

Praying and claiming Bible verses is a great way to help control your nervousness. Choose a verse that fits your situation and write it out on a little card. Read it regularly and memorise it and every time you feel nervous, say it to yourself, ask God to be with you, to help you to do your best and not to be so nervous.



I will help you speak and will teach you what to say.
Exodus 4:12^{NIV}

God Promises to Help

Sabbath

What are you afraid of?

- | | | |
|--|---|---|
| <input type="checkbox"/> Spiders | <input type="checkbox"/> Snakes | <input type="checkbox"/> Bugs |
| <input type="checkbox"/> Big dogs | <input type="checkbox"/> Birds | <input type="checkbox"/> Wild animals |
| <input type="checkbox"/> The dark | <input type="checkbox"/> Heights | <input type="checkbox"/> Closed in spaces |
| <input type="checkbox"/> Meeting new people | <input type="checkbox"/> Going new places | |
| <input type="checkbox"/> Standing up the front | <input type="checkbox"/> Having people laugh at you | |

- ☐ _____
- ☐ _____

Have you ever had to do something you were scared about?

Have you ever been scared about something and then found out it wasn't scary after all? _____

Have you ever learnt not to be afraid of something you used to be afraid of? _____



Sunday

God called to Moses from the burning bush; He was sending Moses to Egypt to free the Israelite slaves. But Moses was scared, he said, "What if they won't listen to me?"

God asked Moses what he had in his hand.

"A shepherd's staff," Moses replied.

"Throw it on the ground," God said, and when Moses did, it turned into a snake and he jumped away! Then God told him to pick up the snake by the tail. When he did, it turned back into a staff again.

Then God told Moses to put his hand in his cloak, when he looked at it, it was covered with the dreaded disease, leprosy, when he took it out again it was healthy.

Then Moses complained to God that he couldn't speak very well and would get tongue-tied.

God said, "I created you will be with you, I will tell you what to say."

But Moses pleaded, "Please! Send anyone else."

Then God became angry with Moses and said, "Very well, I will send your brother, Aaron, to help you. Now go!"

Moses was scared; he was overwhelmed with fear and doubts. "What if they won't listen? What if they laugh at me? What if I say the wrong thing? What if I can't say anything? What if they remember how I ran away?"

Have you ever felt like Moses? Have you ever felt nervous or scared about something? Actually, there is nothing unusual about feeling nervous; everyone feels that way sometimes.

Can you imagine what might have happened if Moses still refused to go? God would have found someone else to lead his people, and Moses would have spent the rest of his life herding sheep in the wilderness. He would never have seen the Promised Land or the wonderful way God saved His people.



Friday

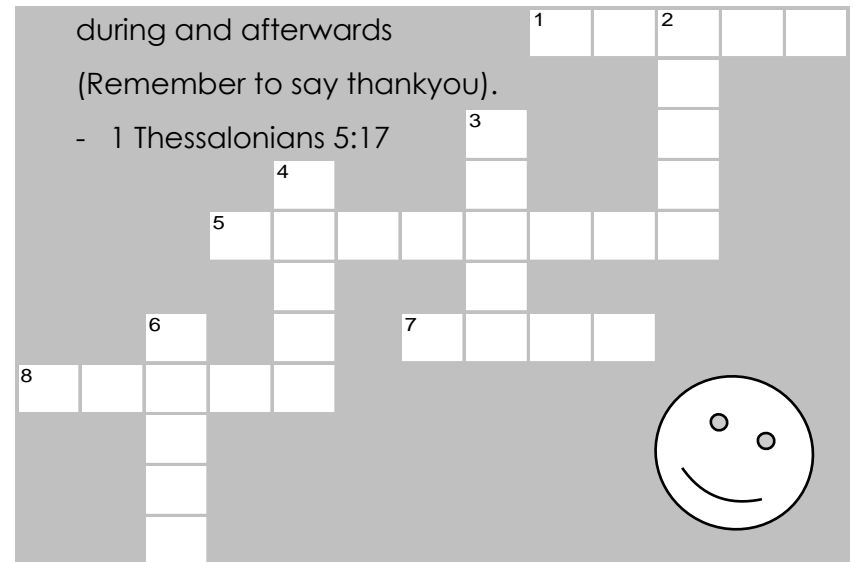
What should you do when you are feeling nervous? Use the clues to find out and fit the missing words in the crossword.

- Remember that other people are just as nervous; think of _____ Exodus 4:1
- Relax, take a breath and _____ Job 9:27 ^{NIV}
- 3 & 4. Before you start, go to the toilet and get a _____
(4) of _____ (3); give a copy of your words to someone who can prompt you if needed. John 4:7
- Be prepared and _____ - Philippians 4:9
- You know how your _____ is racing, and your stomach feels sick - but no one else knows. Psalm 73:26
- _____ - Philippians 4:6
- _____ slowly and clearly. 1 Corinthians 14:9 ^{NIV, NLT}
- _____ continually: as you prepare, practice, before,

during and afterwards

(Remember to say thankyou).

- 1 Thessalonians 5:17



Thursday

Here are some excuses that people use for not doing something. Tick the one's that you have used before.

