The Fear Chapel

By Happy Home Fairy

Hey everyone! Welcome to chapel. I am so happy to have you here today!

***THUNDERSTORM sound effects!***

Act totally afraid! Get down on the ground in the fetal position.

Talk about how I am so scared!

Ask for blankie and teddy.

But then say I remember my mom telling me that when I am afraid, I should pray.

Say it with me everyone, “When I am afraid, I should pray!”

“Dear God, I am feeling a little scared of this storm. But I know that you are a great big God and that you are with me. Amen.”

Oh, I feel so much better now.

Wow! Prayer is such a powerful thing that we get to do!

I am going to do a little demonstration today using this candle. This candle is going to represent you and me.

Now I am going to ask you a question and I will write the answer down on this paper.

Have you ever been afraid of anything?

Thunderstorms, darkness, clowns, going somewhere without your mom…

Now I am going to fold this paper into a fan.

And fan it towards the candle.

What is happening to the candle?

It is getting wobbly and it is moving all over the place!

That is exactly how I felt when my fear about the thunderstorm was blowing on me!

But then what did I do to help me not be afraid?

I PRAYED!

This plastic bag is like prayer. It is clear because we can’t see prayer, but we know it is there and it is very powerful because look what happens when I try to fan the flame now.

Is the candle getting scared and wobbly? NO! Because prayer is protecting it!

When we are afraid and we pray, God gives us His courage and helps us to have His peace. We can stand firm and not be afraid.

Now I am going to teach you a little song to help us memorize Philippians 4:6, “Do not worry about anything, but pray about everything.”

Teach verse song (you can find it on Happy Home Fairy’s Facebook page).

Close in prayer.

Find more great ideas at [www.happyhomefairy.com](http://www.happyhomefairy.com)

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