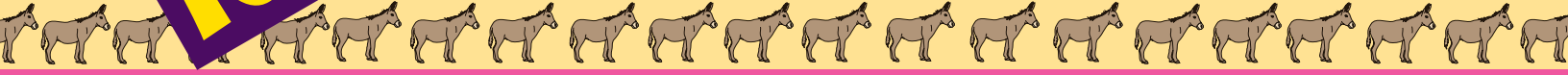


Lesson 10

Don't Be Afraid!

Luke 1:13, 19, 30; 2:10; *The Desire of Ages*, pp. 47, 97, 98



Were you ever afraid of thunder? of lightning? of the dark? of people who shout? Jamie didn't like thunderstorms, especially when they came in the night. But his mother knew that. She always came to be with him. "Don't be afraid," she would say. "I'll stay with you. It will be all right." And then Jamie could go back to sleep.

In Bible days when God sent an angel to talk to someone, He first made sure that they were not afraid.

Recently we learned about an angel's visit to Zechariah, a Temple priest. God sent an angel to stand by the altar where he served. Zechariah, the elderly priest, was frightened—but not for long. The angel immediately soothed Zechariah's fear.

"Do not be afraid," the angel said. "God has heard your prayer." Then the angel told Zechariah some wonderful news. His wife, Elizabeth, would have a baby, and they were to name the baby John.

Later God wanted to tell Mary that she would have a special baby boy. Again He sent an angel to carry the message. To keep from frightening Mary, the angel spoke softly. "Greetings, you who are highly favored! The Lord is with you" (Luke 1:28).

Now, greetings are friendly words. Enemies don't send each other greetings; they



The Message

**Because God is our friend,
we are not afraid of Him.**

Memory Verse

**"Do not be afraid. I
bring you good news
that will cause great
joy for all the people"
(Luke 2:10).**

send threats. But even so Mary was troubled—and frightened. So the angel spoke more plainly. "Do not be afraid, Mary." There it was again—that special message from God: Do not be afraid.

God sent the same message to the shepherds the night Jesus was born. When the angel messenger appeared, glory and brightness shone, lighting up the night sky. The shepherds were afraid.

In his book Luke says that these brave men were terrified. But then the angel spoke. "Do not be afraid. I bring you good news of great joy that will be for all the people." And the angel told them about the special Baby born in Bethlehem. They would find Him lying in a manger. When at last the angel

voices were hushed and the bright light had faded, the shepherds were no longer afraid.

"Let us go to Bethlehem and see this thing that the Lord has told us about," they said. No longer afraid, they hurried to look for Jesus.

So when God speaks, He doesn't mean to frighten us. He wants everyone to hear the friendly message "God is with us." There is no need to be afraid. God is our friend; we need not be afraid of Him.





S A B B A T H

DO With your family, take a walk outdoors, if possible. Are there some things in nature you might be afraid of? Find a quiet place you feel very safe and read your Bible lesson together.

READ Find and read Luke 2:10. What is the good news?

SING Sing "Anywhere With Jesus" (Sing for Joy, no. 45). Then thank Jesus for the good news.

M O N D A Y

READ Read and discuss Luke 1:11-13 for family worship. Have everyone fold a piece of paper in half and then in half again. Open the paper. In the first corner write "God is our Friend; do not be afraid." Draw a picture of the angel talking to Zechariah in the second section. Under the picture write "You will have a son named John." Save the paper for tomorrow.

DO Say your memory verse to your family.

SING Sing "God Is So Good" (Sing for Joy, no. 13). Then thank Him for being your best Friend.

W E D N E S D A Y

READ With your family, read and discuss Luke 2:8-10. Finish the papers started earlier. In the fourth section, draw a picture of the angel talking to the shepherds. Underneath write your memory verse.

DO Cut a sheep shape from an empty cereal box. Cover it with cotton balls to remind you that the angel told the shepherds, "Do not be afraid."

DO Say your memory verse with your family.

SING Sing "Go, Tell It on the Mountain" (Sing for Joy, no. 83).

S U N D A Y

READ During family worship, ask each person what scares them the most. Together, read Luke 1:13, 30 and Luke 2:10. What scared Zechariah, Mary, and the shepherds? How did the angel calm them?

DO Make an angel mobile. Make five (or more) angel cutouts from construction paper. With lengths of thread or yarn, hang them from a wire coat hanger. Add a sign that reads: "Do not be afraid!" Put it where you will see it every day.

DO Teach the memory verse to your family. Then thank God for His angels.

T U E S D A Y

READ During worship, read and discuss Luke 1:26-31. In the third section of the paper you made yesterday, draw the angel talking to Mary. Underneath, write "You will give birth to Jesus." Save these papers.

SHARE Ask an adult to tell how they felt when they first heard the good news about Jesus.

DO Make a "good news" poster. Draw something you are afraid of. Put an X through it. Write "God is my friend; I am not afraid."



T H U R S D A Y

DO To begin family worship, have everyone cut a large circle out of construction paper. On one side, draw a face with a scared expression. Then write: "Do not be afraid." Turn the paper over. Draw a face with a smile. Write: "I bring you good news that will cause great joy for all the people" (Luke 2:10).

DO With your family, discuss how this lesson helps us not to be afraid of the second coming of Jesus. Read Matthew 24:30, 31 together. How will Jesus' second coming be like the first? How will it be different?

F R I D A Y

DO During family worship, show and tell about the things you made this week. Hang your angel mobile in a special place. (Save it for Lesson 12.) Show your paper with the four squares, and tell your Bible lesson to your family. Show your scared/smiling face and say your memory verse.

DO Ask each person to tell something they like about Jesus. Read John 15:15 together.

SING Sing songs about being friends with Jesus.

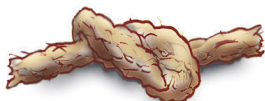
Don't Be Afraid!

PUZZLE

Directions: Look for reassurance in this puzzle.



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In Bible times, musicians came to the house to greet the new baby. Jesus was born far from home and there were no human musicians, but God sent the angels to sing.

