

# Jesus Takes Our Fears Away

An Easter Bunny Prayer Service for Little Ones....

Based on the best-selling book: *Easter Bunny's Amazing Day*.  
An activity to prepare children ages 3-7 for Easter.



## WHAT YOU NEED:

1. Paper to make "Fear Cards" (described below)
2. One plastic egg for each child
3. Candy and trinkets/toys for each child's plastic egg

## HOW TO SET UP:

Fear Cards — The fronts of the cards display common fears children have. There are several images here that you can use, you can find similar images online, or children can draw their own fear on a blank card.

The text for the back of each card is

*I'm afraid of:*

[leave most of the card blank after this.]

[At the bottom of the card]

*Jesus, I give this fear to you.*

*Jesus, I trust in you.*



## Instructions for the Prayer Service

1. Ask the children what they are particularly afraid of. (\*Tips for talking about fears can be found below.)
2. Present and distribute Fear Cards. (Have them draw their own fear if they're not using clip-art images)
3. Help them write their fear on the back.
4. Once complete, each child puts his or her card inside a plastic Easter egg.
5. Make sure the child's name is on the outside of his or her egg. The child will get to keep it.
6. They put the egg inside of an Easter basket big enough to hold everyone's eggs. Show the children a stuffed, natural-looking "Easter" bunny who is already in the basket with his egg, with his fears written on it.
7. Leave the basket by an altar or a picture or statue of Jesus or a crucifix. The Easter bunny will take their fears to Jesus while they go on a quiet prayer walk (indoors or out).
8. While away, a teacher/parent switches the contents of the eggs with a message from Jesus and/or a small treat.

Sample message:

*My dear child, I have taken your fear(s) away. If the fear ever comes back, you can give it to me again. I will give you love and joy, over and over again if you need. I have power over fear, and there is no limit to my love for you!*

9. The children return and are invited to open their eggs to find something new inside. Tucked inside is a message from Jesus and/or a small treat. Jesus is full of surprises. He makes things new.
10. Hand out the Note to Parents to explain the activity, and send home the words to the song with the children.



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\*Tips for talking about fears

## Naming Fears and Giving Them to Jesus

Jesus said many important things.

Here a few special things he said about being afraid...

“There is no fear in love, but perfect love drives out fear...” (1 John 4:18).

“God is love” (1 John 4:8).

“Do not fear, for I am with you” (Genesis 26:24).

“Behold, I am with you always...” (Matthew 28:20).

When we remember that Jesus is always with us and how His love makes us feel safe, then we know we can trust Him and give our fears to Him.

\*This service can also prepare the hearts of slightly older children for First Reconciliation. On the cards, they are given the opportunity to give their sins to Jesus.



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## PRAYER-WALK SONG LYRICS

Song by Cathy Gilmore; hymn by William B. Bradbury, 1862.

Have children follow an adult guide along a short, predetermined route.  
While they walk, the adult guide begins praying with a song, first demonstrating  
the tune and then inviting each child to join in the verse and refrain.

(Sing to the tune of “Jesus Loves Me, This I Know”)

### VERSE 1

Jesus takes my fears away,  
He protects me every day.  
When I’m scared, I think of Him.  
He’s with me, and I can grin.

### Refrain (all sing)

Yes, Jesus saves me, (*hold arms up strong*)  
Yes, Jesus holds me, (*hugs arms around self*)  
Yes, Jesus loves me; (*make heart shape with 2 hands*)  
His own words tell me so. (*hold palms up as if holding an open book*)

### VERSE 2

Jesus takes my fears away,  
He protects me every day.  
In the dark, I think of Him.  
He’s with me, and I can grin.

### Refrain

### VERSE 3

Jesus takes my fears away,  
He protects me every day.  
If I’m lost, I think of Him.  
He’s with me, and I can grin.

### Refrain

### VERSE 4

Jesus takes my fears away,  
He protects me every day.  
In a storm, I think of Him.  
He’s with me, and I can grin.

### Refrain

### VERSE 5

Jesus takes my fears away,  
He protects me every day.  
When I’m sad, I think of Him.  
He’s with me, and I can grin.

### Refrain

Additional verses can be sung with  
“If I’m alone, I think of Him”  
“When I’m hurt, I think of Him”



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## NOTE TO PARENTS

Today your little one(s) participated in a very special activity from which he or she received an Easter egg. His or her name is on the egg, and inside is a handwritten piece of paper. Your child has likely already enjoyed the sweet that was also inside.

We want you to know the deeper meaning of this little egg. Your child was invited to give his or her fears to Jesus. The children were allowed to choose a picture or color a small picture of something that made them afraid. They put that picture inside the egg and said, "Jesus, I give this fear to you. Jesus, I trust in You!" All the eggs were placed in an Easter basket. An Easter Bunny took the children's fears to Jesus while they went on a prayer walk.

The children sang a song on their prayer walk:

Verse:

*Jesus takes my fears away,  
He protects me every day.  
When I'm scared, I think of Him.  
He's with me and I can grin.*

Refrain: (all sing)

*Yes, Jesus loves me  
Yes, Jesus loves me  
Yes, Jesus loves me,  
For the Bible tells me so.*

When they returned, the children found a handwritten message of love from Jesus and a piece of candy in their egg. Jesus' love is so sweet! Continue to encourage your child or children to give their fears to Jesus and to trust in His love!

**God bless your family, and we wish you a Joyful Easter!**



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