

Family Worship at Home – 14th February 2021

Transfiguration Mark 9:2-9

Introduction: (Maybe have some type of new food that the children haven't had before)

I have a question for you: Is there a food that you are scared to eat? So worried about it that you won't even try it. What do you do? Shut your mouth really tight and shake your head and say "I'm not eating that!"

Why are you scared to eat it? (*might be allergic, might taste bad, might be spicy, it just doesn't look good.*) Sometimes we are scared of food we haven't had before. It can help when someone tells what the food is and what it might taste like.

Most of the time, after hearing what it is, we might try the food.

Now, that doesn't mean that we will like the food, but it does mean that we can stop being afraid of that food to the point that we won't eat it.

Food isn't really all that scary. Maybe except if you have an allergic reaction to it, then it can be scary but for most people food isn't scary. I mean -- it's not like it is going to eat *you*, right?

And, if you actually eat it, it'll give you energy and help you grow.

So, we shouldn't be afraid of food, right? And yet, some of us, like me, are afraid of foods we haven't had before.

Bible story:

Being afraid of something that isn't actually scary reminds me of a story in the Bible.

Read the Transfiguration story from Mark 9:2-9 or watch

[The Transfiguration | 60 Second Bible Stories | Ep16 - YouTube](#)

[THE TRANSFIGURATION OF JESUS BIBLE STORY | Kids on the Move - YouTube](#)

[The Story of the Transfiguration - with LEGO! - YouTube](#)

In the story, we heard that Jesus went up a mountain with a few of his disciples.

While he was at the top of the mountain, he spent some time praying and while he was praying, his clothes were dazzling white, like they were shining.

It's almost like he turned into a light bulb. Kind of cool, right?

But did you hear what the disciples thought about it?

That's right -- they were afraid about what was happening.

Even though the disciples knew Jesus, and knew he wouldn't hurt them, once Jesus started to light up, it really scared them.

They were so scared by what they were seeing that they didn't know what to say or do.

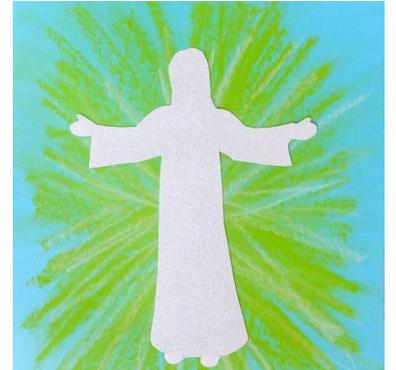
But, then, the disciples were reminded by God that even when they were afraid, they were supposed to listen to Jesus.

That same reminder is true for us, too.

Today's story reminds us that when we are frightened, we are to keep listening to what Jesus taught and said. When we do, Jesus' words will help us know how to face our fear, act, even when we're afraid. That's the good news for today.

Songs: Hey, Jesus loves me. [Hey! Jesus loves me! - YouTube](#)
Jesus is the King [Jesus is the King \(by Cool Worship Kids\) - YouTube](#)
Amen [Amen \(by The Lads\) - YouTube](#)

Activity: 1. Using a crayon make a star shape colour burst. If you have glitter or glitter pens you can really make it shine. Glue the outline of Jesus on top of the colour burst to show the dazzling colour of Jesus at the Transfiguration. Printable picture of Jesus below. Or you can find this image at [Jesus cutout.jpg - Google Drive](#)



2. Print the picture below and colour the lines radiating from Jesus in bright colours.

Prayer Time: Make a list of things each person is afraid of and talk about what you can do when afraid. Give the fears to God and ask God to be with you when you are afraid.

