

Momentum/Friction

Module: What's YOUR Excuse?

Lesson 4: I'm Too Afraid...

Objectives:

- Students will consider that fear can keep them from achieving God's plans
- Students will explore what the Bible has to say about overcoming fear

Materials Needed:

- ☐ A list of phobias and items for the Phobia Quiz (you may want to have the website <http://www.listofphobias.org/list-of-funny-phobias.htm> on hand or borrow a library book listing various phobias)
- ☐ Printouts or poster boards with following passages on them (Deuteronomy 31:6, Psalm 23:4, Psalm 27:1, Psalm 56:11, Isaiah 41:10, Isaiah 41:13, Matthew 10:31, John 14:27, 2 Timothy 1:7, Hebrews 13:6) posted on the walls before the lesson
- ☐ Prize for the winner of "Minds On"

Minds On

Lead your students through a Phobia Quiz. Create a list of phobia names and ask your students to try and identify the object involved with the phobia. You can either simply list out the names and see how many they can fill in, or find pictures or actual items from the list and have them match the name with the object. Give a prize for the person who gets the most correct answers. You could also divide up the list and have students work in groups to create skits that demonstrate the phobia, and then have the other students guess what they were.

NOTE: When generating your list, remember that some in your group may actually have one or more of the phobias on the list, so try and choose very obscure phobias so as not to make anyone uncomfortable or fearful. With that said, showing a picture of a big, hairy spider or a snake might be good for a reaction to get things started. Try to be sensitive while keeping the atmosphere fun and light-hearted.

Action

Say something like: *All of us are afraid of something. For some, it's the fear of the dark or of enclosed places. Some people don't like spiders and others don't like heights. But we all know what it's like to be afraid.*

At this point, you may want to share something humorous about one of your own fears. This should not be a serious discussion, but something light-hearted.

Ask your students to describe what it feels like to be afraid. Have them try to describe it without using words like scared or frightened or terrifying. Push them to use other words to explain the feelings or emotions that are connected with fear.

Say something like: *Fear can slow us down. It can stop us from moving forward. It can limit our actions. When we think about doing what God wants us to do...things like sharing our faith*

with our friends, or saying no to things that everyone else is doing, we sometimes are afraid of what will happen if we do what is right. Tonight we are going to look at some of what the Bible has to say to those of us that are afraid.

Invite your students to walk around the room reading the different passages that are displayed. When they find one that resonates with them, have them stay by it, and form discussion groups with other people who like the same one. If a group get to a size of 6-8 people for a particular passage, have them break up into two smaller groups. If there is only one person at a passage, they can choose to stay there and work on their own or join another group at a secondary choice. You may want to play some soft background music while the small group part of this activity takes place.

In a central location, or at the bottom of each passage, post the following questions, and have the discussion pods work through them together.

What do you connect with from this verse?

What words, images or phrases stands out to you?

How do you think this verse could help you with your fears?

After sufficient time has passed, bring the large group back together and work through their responses, allowing each discussion pod to share some of what they discussed.

Consolidate/Debrief

After your group has finished sharing, have them break off into groups of 2 or 3 and share something that God may have been asking them to do, but that they have been afraid to try. Encourage them to pray for one another, and to hold each other accountable to make steps towards accomplishing their item within the next week.

Conclude by praying for your group as a whole.