



Gethsemane - Afraid

- **Equipment**

A blanket or big shawl

- **Set up**

Find a clear space to do this!

- **Instructions**

Is there something you're afraid of right now?

A proverb says, *'Worry gives small things a big shadow.'*

Crouch down small and cover yourself with the blanket as if it is the fear covering you.

Whisper your fear to God. Now jump up to your full height and throw off the blanket and the fear.

In the Garden of Gethsemane Jesus was afraid. He crouched down on the ground and prayed. When he stood up he greeted the people who had come to arrest him with courage and kindness.

Matthew 26:36-39