 14:32 WHAT happened when they got back into the
boat?

Matthew 14:33 WHAT did the disciples in the boat do?

They _____ him.

To worship is to bow before God. It is to lie flat out because you
recognize God is God and is to be respected. It is to acknowledge
God as God. To give God the honor and praise that is due Him.

WHO did the disciples worship?

WHAT did the disciples say?

God is
GOD

When the disciples saw Jesus's power over the storm and saw
Him walking on water they were amazed and recognized Jesus as
God's Son!

Peter was walking on the water toward Jesus. WHY did he start to sink?

HOW did Peter handle being afraid?

HOW did Jesus help Peter? Draw a picture in the box below to show WHAT Jesus did to help Peter when Peter cried out for Jesus to save him.

A large, empty rectangular box with a thin black border, intended for a drawing. It occupies the central portion of the page below the text prompt.

WHAT should you do when you are afraid or terrified?

Think about all the things you have learned this week at Camp Braveheart. You have learned WHO Jesus is. Jesus is God's Son.

Jesus gave His life to save you. Jesus has all power and authority, even the winds and the waves obey Jesus! Jesus calmed the storm and the disciple's hearts. Jesus told the disciples, "Take courage, it is I, do not be afraid." Now that you know all these things, when you are afraid, you can choose to...

1. **Believe**—put your trust in Jesus
2. **Take courage**—be comforted, stay calm. Jesus is with you.
3. **Cry out**—ask Jesus to help you. Jesus has ALL power and authority.
4. **Worship**—recognize WHO Jesus is, honor Him. Tell Jesus what you know about Him. Praising Jesus—reminding yourself of WHO Jesus is—will calm your fear.

When Peter was sinking, Jesus stretched out His hand and took hold of Peter. Trust Jesus. He will hold you in a storm too! Now say your memory verse out loud to a grown-up.

WHO can you trust to help you? _____

WHAT conquers fear? _____

Do you remember your hand motion? Do it!
Way to go! Faith in Jesus conquers fear!