

## When your child is afraid of monsters, night noises, or the dark

Most children go through a period of time when they are afraid of the dark. For different children, that fear may be rooted in different things. Whatever the reason it is important that children are reminded that God is ALWAYS with them.

### Texts to keep in mind

Isaiah 41:10

Psalms 91 (especially verse 5)

2 Samuel 22:29

### Hymns and songs

While singing or listening to any songs with your child will be helpful, here are a few that are particularly relevant.

"Nearer My God to Thee"

"Anywhere with Jesus"

"Just When I Need Him Most"

"Under His Wings"

"You Are My Hiding Place"



### From the Bible

The story of Daniel in the lion's den is loved by many. Probably because so many people can relate to it in some way. This story is fantastic to read with children who are afraid of the dark. Not only was Daniel thrown into a dark, scary pit, but it was filled with lions! Yet God still protected him. You can find this story in Daniel 6.

### Find out about it

What are the things that are scaring your child? The dark itself? Being alone? What is he afraid is lurking in the dark? Take some time to listen to your child, then go exploring in the dark. Help your child to see what's really there.

---

As for me and my house...

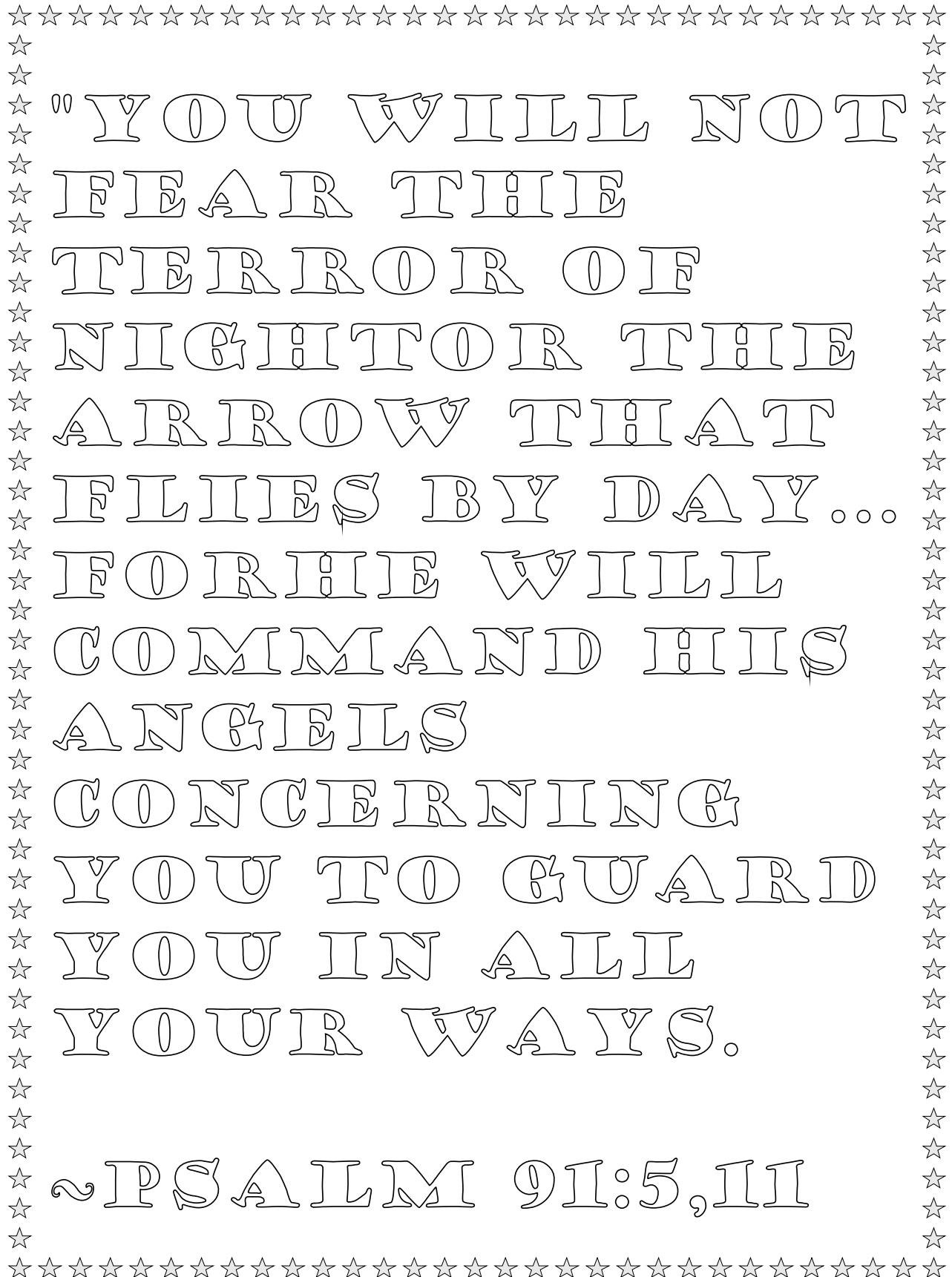


---

...we will serve the Lord.

The next few pages contain some activities for you and your children to do. Here is what you will find:

- A Bible verse that can be colored
- A fun craft Idea
- A light bulb to write a verse on (It will help your child remember that God is all the light we need.)



"YOU WILL NOT  
 FEAR THE  
 TERROR OF  
 NIGHTOR THE  
 ARROW THAT  
 FLIES BY DAY...  
 FORHE WILL  
 COMMAND HIS  
 ANGELS  
 CONCERNING  
 YOU TO GUARD  
 YOU IN ALL  
 YOUR WAYS.

~PSALM 91:5,11

This fantastic craft idea is taken from familyfun.com. (Visit familyfun.com for a step-by-step video demonstration.) It's a perfect project for any child who is afraid of the dark. When you are done creating your lighthouse, add this Bible text to the lighthouse itself or to a note card in front of it.

"The LORD is my light and my salvation—whom shall I fear?

The LORD is the stronghold of my life—of whom shall I be afraid? "

~Psalm 27:1

## Lighthouse in a Bottle

Materials Needed:

- 1.5 liter sport water bottle
- Craft knife
- Aluminum Foil
- Red acrylic paint
- Black tape
- Play-Doh or clay
- Flashlight
- White craft foam
- Clear packing tape



1. Use a craft knife (adults only) to cut the bottle in half. Glue aluminum foil inside the cone-shaped portion of the top half (this creates a reflective dome), then use red acrylic paint to coat the outside of the foil-lined section.

2. When the paint is dry, apply 3-inch vertical strips of black tape, spaced evenly, around the unpainted portion of the bottle top.

3. In the bottom half of the bottle, pack a baseball-sized ball of Play-Doh or clay. Stand a flashlight upright in the clay and press down to secure it in place. Cut a notch down from the bottle's edge to allow access to the flashlight's switch, as shown.

4. Next, wrap an 11 1/2- by 10-inch sheet of white craft foam around the bottom half of the bottle (the foam will extend about 4 inches above the bottle) and note approximately where the flashlight switch opening is. Remove the foam and cut out a switch opening. Re-wrap the foam around the bottle and secure the overlapping ends with clear packing tape.

5. Finally, fit the cut edge of the bottle top just inside the foam sleeve and securely tape the foam to the bottle with colored tape.

Choose your favorite Bible text that helps you to remember that God is with you even in the dark. Write it on this light bulb. Cut the light bulb out and put it where you can see it when you need to be reminded the most.