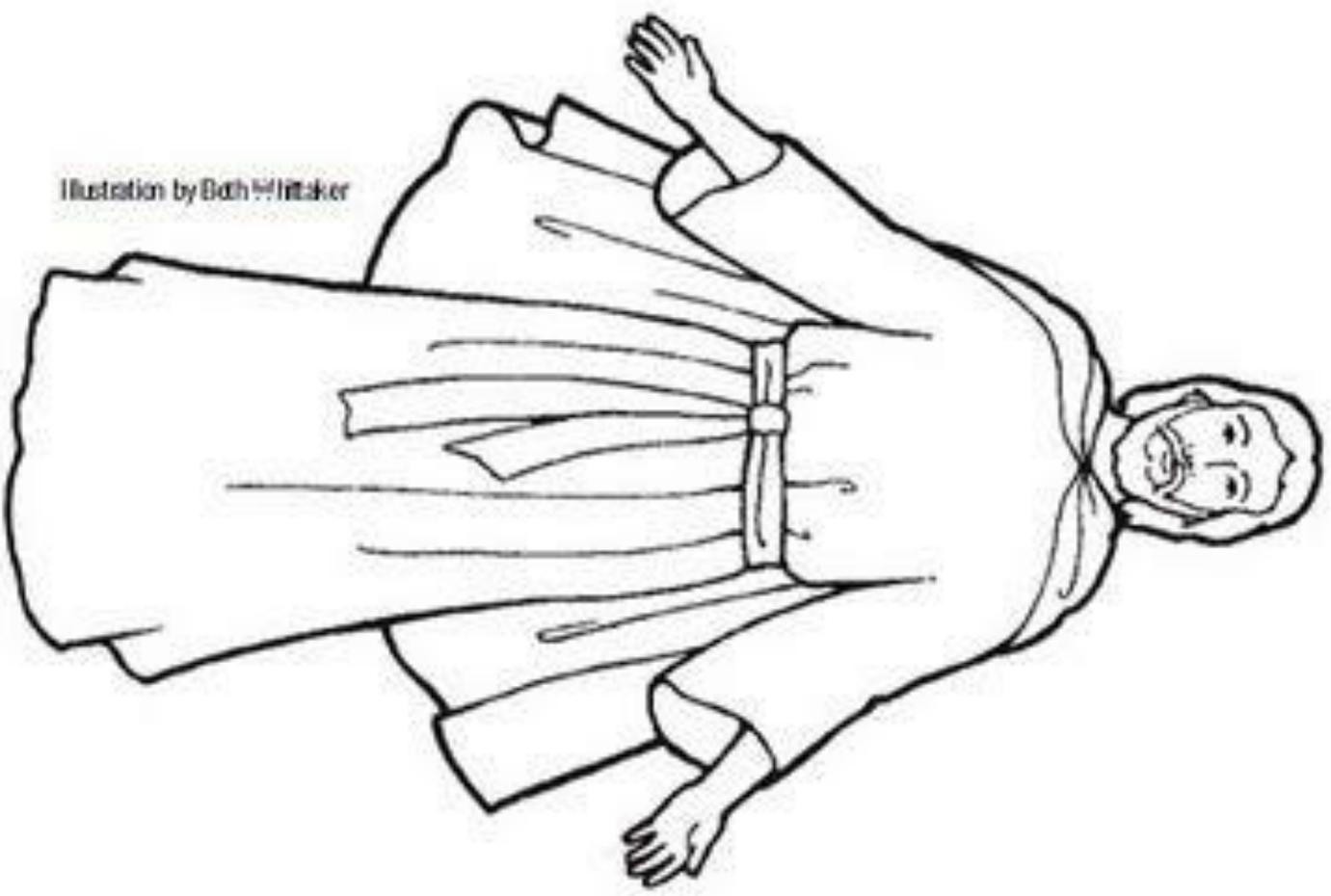
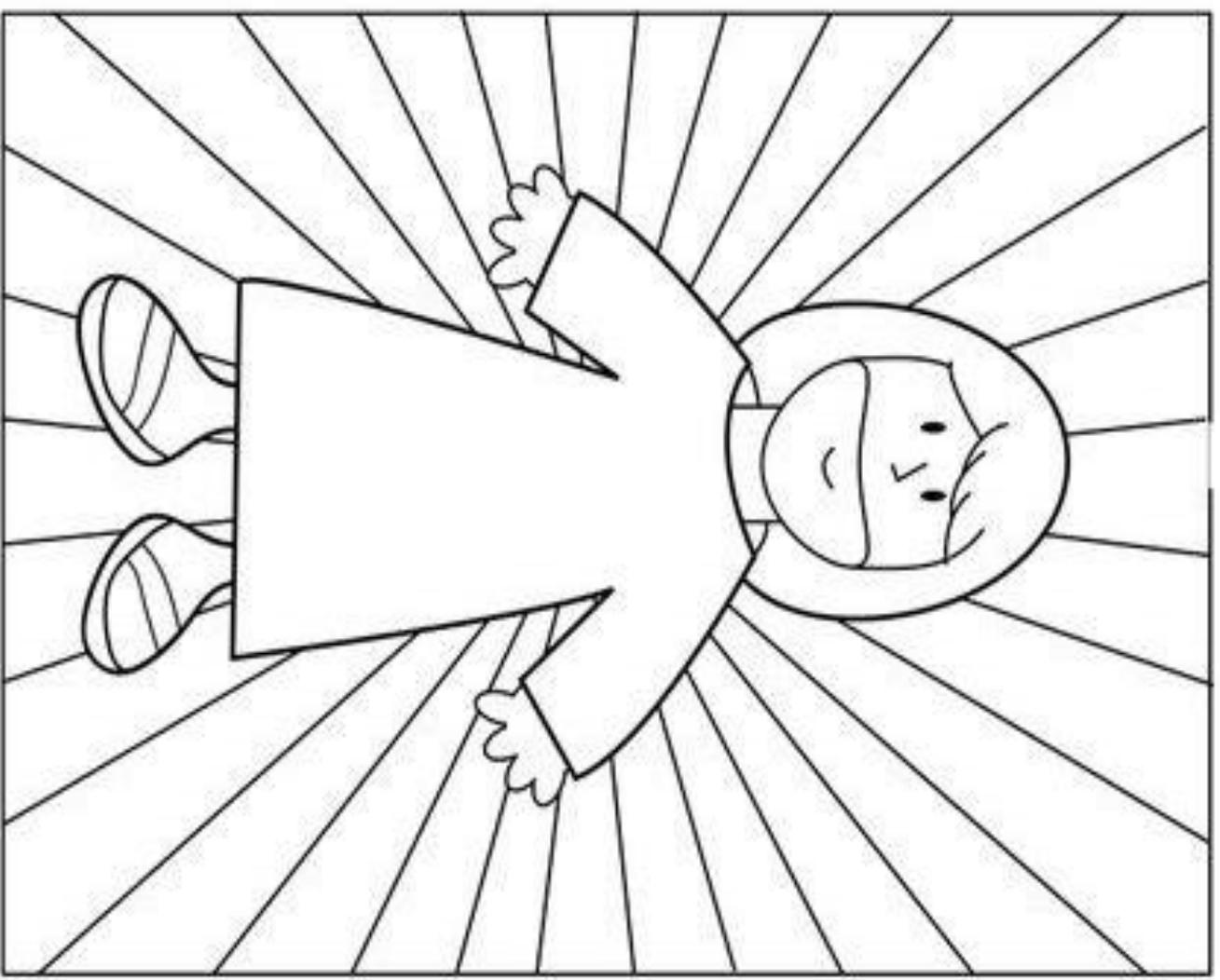


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