Peace When Life Is Scary: A Children's Bible Study



Discover God's peace and protection for children amid fear and uncertainty through Scripture and prayers in this 7-day Bible study.





Table of contents

<u>Introduction</u>	3
Day 1: 💍 God's Care for Children	4
Day 2: Trusting God in Fear	10
<u>Day 3: ♥ Peace That Surpasses Understanding</u>	16
Day 4: O God Is Our Protector	22
Day 5: XX Courageous Hearts in God	28
Day 6: Od's Unfailing Love	34
<u>Day 7: ₹3 Living in God's Peace and Joy</u>	40







Introduction

Welcome to this 7-day Bible Study on finding peace when life feels scary for children. In a world filled with uncertainties, fears, and challenges, children often experience emotions that can feel overwhelming. As believers, it is our privilege and responsibility to guide them toward the peace that only God can provide.

The Bible speaks profoundly about God's care for children, His promises to protect them, and His assurance that they can trust Him even in the most frightening situations. Throughout this study, you will encounter Scripture passages that reveal how God's peace surpasses human understanding and how His presence dispels fear.

Each day provides a Scripture to anchor your reflection, supporting verses for deeper understanding, a devotional to help you personally engage with God's Word, thoughtful questions to encourage deeper reflection, journaling prompts for connecting your thoughts and feelings, and a prayer to invite God's peace into your heart and the hearts of children in your life.

Whether you are a parent, teacher, caregiver, or young believer yourself, this study will help you understand how God tenderly watches over children and offers peace when life feels uncertain and scary. Let's embark together on this journey toward courage, trust, and calm assuredness in God's love.









Day 1: 🙇 God's Care for Children









Day 1: 💍 God's Care for Children

Your Verse

Matthew 19:14 - "Jesus said, 'Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these."

Supporting Scriptures

- Psalm 34:18 "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."







Day 1: 💍 God's Care for Children

Devotional: Jesus Welcomes Children with Open Arms

Children hold a special place in God's heart. Jesus' invitation in Matthew 19:14 reminds us that children are welcome in God's kingdom. When fear rises—whether from challenges at school, changes at home, or scary news—remember that Jesus values children deeply. He invites them to come close and trust in His care.

The Psalmist assures us that the Lord is near to those who feel brokenhearted or scared, and God's presence is a powerful shield against fear. Life can be uncertain, but God's steadfast love is certain.

Imagine holding a child's hand through a thunderstorm or a dark night. Just as a child feels safer with warm, steady hands, God's presence is the ultimate safety and peace we can trust. As you read this, ask God to fill you with His peace and to help children around you feel that same protection, no matter the storm.







Day 1: 🙇 God's Care for Children

Reflect and Apply

1.	How do you personally experience God's care when you feel afraid?
	What does it mean to you that Jesus welcomes children into His kingdom?
	In what ways can you share that sense of safety with children around you?







Day 1: 🙇 God's Care for Children

Journaling Prompts

1.	Write about a time when you felt scared but experienced God's peace.
2.	List things that make you feel safe and how God fits into that picture.
3.	Describe what you think it means to be a child in God's kingdom.







Day 1: 💍 God's Care for Children

Prayer for Today

Dear Lord, thank You for loving children and welcoming them into Your care. When life feels scary, help us remember that You are near and that Your arms are open wide. Please bring peace to every child's heart and teach us all to trust You more each day. Calm our fears with Your perfect love and help us be reminders of Your peace to others. *In Jesus' name, amen.*









Day 2: Trusting God in Fear









Your Verse

Isaiah 41:10 – "So do not fear, for I am with you; do not be dismayed, for I am your God."

Supporting Scriptures

- Psalm 56:3 "When I am afraid, I put my trust in you."
- 2 Timothy 1:7 "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."







Devotional: Courage Grows When We Trust God

Fear can feel overwhelming, but God's Word invites us to choose trust instead. Isaiah 41:10 offers a powerful reminder: God is with us always. This isn't just a comforting thought; it is a firm promise that we do not face fears alone.

When scary feelings rise, the best response is to lean into trust and remember that God's Spirit fills us with power, love, and self-control. Even children can learn to pray simply, "God, help me trust You more."

Think about how this promise changes the way you face difficulties. Fear loses its grip when we hold tightly to God's presence. Let this truth breathe courage and calmness into your heart and into the hearts of children who might feel afraid.







