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An rfour.org Children's Time Message

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Written for February 14, 2021

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, 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.