

# Lift My Eyes

do not fear



## Prayer Leader:

Have you ever noticed that if someone is scared or afraid or sad, they often hunch their body over and look down at the ground?

Imagine you can see someone who is sitting in a corner of the playground, hunched over and clearly feeling afraid.

You go over to them and put a hand on their shoulder. Immediately, they feel your comforting touch and lift their eyes to you. Suddenly they know they are not alone and feel some hope.

This is what Jesus does for us! He helps us to lift our eyes to see Him and feel hope.



## **Prayer Leader:**

This week, we'll be reflecting on four words Jesus spoke to the disciples: "Do not be afraid."

We hear these words in the Bible at different times and spoken to different people.

This week we are going to hear about some of these times and think about how Jesus is with us each day, helping us leave our fears behind and lift our eyes to Him.



## **Prayer Leader:**

Jesus knew His disciples very well, as we heard in this week's Gospel:

“Why, every hair on your head has been counted.”

The great news is that Jesus knows us that well too! Yes, even down to the number of hairs on our heads!

Jesus knows our joys, our sorrows, our weaknesses, our strengths, the things we like and the things we are afraid of.

He is always with us and gives us the strength and confidence to do the things we might not want to do.





**Prayer Leader:**

Close your eyes for a moment.

What are you scared about?

- The sickness in the world?
- Going back to school?
- Starting high school?

Tell Jesus what you are scared about and ask Him to be with you.

**All:**

*Dear Jesus,*

*Be with me always and help me to be brave when I need to be.*

*Lift my eyes to you I pray.*

*Amen*