

MUD, BATH, AND BEYOND

On the outskirts of Terrene, there are strange rumors of monsters emerging from the local mud pits. How dangerous is it when Liz and his class go and investigate?

Let's Get Started

Episode Theme: Entrusting God with fears and worry.

1. [Matthew 6:34](#) tells us not to worry. Why do you think that is? [Isaiah 41:10](#) says, "So do not fear, for I am with you; do not be dismayed, for I am your God." What comfort does that give you?
2. In [Matthew 8:23-27](#), Jesus and his disciples were in a boat in the middle of a lake when a fierce storm came up. When the disciples panicked, Jesus asked them they were so afraid. Then he spoke and calmed the storm. The disciples were amazed that even the wind and waves listened to Jesus. We shouldn't be surprised though, because Jesus has control of everything in the universe—even when we forget that he does. As you listen to this episode, think about how having God in control can stop us from worrying.

Memory Verse

"So don't worry about tomorrow. Tomorrow will worry about itself. Each day has enough trouble of its own"

Matthew 6:34

After You Listen

In this episode, Liz is afraid of the mud pits threatening the town of Terrene. The Bible tells us, "Fear not!"

Think of a time when you were afraid. People are afraid for many different reasons—big and small. The amazing thing is that God understands our fears. Even though he isn't afraid of anything, he knows that many things scare us. Sometimes the things that scare us are happening right now; sometimes we're afraid of what might happen in the future. Either way, it's fear. That's why the Bible talks so much about being afraid! It tells us we don't have to be afraid, because God is in charge of everything.

Want to dig deeper and learn about how God can help you? Check out [Hebrews 13:6](#), [Psalm 56:3](#) and [John 14:1](#). Memorize one of these Bible verses. When you're scared, say or whisper it to yourself until the fear goes away.

Challenge

When your stomach is churning with fear, what can you do? Tell God you are afraid. Write or draw your fear on a piece of paper. Put the paper in a box so that you put your fear into the box. Tie the box up tightly, then picture yourself handing it over to God. After you give your fear to God, don't take it back. Leave it in God's powerful hands. He'll handle it for you. That's a promise you can count on.

Take the Episode Quiz

Question 1: Who was the bus driver?

Answer: Grandpa Anole.

Question 2: What causes the town to panic?

Answer: The newly installed measuring device shows that the mud flats are growing and could overrun the town.

Question 3: Who tampered with the measuring device?

Answer: Skink.

<https://kidscorner.reframemedia.com/liz-and-friends/episodes/mud-bath-and-beyond>

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