



I'm Scared!



I love to climb trees. There is one in my yard with the perfect limbs to sit on. Sometimes, I end up higher than I want to go. I look down, and my stomach tickles. I have Epilepsy. It is scary, too. I can feel like I am on top of the monkey bars or at the top of that tree. I'm afraid of how I'll get down, back to safety, or of what comes next. **(Draw yourself as the person at the top of the tree.)**

One day, my doctor said I was having too many seizures, and she wanted to try a different medication. "It might control them better," she said. My body was used to the old medicine, so I had to listen carefully to my mom for several weeks as she helped me with this. My seizure risk goes up while my body adjusts to the change. I won't know where or when I might have one.

For God has not given us a spirit of fearfulness, but one of power, love, and sound judgment. 2 Timothy 1:7 HCSB

God doesn't want us to live in fear. He is all-seeing and all-knowing. He even knows the future. **(Color the heavenly cloud.)** God puts lots of people in place to support us. **(Write names of your friends, brothers, and sisters on the trunk of the tree.)** They love you and are watching out for you. Your doctor is an expert who loves helping you. He or she won't ask you to do something harmful. **(Draw your doctor on the middle branch.)** They are the people ready to give a hug or snuggle. They will help you find hope and joy. **(On the fluffy limbs, write your parents' names or anyone else who would pray for you.)**

"It is the Lord who goes before you. He will be with you; he will not leave you or forsake you. Do not fear or be dismayed." Deuteronomy 31:8 ESV.

(Draw a ladder to lead you down, from the lower limb to the ground.) God has already planned your future. Don't be discouraged. God loves you so much that your Epilepsy will play a part in who you become! Follow the advice of those who love you and remember God won't leave you.

Dear Lord, Thank you for my family, friends, doctors, and medications. You want me to be my best! You have placed people in my life who love me. When I am scared, please help me remember who will comfort me. I am glad You are with me, too. Amen.