



Dealing with Fear Plan



Note: This is suitable for an unchurched group. Edit appropriately

Aim/s

- To identify personal fears
- To learn how to deal with them

Bible focus

There are so many choices on this topic, select something that will fit your programme or group. There are some suggestions further on.

Resources

Slips of paper
Emotion cards
Paper, art materials - bright pens/paint, scissors

Icebreakers – select

1. Name as many x as you can. Suggestions:

- pizza toppings / types of cake
- bad habits
- popular TV programmes / cartoon characters
- fears

What's the scariest TV programme or film you have even seen?

On a more everyday basis, what are you scared of?

2. The Last Time I felt

Write different emotions on pieces of card. Turn the cards face down and let them choose at random. This encourages them to talk about their feelings. Finish by using the 'AFRAID' card for the whole group.

Take a card from the set and describe to the group the last time you felt this emotion, for example
“*The last time I felt sad was when I broke a vase that my mother had given me as a special present.*”

Cards: SAD ANGRY HAPPY UPSET CONFUSED GUTTED SCARED HURT
BORED SILLY STUPID CROSS CLEVER KEEN EXCITED AFRAID



Starter activity

Write down your fears, both large and small on separate slips of paper

Place them along a line, on the floor or the wall, according to the size of the fear i.e. strong fears at the top and smaller ones at the bottom.

Some young people may only identify concrete/tangible fears such as dogs or spiders. Others may include more abstract fears such as those of failure or rejection etc.

Leaders note: The fears they name may focus mainly on tangible things like spiders/ dogs etc. They may be slower to identify the non-tangible / abstract ones such as:

- lack of confidence / failure / not coping
- new situations / the unknown
- other people
- ridicule / not wanting to look silly
- rejection

Ask: What lies behind our fears?

Focus on the fears they have identified as their top ones

WHY are you afraid of those things!

Perhaps rearrange the slips of paper in groups according to the reason such as:

- A bad memory or experience e.g. being attacked by a dog or bullied at school
- Fear of being physically hurt e.g. injections, being stung/bitten
- Stories they have heard from others e.g. how the older guys treat you at secondary school
- Fear of the unknown

Ask: When are fears at their worst?

When we keep them to ourselves or have no one to talk to

When we are tired or hungry

At night or when we are alone

When we forget to pray

Discuss ways in which we often deal with fears in general

Identify which ways are helpful and which are not always so helpful

What else can help us to deal with fear?

Cover helpful things they have missed.

Story examples from the Bible, other people or leaders own could be used here. There are many choices.

Number 13-14, Israelite spies explore Canaan;

2 Kings 6: Elisha besieged at Dothan;

1 Kings 19: Elijah runs away;

2 Chronicles 20: Jehoshaphat faced with 3 armies;

2 Kings 3, The ditch-digging battle story;

Luke 8:22-25, Jesus calms a storm



What can help us to deal with fear?

1. Face it rather than bury it
2. Pray and praise; thank God that he can deal with anything and ask him to take it away
3. Look for the roots
4. Re-size / shrink / re assess the fear
5. Talk to someone.
6. Fill your mind with something positive, such as a Bible verse
7. Ridiculize¹ it
8. Eat & sleep
9. Do something fun/relaxing
10. Be careful what you believe
11. Prayer; ask someone to pray with you or for you.
12. We all struggle with fear at times. Make a habit of asking God to deal with the fears in you.

Premier Lifeline 9am -12pm **0300 111 0101**
UCB prayer line **0845 456 7729**

Songs / music / Activities / Reflection time

Give a selection of Bible verses about fear.

Play some music and give them the opportunity to do some art based on a Bible verse or a picture that God has given them.

If possible provide dark paper as well as light and plenty of bright colours.

Some might like to draw around their hands on a piece of paper, cut it out and write Isaiah 41:13 down the fingers.

Pray for each other

Bible focus:

When facing a new challenge or situation

Numbers 13-14 and Deuteronomy 1:19-31 tell the story of the Israelite spies going into Canaan.

Do not be afraid of the people of the land. Their protection is gone, but the Lord is with us. Num14:9

Fear of people:

"Don't be bluffed into silence by the threats of bullies.

There's nothing they can do to your soul, your core being.

Save your fear for God, who holds your entire life—body and soul—in his hands. Matthew 10:28 Msg

Proverbs 29:25, trust God & don't fear people

Fear of failure / not coping / lacking confidence:

You will not be able to succeed at everything you'd like.

Go with God's idea of what you need to be good at and he'll make up any shortfall in your abilities.

And don't underestimate what he has given you already.

When I am weak, Christ's power can live in me. 2 Corinthians 12:9

I can do all things through Christ, because he gives me strength. Philippians 4:13

God has not given us a spirit of fear. 1 Timothy 1:7

Joshua 1:6-9

Fear of rejection

Even if my father and mother abandon me, the Lord will hold me close. Psalm 27:10 NLT

Can a mother forget her nursing child? Can she feel no love for the child she has borne? But even if that were possible, I would not forget you... Isaiah 49:15-16 NLT

But this is what the Lord says: I would no more reject my people than I would change my laws that govern night and day, earth and sky. Jeremiah 33:25 NTL

Romans 8:35-39 Nothing can separate us from the love of God

Difficult situations

Jesus calms a storm; Luke 8:22-25

For I am the LORD, your God, who takes hold of your right hand and says to you, "Do not fear; I will help you." Isaiah 41:13 NIV or look up 'The Message'

Isaiah 43:1-2 uses picture language to say that when we go through difficult times, God is there with us: "When you pass through the waters, I will be with you. When you cross rivers, you will not drown."

Other verses to check out

1 John 4:18, no fear in love

Psalm 25:14, Lord, a friend to those who fear him

Proverbs 12:25, anxiety = heavy/depression, good words help. Check out different translations.

Deuteronomy 31:6-8, The Lord will be with you... not leave / forget you. Don't be afraid / worried

Micah 4:4, one day - there will be nothing to fear

Acts 4:29-31 disciples given boldness

Matthew 6:25-31, practical needs

Philippians 4:19, practical needs

Psalm 27

Psalm 91



Writer: Brenda Lord

Image: Psalm 91:4 Katie Hawkes

Image: Fotolia.com: Hand with marker writing: Fear/Fearless © gustavofraza

¹<http://www.oxforddictionaries.com/definition/english/ridiculize>

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