

# Lift My Eyes

do not fear



**Tuesday**

**Prayer Leader:**

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

Today we will hear about an angel saying these words to someone and that person showing great trust... can you think who that person might be?



**Prayer Leader:**

Did you guess right? The answer was Mary – the Mother of Jesus.

An angel visited Mary to tell her that she would have a special baby – the Son of God!

When the angel appeared and spoke to her, Mary was frightened, but the angel said to her, "Do not be afraid."



## **Prayer Leader:**

Mary listened carefully to the angel and showed great trust in God by saying 'yes' to Him and becoming the Mother of Jesus.

When we pray, we talk to God, but we also have to listen to what He is asking us to do for others and be able to respond like Mary with great trust!





### **Prayer Leader:**

Close your eyes for a moment.  
Sit quietly and listen to God.

- What is he asking you to do?
- Will you trust like Mary and say 'yes'?

### **All:**

Dear Jesus,  
Help me to listen to what you are  
asking me to do and to trust like  
Mary did, so I can say 'yes' too.  
Lift my eyes to you I pray.  
Amen