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Written by Nathanael Vissia

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An rfour.org Children's Time Message

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Written for February 11, 2024

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 to the point that I could eat it.
- 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.

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

- Being afraid of something that isn't actually 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, 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.

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

- Even though the disciples knew Jesus, 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 and act, even when we're afraid.
- That's the good news for today.
- Let's pray. This is a repeat-after-me prayer.

## **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.**