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Portishead Church of England
*Growing & Going in God's Love*

# Faith at Home

## A Stone for Our Fears

A simple practice to remind us that God is always with us, even when we're afraid.

**What You'll Need:**

- A small stone (one for each person, or one to share)
- A small bowl

**1. Take a Quiet Moment**

Gather together as a family. Sit quietly for a moment and take a deep breath. Let each person hold the stone for a little while.

**2. Name the Fear**

While holding the stone, think of something you're afraid of. It might be a small worry or a big fear.
You can say it out loud, whisper it into your hand, or just say it silently in your heart.

Examples:
*"I'm scared of being left out at school."*
*"I worry about someone I love getting sick."*

**3. You could say this bible verse or prayer together:**

*"When I am afraid, I put my trust in you." Psalm 56:3*

*"When my fears feel giant-sized, I trust that God is with me."*

**4. Place the Stone Somewhere Special**

Put the stone in the pouch or a small bowl. Keep it somewhere visible so it can be be a reminder for everyone:

*God is stronger than our biggest fears.*

**5. Come Back to It Anytime**

Whenever someone feels afraid, they can hold the stone again, name the fear, read the verse, and say the prayer.

You may find the following prayer helpful to use...

*God of peace,*
*Thank You for being near us when we are afraid.*
*Help us to remember Your love is bigger than anything we face.*
*When worries come, fill our hearts with courage.*
*Go with us, guide us, and hold us -*
*Today, tomorrow, and always.*
*Amen.*