

Facing Fear

Purpose: Our fear can distract us from doing the right thing.

Supplies: Bible

Total Time: 40-45 minutes

ACTIVITY

UnGame (10-20 minutes)

This could easily be used after a high adventure activity.

The rules of “UnGame” are simple. There is no right or wrong answers. Everyone needs to listen to the one answering by not responding and answering for them. It’s up to the person leading the activity whether everyone gets to answer the same question or just go around the room and have everyone answer a different question.

LARGE GROUP

UNGAME Activity Questions:

1. Name your biggest fear when you were a kid and talk about it.
2. Are you afraid of your childhood fear still? Why or why not?
3. What is your biggest fear now? Why?
4. Share about a time you scared someone.
5. Describe to us some fears you have already overcome?
How did it feel to overcome the fear?
6. What animal is the scariest and most feared by you?
7. Is there such a thing as fear of failure? Talk about it.
8. Talk about scary movies and how they affect you.
9. Is there such a thing as fear of success? Talk about it.
10. When is fear good for a person and when is it bad?

ACTIVITY

Fear Factor https://www.youtube.com/watch?v=dWa2H_N0KMA

ACTIVITY

Steps

1. Before the session, ask a volunteer to stand outside the room and bang on the door at the signal.
2. Ask the teens to close their eyes and imagine the following situation

Situation: *You are walking on the street one night. There is no moon and everywhere is quiet. There have been rumors of armed bandits (thieves) in the area and every sound seems to be*

dangerous to you. Suddenly someone jumps out from behind a tree just in front of you, clamps a hand tightly over your mouth and starts to pull you to a half-built house. You can see he is carrying a big knife with him.

3. Tell people to keep their eyes closed and say how they would be feeling at this moment if this happened. What physical feelings would they have?

4. As they begin to answer, the volunteer should slam the door. Then ask again for physical sensations. Example are:

- *Muscles tighten*
- *Body starts to sweat*
- *Armpits tingle*
- *Hands become damp*
- *Heart beats faster*
- *Breathing becomes faster*
- *Stomach feels uneasy*
- *Stomach jumps into the mouth*
- *Trembling*

5. Explain that these responses are caused by a chemical in the body called adrenalin. When we are afraid, it creates energy to help us fight or run away.

SMALL GROUP

Here is list of top 9 fears according to Forbes.com:

1. Fear of bugs (especially spiders), mice, snakes, bats
2. Fear of heights
3. Fear of water (drowning)
4. Fear of public transportation
5. Fear of storms
6. Fear of closed spaces
7. Fear of tunnels and bridges
8. Fear of crowds
9. Fear of public speaking

Questions:

1. Is it ok to be afraid of something? Why or Why not?
2. Typically, how do you deal with your fears?
3. Is there such a thing as a healthy fear?
4. Is there such a thing as an unhealthy fear?

1.

WRAP UP

Strategies for Overcoming Fear

1. **Acknowledge the fear.** Whether it's imagined or real, the first step in overcoming fear is to admit that it exists. We all have fears; it's human nature. Denying or ignoring them doesn't make them go away.
2. **Analyze it.** Where does it come from? Is it real or imagined? Can it be put in a different context? For instance if you think it through to its logical conclusion, what's the worst that can happen to you? Once you've determined what that might be, ask yourself if you can deal with, or overcome it. More often than not, once you go through the process of analyzing it, the fear isn't as scary as you originally imagined.
3. **Face it.** Allow yourself to feel it, and then do it anyway. Act in spite of your fear and treat it as a challenge for personal growth and an opportunity to become stronger.
4. **Be persistent.** Do the thing you fear over and over again. By doing it repeatedly it loses its power over you and you become less vulnerable to it.
5. **Develop courage.** Sometimes the answer may not be to conquer a particular fear; it may be to develop courage. If you focus too much on any one fear instead of trying to build courage, you may in fact, intensify it. By developing courage you build self-confidence and resilience. You also build a healthy approach towards facing all fear.

Optional Content

CHALLENGE

Read Matthew 14: 22-33 “Jesus Walks on Water”...and Peter tries!

1. **Ok...3am you're in a storm where the waves are filling the boat with water and the winds are wiping around like something terrible...describe the feelings you think you might have if you were in that situation?** *Allow time for the teens to answer.*
2. **Now add to that, you see a person walking on the water during this storm! Do your feelings change?** *Listen to their responses.*
3. **Why do you think Peter knew it was Jesus?** *Verses 27-29.* Let the group know that the disciples just had a long day with 10,000 plus people. They witnessed Jesus taking 5

loaves of bread and 2 fish and somehow Jesus was able to take that little amount to feed the thousands. Jesus didn't just feed them; they had so much that the people were full...they even had left-over's! But the point here is, Peter might have been coming off a spiritual "high" where he was just pumped and felt they could do anything with Jesus! The he sees Him and knows it's Him. Peter could have been pretty confident in his Jesus!

4. **What could have led to Peter thinking he too could walk on water?** *Allow time for them to share their thoughts, but again,* could it be that this spiritual "high" that Peter was on helped give him the confidence and belief that he too could do what Jesus does? We don't know because the Bible doesn't tell us what's going on in Peter's head, but we do know he climbs over the side of a boat that is being tossed around like a toy, and steps onto the water!
5. **What caused Peter to go from walking on the water to sinking quickly?** *Verse 30.* Peter allowed the scary situation he was in to distract him from what he once believed he could do. His fear of dying quickly took over! So, maybe his fear took away from what he knew could do.
6. **What was Jesus' response to Peter?** *Verse 31.* Even when Peter lost his confidence and belief, Jesus was right there ready to instantly help him back up. Not only that, Jesus reminded him that he had lost his faith and focus in Him.

WHAT'S A DISCIPLE?

One who accepts and assists in spreading the doctrines of another: as...one of the twelve in the inner circle of Christ's followers according to the Gospel accounts

Wrap UP:

1. Fear is an emotion that God created in us!
2. Some fear is a really good thing. Fear of DUI, fear of jail, etc
3. Fear can either immobilize us or propel us.
4. Have you put your faith and focus in Jesus Christ as your rescuer of your sins? If not, stay around after we dismiss and I would like to talk more about this with you.
5. Maybe you have asked Jesus to be part of your life and you are trying to make him more of your life every day. If this is you, think about how you are like Peter and ask God to show you what fear is distracting you from doing the right thing?

Pray, then be available for those who want/need to talk/pray.

SALVATION VERSES

SOMETHING EXTRA:

Do you have teens who want more verses to look up on this topic? *See below*

FEAR:

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- Finding strength when fear is controlling: Psalm 46:1-2; John 14:27.
- When fear is good: Psalm 2:11; 2 Corinthians 7:1; Deuteronomy 31:7-8
- Encouragement:
 - Romans 8:15
 - 2 Timothy 1:7
 - Hebrews 13:5-6
 - Psalm 27:1
 - Psalm 56:3-4
 - Psalm 56: 10-11
 - Matthew 10:28-30
 - 1 John 4:18