

# Lift My Eyes

do not fear



**Thursday**

**Prayer Leader:**

This week, we're learning to lift our eyes to Jesus by reflecting on four words: "Do not be afraid."

Today we hear Jesus talking to the disciples when they were afraid of a storm. Can you remember how many disciples Jesus had?





**Prayer Leader:**

Jesus had twelve disciples -  
were you right?

One evening when the disciples  
and Jesus were crossing the lake  
there was a great storm.

Jesus was asleep and the  
disciples were so afraid that  
they woke Him up!

Jesus calmed the storm and  
asked why they were so afraid.



**Prayer Leader:**

The disciples hadn't known Jesus long when this happened. However they showed faith and believed in Him.

There are times when things happen and we are afraid.

It's at these times we have to have faith that Jesus is with us and looking after us.







## **Prayer Leader:**

Close your eyes for a moment.  
When you are afraid it's always nice  
to know someone is with you.

- Imagine Jesus with you now.
- Maybe He has His arm around you, giving you comfort and strength to face your fears.

## **All:**

Dear Jesus,  
Help me to have faith in you,  
like the disciples did.  
When I'm afraid help me to remember  
that you will always look after me.  
Lift my eyes to you I pray.  
Amen