

**"DON' T BE
AFRAID..."**

Matthew

10 : 31

In Gospel of Matthew 10:31, Jesus says, “So don’t be afraid; you are worth more than many sparrows.” It’s a simple sentence, but it speaks directly to one of the deepest struggles we face as humans—and as parents: fear.

Fear shows up in so many ways. We worry about our children, their safety, their future, whether we’re doing enough or getting it right. And into all of that, Jesus gently speaks: *Don’t be afraid.*

You may have heard that some version of “Do not fear” or “Don’t be afraid” appears 365 times in the Bible—one for every day of the year. While that exact number is more symbolic than precise, the heart behind it is still powerful: God repeats this message often because He knows how easily fear takes hold of us.

What’s especially interesting is that in Jesus’ time, people followed the Hebrew calendar, which had about 350 days in a year. So even if we imagine hearing this encouragement once per day, the truth is—God’s reassurance actually *overflows* beyond what they would have counted as a full year. It’s as if He gives more comfort than we even have days to measure.

Why This Matters for Parents

When Jesus says, “Don’t be afraid,” He isn’t dismissing our fears—He’s redirecting them. Right before this verse, He reminds His listeners that not even a sparrow falls to the ground outside of God’s care. Then He says, *you are worth more than many sparrows.*

In other words: *If God cares for the smallest details of creation, how much more does He care for you—and your children?*

This is an invitation to trust. Not a one-time decision, but a daily return.

As parents, our children often learn how to respond to life by watching us. When they see us bring our worries to God, speak truth over our fears, and choose trust even when things feel uncertain, we are quietly teaching them where security is found.

A Family Rhythm to Practice

You might try this simple habit together:

When fear shows up—whether it’s a big worry or a small one—pause and say out loud: “Jesus says, ‘Don’t be afraid.’ God is taking care of us.”

Over time, this becomes more than words. It becomes a reflex of the heart.

Encouragement

You don't have to eliminate fear to follow Jesus—you just have to know where to take it.

Matthew, the careful record-keeper, made sure to write these words down so we wouldn't forget: *You are seen. You are valued. You are cared for.*

And because of that, we can face each day—not fearlessly—but faithfully, trusting the One who holds them all.

*This teaching was generated in part using AI.

While AI is an incredible resource that is capable of many wonderful things, it is imperative to test everything you read or hear about God, Jesus, and the Holy Spirit against the Bible.

If you're not familiar with reading the Bible, a children's version is a great place to start!

These are a few our family has enjoyed reading together over the years:

- [The Beginners Bible: Timeless Children's Stories](#) (ages 2-6)
- [The Jesus Storybook Bible: Every Story Whispers His Name](#) (ages 4-8)
- [Brave Girls Bible Stories](#) (ages 5-9)
- [The Adventure Bible: God's Redemptive Story](#) (ages 8+)

The Bible I read (and highly recommend!) is the [NLT Life Application Study Bible](#), which provides contextual information on things like customs and culture, as well as biographies, maps and summaries. It also connects prophecies made in the Old Testament to the fulfillment of them in the New Testament through the life, death and resurrection of Jesus Christ.

To receive a free Bible, visit your local church, library, or thrift store, or [order one online here](#).

If you prefer to read online, there are countless Bible apps to choose from.

I often use [Biblehub.com](#) when looking to compare different translations of the same verse and, when looking to dive deeper into a particular topic (or verse), I visit [GotQuestions.org](#).

The ULTIMATE source of knowledge and wisdom is - without a doubt! - the Holy Spirit, which we receive by the grace of God when we claim Jesus as our Lord and Savior.

If you have not yet done that, rest assured for Romans 10:9 explains:

"If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved."

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