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An rfour.org Children's Time Message

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Written for Sunday, February 11, 2018

Transfiguration Sunday

Lectionary Year B

Scripture: [Mark 9:2-9](#) [**Summary:** *Transfiguration: Listening To Jesus When Afraid*]

Supplies Needed: No supplies needed.

ASK (a.k.a. [The On-Ramp](#))

- Good morning!
- I have a question for you: Is there a food that you are scared to eat?
- Why are you scared to eat it? (*might be allergic, might taste bad, might be spicy, it just doesn't look good*)
- When I was your age, I was often scared to try new types of foods (and to be honest, I still am)
- So my mom would explain to me what type of food was on my plate and what it tasted like.
- Most of the time, after hearing what she had to say, I would try the food.
- Now, that didn't mean I liked the food, but it did mean that I stopped being afraid of that food.

TELL (a.k.a. [The Freeway](#))

- I ask about being afraid of food because except for the allergy part, food isn't really all that 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.
- Being afraid of something that isn't very scary reminds me of today's scripture story.
- In it, 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, he was transformed into this shining, dazzling light.
- It's 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.

SHARE the Good News (a.k.a. *The Destination*)

- Even though the disciples knew Jesus, this getting really bright thing that was happening to him scared them.
- They were so scared that they didn't know what to say or do.
- But, then, the disciples are reminded by God that even when they are afraid, they are to listen to Jesus, and that seems to help them overcome their fear.
- Like the disciples, we are sometimes scared by things that aren't scary.
- Today 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 act, even when we're afraid.
- That's the good news for today. Let's pray....

CLOSING Prayer

Dear God,

Dear God,

Thank you for Jesus...

Thank you for Jesus...

...who shines with your light...

...who shines with your light...

...and helps us to know...

...and helps us to know...

...what to do...

...what to do...

...even when we're afraid.

...even when we're afraid.

Thank you and amen.