Reflect and Apply

1.	What fears do you find hardest to give to God?
2.	How can knowing God's power and love help calm those fears?
3.	What steps can you take to grow in trust during scary moments?







Journaling Prompts

Write a prayer asking God to help you trust Him when you're afraid.
Describe a situation where trusting God helped you feel peace.
List ways God shows His power and love in your life.







Prayer for Today

Lord, thank You for the promise that You are always with us. When fear comes, help us to trust You more deeply. Fill our hearts with Your Spirit, giving us power, love, and self-control. Help every child learn to lean on You in scary times, and let Your peace guard our minds and hearts. *In Jesus' name, amen.*















Your Verse

Philippians 4:7 - "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Supporting Scriptures

- John 14:27 "Peace I leave with you; my peace I give you. I do not give to you as the world gives."
- Colossians 3:15 "Let the peace of Christ rule in your hearts."







Devotional: God's Peace Guards Our Hearts and Minds

God's peace stands apart from anything the world can offer. Philippians 4:7 describes this peace as surpassing all human understanding—a peace that protects our hearts and minds even when circumstances feel frightening.

Jesus promised in John 14:27 to give His peace, not as the world gives it, but as a lasting, unshakeable calm. When fear tries to envelop children's hearts, God's peace can be the light that breaks through.

Imagine a peaceful dove gently resting amid a noisy, stormy environment. This is the peace God offers: constant, soothing, and safeguarding. Let's ask God for this deep peace today and encourage children to feel it too, especially when life feels scary.







Reflect and Apply

1.	How is God's peace different from the peace the world offers?
2.	In what ways can God's peace protect you and children you care about?
3.	What practical steps can help you experience God's peace in daily life?







Journaling Prompts

1.	Write about a time you felt God's peace during a difficult situation.
2.	List ways you can invite Jesus' peace into your heart each day.
3.	Describe how you can help children experience God's peace when scared







Prayer for Today

Heavenly Father, thank You for the peace that only You can give. When worries and fears come, help us remember that Your peace guards our hearts and minds. Comfort the children who feel afraid, and let Your calming presence fill every anxious heart. Teach us to lean into Your peace daily and to share it with those around us. *In Jesus' name, amen.*









Day 4: V God Is Our Protector









Your Verse

Psalm 91:2 - "I will say of the Lord, 'He is my refuge and my fortress, my God, in whom I trust.'"

Supporting Scriptures

- Psalm 46:1 "God is our refuge and strength, an ever-present help in trouble."
- 2 Samuel 22:3 "My God is my rock, in whom I take refuge."







Devotional: Finding Safety in God's Protection

In moments of fear, it helps to remember that God is our strong protector.

Psalm 91:2 reminds us that God is a refuge—a safe place to hide during difficult times. Children especially need to know that no matter what is scary in this world, God is a fortress they can trust.

Our God is unwavering strength and a steady refuge. Fear often targets what is uncertain, but God's protection is constant and sure. When we call on Him, He hears and rescues us.

Think about a fortress: strong walls, secure gates, and shelter from harm. God offers all this, but also the warmth and love that make us safe inside. Pray for the kids in your life to sense this protection and find courage knowing God fights for them.







Reflect and Apply

	How does knowing God is your refuge change your view of scary situations?
2.	What fears can you invite God to protect you from today?
	How can you help children understand God's protection in practical ways?







Journaling Prompts

1.	Write about a time when you felt God protected you like a strong fortress.
2.	List what it means to trust God as a refuge in your own words.
3.	Describe how you would explain God's protection to a scared child.







Prayer for Today

Lord God, You are our refuge and fortress in times of trouble. We trust You to protect us and the children You love. When fear threatens to overwhelm, remind us that You are stronger and present with us. Shield us with Your love and give us courage to face each day with confidence in You. *In Jesus' name, amen.*

















Your Verse

Joshua 1:9 - "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Supporting Scriptures

- Deuteronomy 31:6 "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; He will never leave you nor forsake you."
- 1 Corinthians 16:13 "Be on your guard; stand firm in the faith; be courageous; be strong."







Devotional: God Empowers Us to Be Courageous

Fear can rob us of courage, but God commands us to be strong and brave. Joshua 1:9 reminds us not to be afraid or discouraged because God is with us wherever we go. Children can hold onto this promise when new or scary experiences come their way.

