

# SHIFT

## Week 5 - From Fear to Trust

### THE MAIN POINT

The Bible says “Do not fear” a lot. Yet we live in it all the time. Students probably aren’t readily admitting that they live life in fear, but when we get beneath the surface of our motivations, we find a lot of us actually do live in fear a lot. We hope this meeting can help students understand how fear manifests itself and bleeds negatively into our lives. We will help students move from fear to trust.

### MATERIALS NEEDED

- Bible
- Paper
- Hat/bowl
- Pens

### GETTING STARTED

Start off by asking everyone about their week and going over the rules of small group time together.

#### **RULES FOR SMALL GROUP:**

**Commitment** - Commit to being at every group meeting (make it a priority!)

**Confidentiality** - What is shared here stays here.

**Be honest or be silent** - don't make up an answer just to have one. Sometimes the most honest answer is no answer, so if you need to, just say pass.

**Respect** - for one another, their thoughts/ideas/opinions (no put downs).

Now, have them share about their Take Away challenge from last week.

## ACTIVITY

Hand out a sheet of paper and a writing utensil to each student. Instruct them to anonymously write a fear or worry that they have. Tell them to be as specific and as honest as possible, but not in such a way that they could be easily identified. After everyone is done writing a fear/worry (including the leaders), collect each sheet into a large hat/bowl. It'd be good if a leader had one written in advance so that you don't get a bunch of silly ones.

Shuffle the sheets and pass out one per person.

Take turns reading one fear aloud, and each reader should attempt to explain/guess what the person who wrote the fear means. Do not allow any sort of comments from others on what the reader said or guessing who wrote it. Ask how many can relate to each fear. Simply listen and go on to the next reader.

After all fears have been read and elaborated, discuss as a whole group what some of the common fears were.

## GOING DEEPER

Back in the Old Testament the king of Aram had beef with Israel and started a war against them, planning to wipe them out. Luckily Israel had a prophet, Elisha who was on their side. He was God's servant who aided the king of Israel by revealing where the king of Aram was going to try and attack them next. And since the king of Israel had Elisha telling him where the Arameans were going to attack next they never got touched. This didn't go over well with the king of Aram, so he sent his

army to surround Elisha and capture him. They traveled to where Elisha and his servant were living at the time and surrounded them.

Read 2 Kings 6:8-17 or continue telling the story in your own words.

- What sticks out to you in these verses? Someone recap the story.
- Would you be afraid if you were in the servant's position? Why did the servant not need to be afraid?
- What are you afraid of?

Sometimes these fears surround you and leave you feeling trapped, like there's no way out. Maybe it's fear of trying something new, fear of messing up, fear of confrontation, fear of failure.

- Do you feel surrounded/stuck where you're at?
- What scares you? What makes you anxious? School? Future? Family? Rejection?
- Is it ok to be afraid? Why or why not?
- How do/can we trust?
- Who can we trust?

## UP CLOSE AND PERSONAL

*This is a time where, as the leader, you get to share a part of your story. Be sure and share about how God has worked in your life. This is also a time for you to get vulnerable with the students.*

Share a time when you were fearful of a situation and how you trusted God to protect you/show you the way and how much peace comes with putting our trust in God.

Read Philippians 4:6-7

We can trust God with the things that make us anxious and fearful. He promises us His peace...the kind of peace that is more than we can understand.

## TAKE AWAY

You have a choice on how you're going to react to these situations that have the potential to make you afraid. The question is how are you going to react?

It's not always easy, but it comes down to a choice:

- Choosing not to allow fear and anxiety to control your life.
- Choosing not to be fearful of the future
- Choosing to not worry about what others think
- Choosing to trust God

The first part of this week's challenge is to be aware of what brings you stress and worry. When you feel those things, write down what is happening.

Don't let the worries of this world instill fear in you. Overcome fear with trust. Trusting in God.

We might still feel afraid, but we can trust that God is with us. We may not be in control, but we can trust the One who is. We may not know the future, but we can know the God who does.

You might not be in a place right now where you feel like you can trust God, or even believe in Him. That's okay.

The second part of this week's challenge is to start thinking about what it means to put your trust in God. Take a few minutes this week and just journal/write down your thoughts about what you think it means to put your trust in God.