

TOPIC: Fear

Title: "Fear is strong, but God is stronger"

Purpose of the meeting: to let kids know that God does not always remove us from scary situations, but helps us to get through the things that make us afraid.



INTRODUCTION

Choose one or two of the following activities:

Game: "Sit down if..."

Everyone stands, and when you name something that describes a person, they have to sit down. The winner is the one who remains standing the longest.

Sit down if:

- You were ever afraid of the dark
- You are afraid of snakes
- You are afraid of spiders
- You dislike high places
- You were ever afraid of water
- You are afraid of thunderstorms
- You were ever afraid of monsters under your bed
- A policeman ever made you afraid
- You were ever afraid of dogs
- You are afraid to watch scary movies
- You are afraid of the sight of blood
- You are afraid of homework
- You are afraid of being home alone
- You are afraid of big roller coasters
- You are afraid of dead bodies
- You are afraid of a cemetery at night

Quiz: Match the phobia

Print off the handout included with this lesson and have kids write the letter of the definition beside its phobia name. This game can be played individually or in groups.

Video clip: "What about Bob?" Play the first 15 minutes of the movie "What About Bob?". This is a funny movie about a man who is afraid of absolutely everything and his psychologist, who tries to help him.

To help the leader prepare, **possible** answers are given after each question in italics. The purpose of the discussion is for the young people to express **their** thoughts. Leaders should mostly share their ideas at the end of the discussion.

QUESTIONS

1. What were you afraid of when you were younger?
Being alone; dogs; the dark; monsters under the bed
2. Now that you are older, what are some of your fears?
Failure; being laughed at; death; new situations
3. Why are you scared in these situations?
Because you don't know what will happen; no one is around to help; you feel threatened (physically or emotionally); you have had a bad past experience or you've heard scary things that make you afraid; because there is real danger
4. What do you usually do when you are afraid?
Do whatever is needed in spite of fear; pray; run away; fight against it
5. When is fear harmful?
When it distorts someone's personality; when it limits possibilities; when it keeps someone from trying something enjoyable or discovering a skill or making friends
6. (Question, if you watched the excerpt from "What about Bob?")
What did Dr. Marvin mean when he told Bob to "take baby steps"? How could that help a person with their fears?
Don't be overwhelmed by everything at once; just look at the next thing to do; it helps with the overwhelming nature of fear
7. What can we do to overcome our fears? What helps us?
Having past experience in successfully facing fear; having faith; prayer; knowing God is there; letting other people help
8. Is fear ever good? When?
When it keeps someone from dangerous or foolish actions or situations
9. The Bible says that the fear of the Lord is the beginning of wisdom. (Proverbs 9:10)
What does it mean to 'fear' God?
Having an awe and respect for Him and His commandments; it means knowing how great He is; a state of deep reverence and submission, but it doesn't mean terror or panic
11. Where do our feelings of fear come from?
Bodies preparing to take action; past experiences; something heard about or seen in a movie; unfamiliarity or the unknown

WRAP-UP

1. Every person has his or her own fears.

What scares one person may not be scary at all to another.

One survey of high school students revealed 5 common fears: fear of failure, fear of the future, fear of rejection, fear of God, and fear of death.

2. God helps us through the things that cause fear.

God doesn't isolate us from fears, but helps us through them.

(You could tell the story of David and Goliath). In this story, the Israelite army was terrified of Goliath, but David had simple faith in God, like a child towards his dad. David compared the magnitude and power of his problem (the giant) to the majesty and power of God and realized he had nothing to worry about.

We will look at each of the five reasons given for fear and see how God helps in each situation. We need to be familiar with Him. He is able to help us when we are afraid.

(Maybe write the 5 fears on a board or paper.)

1. Fear of failure

God gives us wisdom and direction for life.

He also encourages us to get back up after we fall. (Proverbs 24:16)

2. Fear of the future

God will be with us in the future.

He knows everything that will happen to us. (Psalm 139:16)

3. Fear of rejection

God accepts us as who we are.

The Bible says he loves us even as sinners. (Romans 5:8).

4. Fear of God

While we want a healthy fear of God, an AWE toward His greatness, we also see in the Bible that He is our loving Father. We don't have to be afraid that He will reject us. (1 John 4:10)

5. Fear of death

God conquered death through the death and resurrection of Jesus Christ.

God gives us eternal life. (1 John 5:11)

Eternity is a REALLY long time!

3. Learn the right attitude toward fear

Let's develop healthy fear and ask God to help us with the unhealthy limiting fear.

Phobia Match

Match the phobia name with its fear.

- | | |
|---|---|
| ___ 1. Acrophobia | a. fear of being touched |
| ___ 2. Aerophobia | b. fear of making decisions. |
| ___ 3. Agoraphobia | c. fear of kissing, |
| ___ 4. Alektrophobia | d. fear of dogs |
| ___ 5. Ambulophobia | e. fear of social interactions |
| ___ 6. Arachibutyrophobia | f. fear of injections |
| ___ 7. Arachnophobia | g. fear of spiders |
| ___ 8. Astraphobia | h. fear of chewing gum. |
| ___ 9. Chiclephobia | i. fear of phobias. |
| ___ 10. Cynophobia | j. fear of mirrors. |
| ___ 11. Decidophobia | k. fear of flying |
| ___ 12. Gerascophobia | l. fear of getting older. |
| ___ 13. Haphephobia | m. fear of butterflies and moths |
| ___ 14. Hippopotomonstrosesquipedaliophobia | n. fear of heights |
| ___ 15. Lepidopterophobia | o. fear of walking. |
| ___ 16. Mysophobia | p. fear of germs and dirt |
| ___ 17. Ophidiophobia | q. fear of long words. |
| ___ 18. Philemaphobia | r. fear of having peanut butter
stuck to the roof of your mouth. |
| ___ 19. Phobophobia | s. fear of snakes |
| ___ 20. Social phobia | t. fear of crowded or open spaces |
| ___ 21. Spectrophobia | u. fear of chickens or hens. |
| ___ 22. Trypanophobia | v. fear of thunder and lightning |

Phobia Match - ANSWERS

The phobia is matched with its fear.

- | | |
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| 1. Acrophobia | n. fear of heights |
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5 common reasons for fear:

- **fear of failure**
- **fear of the future**
- **fear of rejection**
- **fear of God**
- **fear of death**