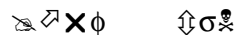
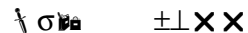
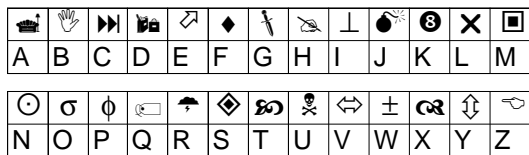
- ☐ I'm too tired
- ☐ I don't feel like it
- ☐ I don't know how to
- ☐ It's not my job
- ☐ I don't have time
- ☐ I'm too lazy
- ☐ It won't work for me
- ☐ I give up
- ☐ It's too hard
- ☐ I don't want to
- ☐ I'm too busy

Were Moses excuses good ones?

No – God answered every one. God gave Moses signs and promised to help him speak, but Moses wasn't trusting God right then.

What excuses do you use? Are they good ones?
(Probably not)

Sometimes you might have to do things that are hard; but if it is the right thing to do...



Monday

Moses returned to Egypt and met his brother Aaron on the way, and told him everything the Lord said.

When they arrived in Egypt, they called all the elders of Israel together and Aaron told them everything the Lord had said and showed them the miracles; the people believed and worshiped the Lord.

After that, Moses and Aaron went to see Pharaoh.

But Pharaoh wouldn't listen, he said, "Stop distracting the slaves. Get back to work!"

Then Pharaoh sent an order to the Egyptian slave masters, telling them to make the slaves work even harder; they would be required to make the same number of bricks, but now they would have to find their own straw for the bricks!



Several Israelites had been placed in charge of their fellow slaves, to over-see the work. When they found out the order to collect their own straw had come about because of Moses' and Aaron's visit to Pharaoh, they said to Moses and Aaron, "Look what you have done! What will we do now? Pharaoh will order us killed because we cannot search for straw and still make the same number of bricks at the same time!"

Moses was upset and cried to God; once again God promised that Pharaoh would see His mighty hand and that the people would be free.

Then God told Moses and Aaron to go to Pharaoh again and show him the miracles, so Aaron threw down his staff and it became a snake! Then Pharaoh called in his own wise men and they threw down their staffs and they became like snakes too! Then Aaron's snake swallowed all the other snakes, so Pharaoh's wise men didn't have staffs anymore; but Pharaoh still refused to listen.

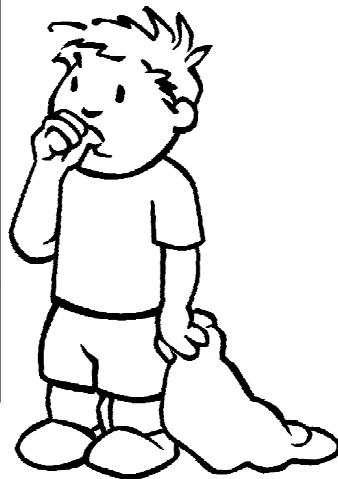
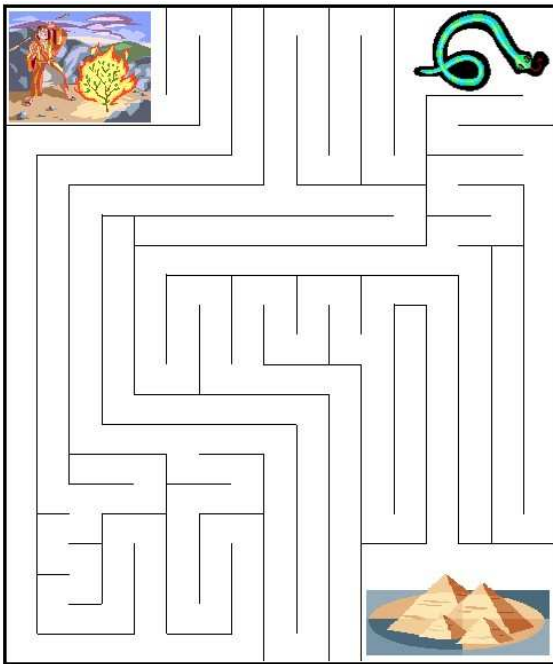


Tuesday

Moses was scared to obey even though God said He would help him; he had lots of excuses why he shouldn't obey God. Find his excuses which are underlined on Sunday.

E X C C U S B E L S E X C U S
E T O N G U E T I E D S E X C
U S U E S E L X S C U S E S E
X C L U S E I S T H E Y E W X
C U D S E M E S E E L X C H U
W O N T S E V S N E S P E A K
E X T C U M E S E S E E X T C
L U S E S E X C U S E S E X C
L U A N Y O N E S V E R Y E S
E X C U S R E S E X C U S E S
S E N D E X C I F U T O S E S

God gave Morse some signs and finally agreed to let Aaron help him, and so Moses travelled to Egypt. Find a path from the burning bush through the maze to tell the story.



Wednesday

Moses was afraid so God sent Aaron to encourage and help him; but God was right and the Israelites were excited to hear his news

This started well, but then it seems as if Moses' fears are realised when Pharaoh won't listen and instead of deliverance, the Israelites find themselves working even harder and Moses feels responsible.

Moses is still learning that sometimes God allows bad things to happen for a reason – Moses didn't know it yet, but God had plans to totally defeat and dishearten the Egyptians in such a way that they would never be a threat to the Israelites again, and that the whole world would hear about it.

Ellen White writes in Desire of Ages, "**God never leads His children otherwise than they would choose to be led**, if they could see the end from the beginning, and discern the glory of the purpose which they are fulfilling as co-workers with Him."

Although things looked bad for the moment, when Moses looked back later he would have said, "It was all worth it. The worry, Pharaoh's anger and the peoples complaints were all worth it when I see what God did to our enemies and how He led us."

Fit the underlined words into the grid.