God's presence gives us a courageous heart that is willing to face challenges, knowing we are never alone. Courage doesn't mean the absence of fear; it means trusting God even when fear is present.

As you reflect today, consider how God strengthens you to be brave. Pray for courage for yourself and for children who need to trust God's promises in fearful moments.







Reflect and Apply

1.	When has God helped you be courageous despite fear?
2.	What does courage look like in your daily life?
3.	How can you encourage children to be strong and brave in God?







Journaling Prompts

	Write a story of a fearful moment when you trusted God and acted courageously.
2.	List Bible verses that encourage courage and strength.
3.	Describe how you feel when you remember God is always with you.







Prayer for Today

Father God, thank You for Your command to be strong and courageous. Help us to remember that You are always with us, even in the scariest moments. Fill our hearts with brave confidence that trusts You fully. Bless the children who face fears today and give them Your strong, courageous Spirit. *In Jesus' name, amen.* 🎇 🙏 🕒 💙

















Your Verse

Romans 8:38-39 - "For I am convinced that neither death nor life... neither height nor depth... will be able to separate us from the love of God that is in Christ Jesus our Lord."

Supporting Scriptures

- Psalm 136:26 "Give thanks to the God of heaven. His love endures forever."
- 1 John 4:18 "There is no fear in love. But perfect love drives out fear."







Devotional: God's Love Casts Out All Fear

Fear loses its power when we grasp the fullness of God's unfailing love.

Romans 8:38-39 declares that nothing can separate us from God's love in Christ Jesus. This unbreakable love cushions our hearts and pushes out fear.

1 John 4:18 assures us that perfect love drives away fear. Through God's loving presence, children can find safety and confidence even when life feels uncertain.

Envision a child wrapped securely in a warm blanket of love—this is the love God offers. Reflect on how embracing God's love can transform fearful moments into peaceful ones. Let's open our hearts today to receive that love fully.







Reflect and Apply

1.	How does knowing God's love never leaves you affect your fears?
2.	What does "perfect love casts out fear" mean to you personally?
3.	How can you help children understand and experience God's love?







Journaling Prompts

caid.







Prayer for Today

















Day 7: 🎇 Living in God's Peace and Joy

Your Verse

Nehemiah 8:10 - "The joy of the Lord is your strength."

Supporting Scriptures

- Psalm 16:11 "You make known to me the path of life; you will fill me with joy in your presence."
- Galatians 5:22 "The fruit of the Spirit is love, joy, peace..."







Day 7: 🔅 Living in God's Peace and Joy

Devotional: Joy and Peace Strengthen Our Hearts

God invites us to live in joy and peace, even when life feels scary. Nehemiah reminds us that the joy of the Lord is our strength. When children feel afraid or uncertain, remembering God's joy and peace gives them power to stand strong.

Joy and peace stem from living close to God, walking in His ways, and relying on the Spirit's work in our hearts. These fruits grow as we trust and know God deeply.

Imagine waking each day wrapped in God's joy, with a calm peace filling your soul like a gentle sunrise. This is the heart of living courageously as a child of God. End this study by asking God to root this peace and joy deeply in your life and in the lives of your children.







Day 7: 😩 Living in God's Peace and Joy

Reflect and Apply

1.	How does God's joy give you strength during fearful times?
2.	Where do you find God's peace in your daily life?
3.	How can you nurture the fruits of the Spirit in yourself and children?







Day 7: 😂 Living in God's Peace and Joy

Journaling Prompts

1.	Write about ways you have seen God's joy and peace at work in your life.
2.	List habits or practices that help you experience God's peace more deeply.
3.	Describe a joyful memory where you felt God's presence clearly.







Day 7: 🎇 Living in God's Peace and Joy

Prayer for Today

Gracious God, thank You for the gift of Your peace and joy. Help us to live each day rooted in Your strength, confident that You are near in every fear and challenge. Fill our hearts and the hearts of children with Your fruit of the Spirit, so we may face life with courage and hope. Thank You for being our unfailing source of joy and peace. *In Jesus' name, amen.* 🍪 🙏 🞾



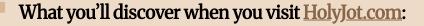




Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

Bonus for You:

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

Visit Now:

- * www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.



☐ Connect with us at: Facebook • Instagram • YouTube • TikTok

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.