

~ LITTLE SEED & LITTLE FOX ~

It  
will  
be  
**Okay**

Trusting GOD through fear and change



Lysa TerKeurst

illustrated by Natalia Moore



A Division of Thomas Nelson Publishers

NASHVILLE MEXICO CITY RIO DE JANEIRO



## Hi Friend,

One of the hardest life lessons for me to teach my kids has been on fear and worry. As their mom, I feel what they feel. I hurt when they hurt. I worry about their worries!

When one of my daughters was seven, she suddenly became afraid to get up on a stage in front of her school. This was something she'd loved before, yet anxiety was paralyzing her now. As we drove to school, I told her I'd sit on the front row so she could keep her eyes locked on me. My presence could give her reassurance and my smile could give her courage.

It worked great because I was there in person. But as my kids have grown, I've had to get more creative. I've been intentional in helping them find this same assurance and courage to face their fears by keeping their eyes on God and turning to Scripture.

And that is where I needed a story to illustrate how we can trust God in the midst of fear and understand He is still good even when life doesn't feel good.










Oh, how my mommy heart is praying for you and your kids as you read this book. I'm praying for you as you translate this story into the unique fears and worries your kids are facing today. And then hopefully they can carry this lesson into the days ahead that will no longer end with bedtime stories.

I've also written out a list of Scripture memory verses that will be helpful to tuck into your kids' hearts or stick on their mirror and equip them with the most powerful tool—God's Word!

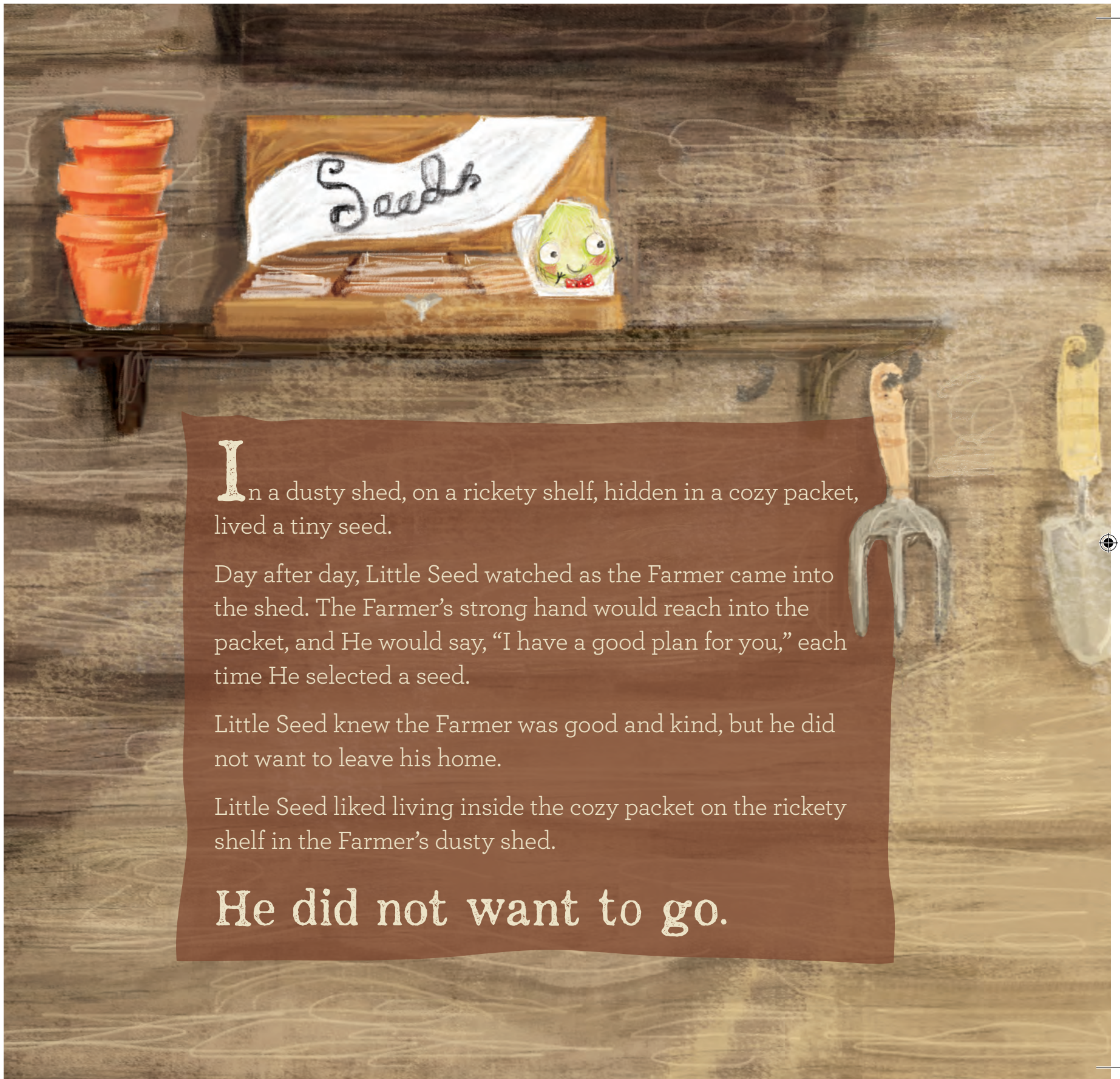
*Many Blessings,*



## 10 Scriptures to Memorize with Your Kids

-  Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.  
**PHILIPPIANS 4:6**
-  And we know that in all things God works for the good of those who love him, who have been called according to his purpose.  
**ROMANS 8:28**
-  “I am with you and will watch over you wherever you go.”  
**GENESIS 28:15**
-  The LORD your God is with you, the Mighty Warrior who saves.  
**ZEPHANIAH 3:17**
-  “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.”  
**JEREMIAH 29:11**
-  “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”  
**ISAIAH 41:10**
-  When I am afraid, I put my trust in you. In God, whose word I praise—in God I trust and am not afraid.  
**PSALM 56:3-4**
-  Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.  
**DEUTERONOMY 31:6**
-  We take captive every thought to make it obedient to Christ.  
**2 CORINTHIANS 10:5**
-  I love you, LORD, my strength. The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.  
**PSALM 18:1-2**





