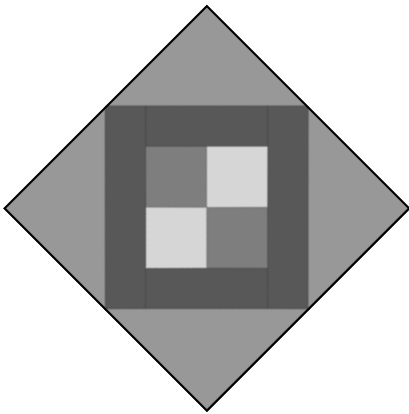





Have A Little Faith PATTERN

# Block 4: Fear Not



Pattern for a 5" finished block—All seams are 1/4".  
Pressing directions are indicated.

Fabric needed for one block & Cutting instructions	
<b>Fabric 1</b>	Fat 1/16th yard or scrap (2) 3-3/8" square, cut once diagonally 
<b>Fabric 2</b>	Fat 1/16th yard or scrap (2) 1-1/4"x4" rectangles (2) 1-1/4"x2-1/2" rectangles
<b>Fabric 3</b>	Fat 1/16th yard or scrap (2) 1-1/2" squares
<b>Fabric 4</b>	Fat 1/16th yard or scrap (2) 1-1/2" squares

Some fears can be healthy. Fear can help us avoid danger and costly mistakes. But have you ever been (or known someone who was) paralyzed by fear or was held back by fear? Fear that restricts our activities, interferes with sleep or destroys relationships is unhealthy and may prevent us from obeying God. Once we identify and acknowledge the fear, we can ask God to help us overcome our fear. *"I sought the Lord, and He answered me,, And delivered me from all my fears."* **Psalms 34:4** The Oxford Annotated Bible, with the Apocrypha, Expanded Edition, 1977.

Fear can creep into our lives in many ways. Greed is the fear of not having enough. Rejection is the fear of not being accepted. Guilt is the fear of being found out. Lack of confidence is the fear of failure. Anger is the fear of losing control. Jealousy is the fear of not having what you believe is rightfully yours. Indecisiveness is the fear of making the wrong decision. (www.intouch.org)

As a child, I suffered from a completely unfounded fear. Often, at night, my father would ask me to walk to the top of the hill, through a cornfield, to shut off the well pump. I was terrified that something, or someone would come out of the field to get me. I would take our German shepherd and run as fast as my legs would carry me. To this day, I get spooked on the farm, when I need to walk through the cornfield at night. Why don't I just offer my fear to the Lord and trust him to deliver me safely? God tells us repeatedly in the Bible to fear not: *"Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, will help you,, I will uphold you with my victorious right hand."* **Isaiah 41:10**

It isn't easy to decide to believe and rely on God more than our own emotions. We may not get to a comfort zone of complete trust immediately. We may need to take a little time to "test" to see that God is faithful to us in time of need. When fear strikes, it is important to remember that God is in control of our lives—ALWAYS.

God loves us, cares for us and is always available to us.  
What fear are you willing to give away to God?

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Please contact us if you find an error in this pattern or have difficulty following these instructions.

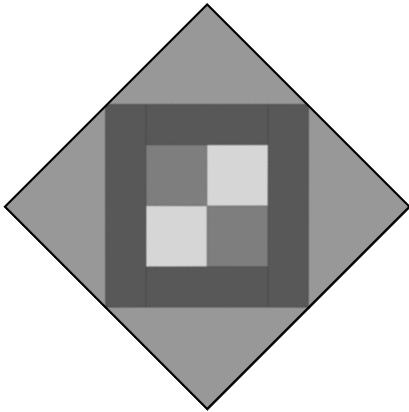
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Have A Little Faith **PATTERN**


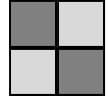
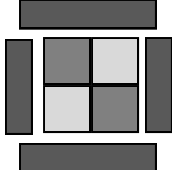
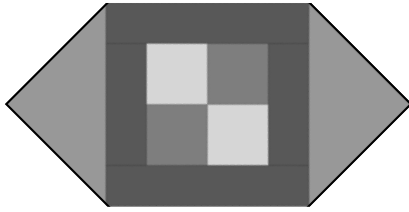
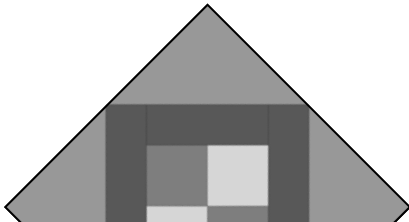


# Block 4: Fear Not



Pattern for a 5" finished block—All seams are 1/4".  
Pressing directions are indicated.

## Instructions

1. Stitch a Fabric 3 & Fabric 4 1-1/2" square together. Press toward the darker fabric. Repeat to make a second unit.  

2. Stitch the (2) units from Step 1 together to form a 4-patch unit. Fan the seam and press open.  

3. Stitch 2-1/2" Fabric 2 rectangles to the sides of the unit. Press to the outside. Stitch 4" Fabric 2 rectangles to the top and bottom of the unit. Press to the outside.  

4. Stitch Fabric 1 half-squares to the sides of the unit. Press to the outside.  

5. Stitch the remaining half-squares to the top and bottom of the unit. Press to the outside.  


Your unfinished block should measure 5-1/2"

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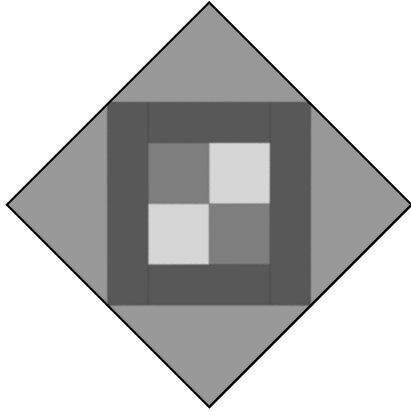
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Have A Little Faith **PATTERN**

# Block 4: Fear Not



Remember the Friday the 13th scary movies of the 80's&90's? Movie after movie, we loved to be scared by Jason, who always appeared on Friday the 13th. Fear of Friday the 13th is quite common. Many people avoid Friday the 13th. Many hotels do not have a 13th floor. In 1935, this block was originally named Friday the 13th. I chose Friday the 13th for this block because God tells us many times, "Fear Not."

The space below is provided for your personal reflection.

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