



# Gospel Light®

HOME DISCUSSION GUIDE  
for ages 2-5 years

SPRING A  
Lesson 10

## No Fear!

*In God I trust and am not afraid.*

Psalm 56:4

A child's fears change over the years. Your preschooler may no longer fear what he did when he was a toddler. It's worth it to take time to listen to his fears—just listening, without making any judgment or telling him not to be afraid. Telling a kid not to be afraid won't take away the emotion of fear. So instead, help him prepare for an event that might scare him. Then afterwards, help him work through it. For instance, if he's afraid of the dark, keep a light on, give him a flashlight or stay with him until he is asleep. Put the words of Psalm 56:4 to a tune. Sing the words together at bedtime to remind him that God is with him and will help him.

### Try This:

After my preschooler does something I know has been challenging or scary for him to do, I try to always debrief with him. We talk about what was hard or scary, how he felt when he got through it and then I say, **Wow! You did that and you were not afraid. God is always with you! Thank You, God!**