**I**n a dusty shed, on a rickety shelf, hidden in a cozy packet, lived a tiny seed.

Day after day, Little Seed watched as the Farmer came into the shed. The Farmer's strong hand would reach into the packet, and He would say, "I have a good plan for you," each time He selected a seed.

Little Seed knew the Farmer was good and kind, but he did not want to leave his home.

Little Seed liked living inside the cozy packet on the rickety shelf in the Farmer's dusty shed.

**He did not want to go.**

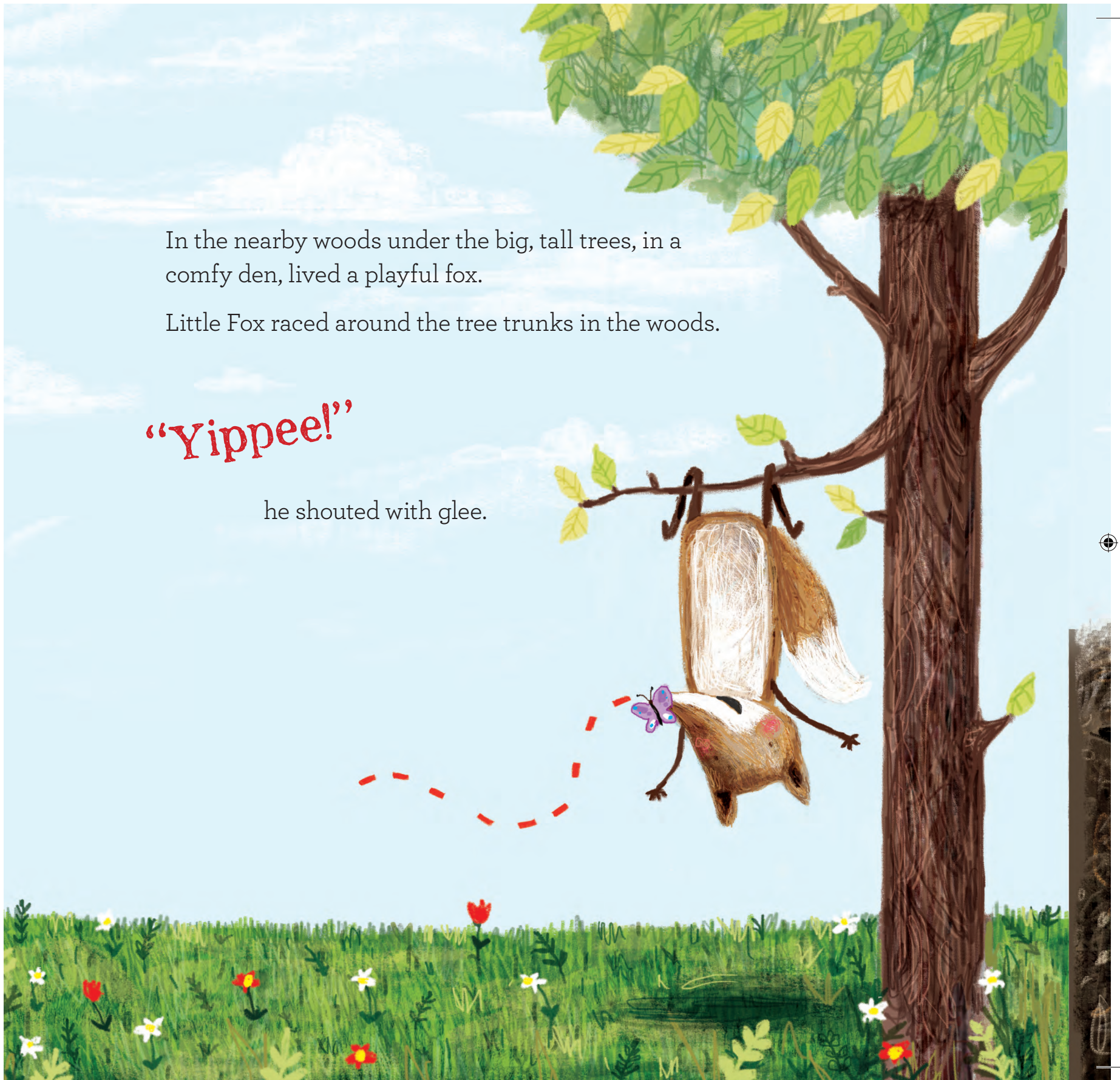



In the nearby woods under the big, tall trees, in a  
comfy den, lived a playful fox.

Little Fox raced around the tree trunks in the woods.

“Yippee!”

he shouted with glee.





But then a long, black shadow scared him, and he hurried to  
hide in his den. He was scared of the dark shadows.

**And howling winds.  
And rain.  
And most everything.**

Little Fox liked his comfy den under the big, tall trees  
in the nearby woods.

**He did not like  
being afraid.**