

FACE IT!

Explicit Movement

NOTE: Please feel free to edit, add to, and come up with your own creative elements and ideas!

TITLE OF LESSON: Facing Your Fears

OBJECTIVES:

- 1) What do you want them to know? Face your fears by trusting in someone greater than that which you fear.
- 2) What do you want them to feel? Empowered!
- 3) What do you want them to do? (application) Trust in the Lord and obey His calling for their life.

BIBLE TRUTH FOCUS (Scripture):

1 Samuel Ch. 15-17

Key verses within this passage to focus on...

- “Does the Lord delight in burnt offerings and sacrifices as much as in obeying the voice of the Lord?”...
Then Saul said to Samuel, “I have sinned. I violated the Lord’s command and your instructions. I was afraid of the people and so I gave in to them. Now I beg you, forgive my sin and come back with me, so that I may worship the Lord.” But Samuel said to him, “I will not go back with you. You have rejected the word of the Lord, and the Lord has rejected you as King.” 1 Samuel 15:22-26
- But the Lord said to Samuel, “Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart.” 1 Samuel 16:7
- David said to the Philistine, “You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel whom you have defied... All those gathered here will know that it is not by sword or spear that the Lord saves, for the battle is the Lord’s, and he will give all of you into our hands.” 1 Samuel 17:45,47

OPENER ACTIVITY OPTIONS:

***Pick **one** of the activities that you think best fits your Youth Group...

Ethnic Extravaganza [5+ min]

Materials: (any “exotic” foods that most students aren’t familiar with)

1. Frozen or fresh durian (Chinatown)
2. Naato (Don Quixote)
3. Preserved duck egg aka Thousand Year Old Egg (Chinatown)

4. Duck or Chicken Feet (Chinatown)
5. Other items you could use: Spam/Vienna Sausage (any supermarket), Dried Caterpillars (Chinatown)

Depending on time...

5+ min: Buy three servings of one of the ethnic food items listed above. Have 3 volunteers race to see who can eat it the fastest. You can choose whether or not to reveal what they'll be eating! It's even crazier if you have one person feeding the food to their partner who is blindfolded and can't use their hands. (Feel free to use as many items above. You can create it into a relay race if you so choose).

Smoothie Roulette [30+ min]

*Requires more time but could be used as a replacement for your game time if you have one.

Materials:

1. A Dice **or** Mini Games
2. Liquid (minimum 2): one good, one bad (ex. Juice and Coffee)
3. Fruit (minimum 2): one good, one bad (ex. Bananas and Tomatoes)
4. Protein (minimum 2): one good, one bad (ex. Protein Powder and Can of Beans)
5. Thickener (minimum 2): one good, one bad (ex. Ice and Potato Starch)
6. Blender
7. Cups

You can either use a dice (to make things shorter) or five mini games (such as jan-ken-po/charades/etc.) to determine which group gets to pick each ingredient first. Once the teams have chosen all of their items, blend it into a smoothie. You can do the relay race in two ways...

1. Team Style: All teams will line up at the same time. First person will chug as much as they can. However, once they bring the cup down it must get passed to the next person in line. This will continue down the line until the team finishes drinking the entirety of the smoothie. First team to finish will win.
2. Solo Style: Each team will send up one representative to drink the entire cup for their team.

Face Fear: Motivational Video [5 min]

<https://www.youtube.com/watch?v=FH1zd-zPWms>

"We can only be overwhelmed by our thoughts about something, not the actual thing in itself."

Fear Factor: [1+ min] (you can show a part of the clip or even just the beginning promo)

<https://www.youtube.com/watch?v=toduAVhIPSQ>

LEADER'S TALK POINTS (step by step lesson):

Introduction:

Often times we're fearful because of the **unknown** or because we **believe we may fail**. (Refer back to opening activity)

Let's face it. There are a lot of things in our world today that we are fearful of...especially when it comes to what people have to say about relationships.

Definition: According to dictionary.com fear is...a distressing emotion aroused by impending, danger, evil, pain, etc., whether the threat is real or imagined; the feeling or condition of being afraid.

- Personal example of what fear means to you.

Four Main Types of Fear (we have when it comes to relationships):

- Social Fears: Rejection, Failure, Ridicule
- Physical Fears: STD's, Pregnancy
- Emotional Fears: Acceptance, FoMo, Fear of Rejection, Fear of Failure
- Good Fears: Keep us from doing something unwise

Tonight we're going to learn some things about fear by taking a look the life of one young man in the bible... his name is David.

[Give a brief background of the story of David and tie it in as you go along.]

[Also, please feel free to connect how you see fit, points about purity and how our fears of the things noted above can stop us from living in the fullness of God's plan]

1. Problem: Fear robs us of our destiny.

a. 1 Samuel 15:22-26.

- i. God could not use Saul because Saul was fearful of the people more than he was afraid of God.
- ii. When we fear man more than God, it will cause us to sin. Sin, simply put, is rejecting God. It means choosing something else over Him.
- iii. If we want to be used by God, then we need to trade in our fear of man for the fear of God.

2. Solution: Fear is undone when we realize that we are loved.

a. 1 Samuel 17:45, 47. David realized that his strength came from the Lord.

- i. When we realize that God loves us (Romans 8:36) we can live confidently out of that fact (Phil 1:6).
- ii. Courage is not the absence of fear, but the realization that something else is more important.
- iii. David never refers to Goliath as a giant. David looks at Goliath and says that he's just a man. He is convinced that God is bigger. David knows that he is loved by someone more powerful.

b. 1 John 4:18.

3. Action: Living free from fear means living beyond the crowd.

a. 1 Samuel 16:7

- i. In order to step into what God had destined for David, he had to step away from the crowd who was still living in fear.
- ii. God did not call you to be part of the crowd, He called you to lead the crowd!

- b. Often times following Jesus can feel lonely. But if you never leave the crowd then you will never influence the world around you.

GROUP DISCUSSION QUESTIONS:

Topics may be more gender specific so we encourage you to break out within genders if you so chose to!

1. What is the scariest thing that you've ever done? Why did you do that?
2. What are some of your fears?
3. What are some fears or insecurities that you have about your relationships in life? (all types of relationships)
4. Do you believe that you are loved? How does your life reflect your answer?
5. Do you fear God more than man? What are some examples that speak to this in your life?

PRAYER POINTS:

- Lord, I pray that you would strengthen me to be a man/woman who fears you more than I fear man.
- Lord, give me courage to face the things that I fear! Would you remind me every time that you are greater, you are stronger and I am loved.

OPTIONAL FOLLOW UP ACTIVITIES:

Have them write a letter to their future self about the things they are currently struggling with and how they want to face their fears and be free from whatever is weighing them down. Put it in an envelope and have them write their address.

A few options...

- You can send them this letter later (it could be 3 months, 6 months, a year, etc.)
- You can hand it to them at the conference so that they will be reminded of what they're wanting to be free of and they can receive ministry and healing during that time.