

Lift My Eyes

do not fear



Saturday

Prayer Leader:

This week, we've been learning to lift our eyes to Jesus by reflecting on four words Jesus spoke to His disciples: "Do not be afraid."

We heard about other times these words have been said too.

Can you remember the different stories in the bible we heard about?



Prayer Leader:

Which was your favourite story? If you want to you can say it out loud.

Can you remember some of the feelings that the people in the stories had when they heard the words 'do not be afraid'?



Prayer Leader:

When Jesus said, “Do not be afraid,” people:

- Trusted
- Focussed on Him
- Believed
- Showed great faith
- Were filled with courage and confidence





Prayer Leader:

Close your eyes for a moment.
Keep saying the words,
'do not be afraid' in your heart
and mind.

All:

Dear Jesus,

Thank you for your words
in the Gospels.

Help me to remember that even
when I am afraid you are there.

You are always helping me,
guiding me and looking after me.

Lift my eyes to you I pray.

Amen