

EAHs02

Age 11-14

Fear

Bible Verses:

2 Timothy 1:7 Romans 5: 35-37 Psalm 23 Psalm 27:1 Psalm 34:4 Psalm 55:22 Psalm 56:3-4 John 14:27 Romans 8:15 Romans 8:29-31, 35-39 2 Timothy 1:7 I John 4:18

To help young people understand that God doesn't want them to live in fear and that faith in Jesus gives us the opportunity to control and conquer our fears.

Leader's notes

The dictionary describes fear in different ways:

A feeling of agitation and anxiety caused by the presence or imminence of danger.

A state or condition marked by this feeling: living in fear.

A feeling of disquiet or apprehension: a fear of looking foolish.

Extreme reverence or awe, as toward a supreme power.

A reason for dread or apprehension

Fear is something we all experience. Throughout life whatever age we are, whatever life experiences we face, we all have various things we are afraid of. Fear is something that is part of being human. Fear is a powerful emotion that can eat away at us, annoy us, and hold us back.

Fear is also there to protect us: if we are out for a walk in the woods and we encounter an angry bear then fear is probably the right reaction. Interestingly though, the advice on what to do if you do find yourself in that situation suggests is that you should stand your ground. If you can manage to do that (and you survive) that would be an example of overcoming fear that you could dine out on for many years to come!

Fear is an emotion all around us. Many of us are afraid of heights, flying, speaking in front of a group. Others of us fear failure, not making the grade; afraid of what the future holds. Some of us have more unusual fears. Anatidaephobia is apparently the fear of being watched by ducks. It is not healthy for us to allow these fears to consume us. How we handle these kinds of fears is crucial in preventing us from being crippled by them.

Fear is also something that drives human beings and can be an emotion that if handled correctly can force us to do some amazing things. Often fear can lead to us experiencing a surge of adrenaline... think of going on the Oblivion ride at Alton Towers or something similar. Fear is also something that drives extreme sports fanatics to take the plunge. Fear is sometimes a force that can be channeled to get us to do all sorts of things we normally would not do.

The Bible recognises that fear is something all human beings face. The Bible's response to us is to say 'don't be afraid', 'fear not' – this kind of statement appears many, many times in the Bible; some

commentaries suggest over 300. 2 Timothy 1:7 says "For God did not give us a spirit of timidity [fear], but a spirit of power, of love and self-discipline."

In Romans 5:35-37 the Apostle Paul writes:

"Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written:

"For your sake we face death all day long;
we are considered as sheep to be slaughtered."

No, in all these things we are more than conquerors through him who loved us."

God never designed human beings to live in fear. Fears that consume us and eat away at us and prevent us from moving on are really negative forces. God does not want us to be hindered in this way and he wants to fill your lives with His peace and help us to be freed of the fears that are negative and destructive. He wants us to be "more than conquerors" through Christ Jesus.

Fear Factor

Warming Up

10 mins

Activity

Get hold of the following pictures: tarantulas, snakes, deep ocean, a lift, bungee jumping, mountain peak, a top footballer taking a penalty, war picture, terrorism, crowds of people, a scary amusement park ride. Aim to get hold of around 10 pictures.

What fears come to mind when looking at each picture?

Give everyone a sheet of paper listing the fears associated with the pictures and then get the group to decide on a scale of 1-10 their fear factor for each picture. 1 is no fear, 10 is extreme terror! Encourage them to be honest. Once everyone has done this get people to share whether they are afraid of any of the things listed or not...

The Point: This activity is an opportunity to begin thinking about the kinds of fears we face as people. The fears we face vary from person to person, but the feeling of fear is something we all have to face up to and try and deal with.

Equipment

Get hold of a number of pictures from the web, magazines, newspapers that show examples of things your group might be afraid of. Paper and pens – on the sheet of paper list the fears associated with the pictures and then get the group to decide on a scale of 1-10 their fear factor for each picture. 1 is no fear, 10 is extreme terror!

Know Your Phobias!

Run the attached PowerPoint and see how good your group are at naming phobias. You could run it as a quiz in teams. If you don't have the means to project the presentation then you can simply do it as a team quiz. The correct answer is the one in bold (note that the picture in the PowerPoint doesn't necessarily indicate the correct answer).

Aviophobia

Books

Flying

Loud music

Brontophobia

Anything brown!

Dinosaurs

Storms**Anthrophobia**

Flowers

People

Ants!

(note that the fear of flowers in anthophobia).

Dendrophobia**Trees**

Dentists

Water

Acrophobia

Wigs

Bad smells

Heights**Agrizoophobia**

Cages

Farmers

Wild animals

Once you've given the answers, use it as the basis for a discussion along with the following questions:

Does anyone in the group have a phobia?

Has there been a time when a member of the group has ever been really scared? (Maybe you could give an account of a time like this for you)

How do the group cope with being scared?

The Point: To get the group talking about fears.


Equipment

The PowerPoint attached and the means to show it (optional), pens.

Don't Be Afraid

Digging In

10 mins

 Bible Study

How can we overcome our fears or at least handle them?

Together as group try and come up with an action plan to face up to and deal with fear.

You may come up with something along these lines:

Admit your fear.

Identify your fear/s. What makes you afraid? Make a list of your fears and look at what you've written.

Explore/study your fear. Why do you have this fear? Look deeper to identify the cause of the fear (if you can).

Develop a plan to deal with one specific fear for several weeks, or however long it takes to learn to control that fear.

Search the Bible for help. The Bible can provide us with support when we are afraid, we can even find some solutions to our fear/s.

Pray to God – talk to God about your fear/s.

Talk to a good friend or someone you can really trust about your fear. Often talking through a fear is a major step toward controlling that fear.

Take action. Sometimes the only way to take control over a fear is to face that fear head-on through practical actions.

The Bible is a good source of help and comfort. The Bible reassures us that fear is something we all face, but also that God wants to help us through our fears.

Look up the following verses and any phrases that stick out and encourage you; write them up on card using felt pens and then stick them on a wall.

Psalm 23:4

Psalm 27:1

Psalm 34:4

Psalm 55:22

Psalm 56:3-4

John 14:27

Romans 8:15

Romans 8:29-31, 35-39

2 Timothy 1:7

I John 4:18

The Point: It is good to list our fears and try and come to terms with them. We may never fully be without fear in life but the key thing is to try to give our fears over to God and try to handle them so they don't hold us back in life.


Equipment

Bibles, card/large pieces of paper, felt pens and marker pens.

Walking With God

Response

10 mins

 Prayer

There are many teachings in the Bible on fear and many of David's Psalms were written about fear – it's a theme that recurs over and over again.

Read Psalm 23 and make it a personal prayer. Split into pairs and each of you read Psalm 23 and replace words like 'my, I, me, etc' with your partner's name...

For example "The Lord is Emma's shepherd, she shall not be in want..."

Then quietly bring your fears before God and pray over each one asking God to fill you with his love and peace.

The Point: We can come to God with our fears at any time. We don't have to keep our fears stored up inside; we can come openly before God to hand our fears over to him.

Equipment

Copies of Psalm 23 for each person in the group.

More than conquerors

Response

7 mins



Visual And Audio Clips

<https://www.youtube.com/watch?v=BGYnds96TX0>

Play the song 'More than Conquerors' by Rend Collective. Ask the young people to reflect on what the words of the song may have to say to us about overcoming our fears.

The lyrics to the song can be found [HERE](#)

The Point: To help young people reflect on the fact that if Jesus can conquer death there is nothing in our lives that He can't help us overcome.

Equipment

Means to play the video of Rend Collective performing their song 'More than Conquerors'
