Talking To Your Kids About Fear

It's easy to think that kids and teens don't really deal with fear that much. After all, they're young...what is there to be afraid of? But studies show that they are actually more susceptible to having feelings of fear and anxiety than adults. Talking about their fears, and how they handle it, can help your child handle their fears in a more productive way. Here's some help getting the discussion started.

Sean Park is the executive producer and host of TV One Life, an internationally aired show for students and young adults. For more than two decades he has been ministering to tens of thousands of people across the nation, and around the world. He is passionate about this one goal...bringing this generation to an encounter with God.

Resources:

Watch these clips from TV One Life together!

http://www.youtube.com/watch?v=7DcUcC5xEmk

http://www.youtube.com/watch?v=c1nmUipZY1Q

1. The people in the clip were facing some scary situations, and they turned to Superbuddy for help. It didn't turn out so well for them. Who do you turn to for help when you're afraid?

2. The bible says, "Don't be afraid, for I am with you." (Isaiah 41:10). How can we turn to God for help when we are afraid

1. In the clip, we see that Corban and his friends put lots of padding on him so that he wouldn't get hurt going down the hill. What could you do that would help when you are scared about something?

2. The Bible says, "There is no fear in love. But perfect love drives out fear..." How does knowing God loves us protect us from fear?