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Portishead Church of England



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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 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.
