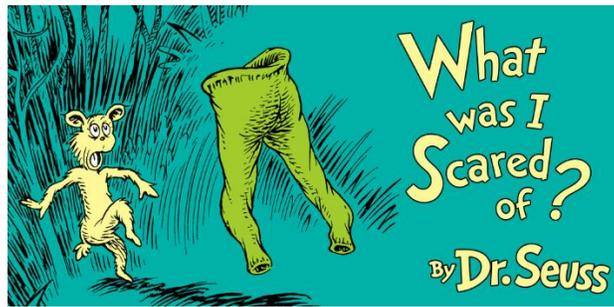


Fear Not



Watch the YouTube Video:

[What Was I Scared Of - Dr. Seuss](#)

This is one of Dr. Seuss' short stories. It is about an unnamed narrator who has never been afraid of anything before and is suddenly terrified by an empty pair of green pants. The pants suddenly seem to be everywhere, seemingly following the narrator. Eventually the narrator is cornered by the pants and screams and yells for help until suddenly the pants began to cry. The narrator realizes the pants are just as scared of him as he is of them.

How did the narrator try to deal with his fear of the green pants?

Do you think you would be afraid of green pants moving on their own?

What are some things you're afraid of?

Can you guess the fear by its name?

- **Nomophobia** - fear of losing cell phone contact
 - **Catoptrophobia** - fear of mirrors
 - **Arithmophobia** - fear of numbers
 - **Selenophobia** - fear of the moon
 - **Genuphobia** - fear of knees
 - **Octophobia** - fear of the number 8
- **Sesquipedalophobia** - fear of long words
 - **Acerophobia** - fear of sour foods

- **Porphytophobia** - fear of the color purple
- **Omphalophobia** - fear of belly buttons
- **Consecotaleophobia** - fear of chopsticks
- **Peladophobia** - fear of bald people
- **Phobophobia** - fear of phobias



The narrator in our book tried a lot of different ways to get away from those scary pants, but when he finally faced off with them, he discovered they were just as scared. And they became friends! Joshua overcame his fear by trusting in God and facing his fear.



Joshua 1:9:

This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.

God tells us not to be afraid for a very important reason.

Because God is with us.

When we are scared, God is there to help us be brave and strong enough to overcome our fears.

It may still take time, but we can always trust that we are not facing those fears alone.

This passage both recognizes the reality of fear and the power of faith to overcome it. God commands Joshua to not be afraid because God is with him. Joshua is able to overcome his very real fear because he believes in faith that God's word is true that, indeed, the Almighty God will lead the way and surrounded him as he faces his fear.

Whether it's feelings of inadequacy, a phobia, or being scared of green pants, fear is a powerful emotion that can cripple us. God's command to not fear coupled with a promise of God's abiding presence can be very comforting to children who often deal with (typical) fears like things that go bump in the night, animals, or a teacher's harsh rebuke.

Does anyone want to share about a time you overcame a fear?

Prayer:

Almighty God, help us to know we are never alone when we are afraid because you are with us. And with you, we can face our fears and overcome them. Let us be strong in you and never allow fear to hold us back from the joy of life. Amen.

Have a great week,

Krystal