

EXPLICIT

M O V E M E N T

Pre-Conference Lesson 2: FACE IT! Facing Your Fears

OBJECTIVES

What do you want the youth to KNOW? They can fully trust God with their fears.

What do you want the youth to FEEL? Empowered and courageous.

What do you want the youth to DO?

Trust the Lord more fully, face their fear as opposed to avoiding their fears, and take steps to overcoming their fears in helpful ways.

MATERIALS

- Scripture Verse Handouts for Follow up
- Materials needed for the Opener Activity (depending on activity)
- Youtube video: Absolute Motivation. (2015, March 21). *Face Fear – Motivational Video* [video file]. Retrieved from: <https://youtu.be/FH1zd-zPWms>
- YouTube video: TutorialzProjectv9. (2015, November 28). Fear Factor Season 1 Episode 1 (US) [video file]. Retrieved from <https://youtu.be/eC9OYU3QR98>
- Folder paper, envelopes and pens for follow up activity

BIBLE TRUTH FOCUS

I Samuel 15-17

(I Samuel 15:22-26, NLT) “But Samuel replied, “What is more pleasing to the LORD: your burnt offerings and sacrifices or your obedience to his voice. Listen! Obedience is better than sacrifice, and submission is better than offering the fat of rams. Rebellion is as sinful as witchcraft, and stubbornness as bad as worshiping idols. So because you have rejected the command of the LORD, he has rejected you as king.” Then Saul admitted to Samuel, “Yes, I have sinned. I have disobeyed your instructions and the LORD’s command, for I was afraid of the people and did what they demanded. But now, please forgive my sin and come back with me so that I may worship the LORD.” But Samuel replied, “I will not go back with you! Since you have rejected the LORD’s command, he has rejected you as king of Israel.”

(I Samuel 16:7, NLT) “But the LORD said to Samuel, “Don’t judge by his appearance or height, for I have rejected him. The LORD doesn’t see things the way you see them. People judge by outward appearance, but the LORD looks at the heart.”

(1 Samuel 17: 45, 47, NLT) “David replied to the Philistine, “You come to me with sword, spear, and javelin, but I come to you in the name of the LORD of Heaven’s Armies—the God of the armies of Israel, whom you have defied. And everyone assembled here will know that the LORD rescues his people, but not with sword and spear. This is the LORD’s battle, and he will give you to us!”

OPENER ACTIVITY

Pick one of the following activities that best fits your youth group:

ETHNIC EXTRAVAGANZA (5+ MINUTES)

Materials: 5-6 exotic, unusual foods (like naato, preserved duck egg, chicken feet dried bugs, vienna sausage, sardines etc.)

Buy three servings of one of the ethnic food items you choose and 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 is even crazier if you have one person feeding the food to their partner who is blindfolded and can’t use their hands. You can create a relay race if you choose.

SMOOTHIE ROULETTE (30+ MINUTES)

Materials:

- Dice or mini games • Blender • Cups
- Liquid (minimum 2): one good, one bad (example: juice and coffee)
- Fruit (minimum 2): one good, one bad (example: bananas and tomatoes)
- Protein (minimum 2): one good, one bad (example: protein powder and can of beans)
- Thickener (minimum 2): one good, one bad (example: ice and potato starch)

You can either use a dice or mini games such as ‘jan-ken-po or charades to determine which group gets to pick each ingredient first. Once the teams have chosen all of their items, blend them in the blender into a smoothie. You can do the relay 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 the line. This will continue down the line until the team finishes drinking the entire smoothie. First team to finish wins.
- 2) **SOLO style:** Each team will send up one rep to drink the entire cup for their team.

LEADER’S TALK POINTS

- 1) Show the first video, **Face Fear – Motivational Video** and highlight, “We can only be overwhelmed by our thoughts about something, not the actual thing itself.” Discuss take-aways.
- 2) Show the second video, **Fear Factor** (show just the beginning promo)

- 3) Discuss how often times we are fearful because of the unknown or because we **believe we may fail**. (can refer to the opening game). **Relate how fears will even cause us to make choices that even affect our sexual integrity**. We can be influenced by the 'crowd' and make decisions out of fear that are unhealthy. For example, we can have sex out of fear of losing the relationship or watch porn because your friends want you to watch with them.

Empathize that there are so many things to be fearful of in this world.

Definition of Fear : a distressing emotion aroused by impending danger, evil or pain – whether the threat is real or imagined – it's the condition of being afraid.

As the leader, share a personal example from your life of what you are afraid of.

- 4) Go over the 3 main types of fear:

- Physical Fears (STD's, pregnancy, illness, injuries)
- Emotional and Fears (fear of rejection, fear of judgment, fear of failure)
- Good Fears (that keep us from doing things dangerous or unwise)

- 5) Explain that today we will discover how Saul, the first king in Israel, was a fearful man. Have the youth read the story of what Saul did when Prophet Samuel wanted to have a special ceremony to crown him king! He was so afraid, he hid in a pile of baggage!

(I Samuel 10:21-22, NLT) "...and finally Saul son of Kish was chosen from among them. But when they looked for him, he had disappeared! So they asked the LORD, "Where is he?" And the LORD replied, "He is hiding among the baggage." So they found him and brought him out, and he stood head and shoulders above anyone else."

6) PROBLEM: FEAR ROBBS US OF OUR DESTINY 1 Samuel 15:22-26

God could not use Saul because he was fearful of what people thought of him more than he feared and respected God.

- When we fear man more than God, it will cause us to sin. Sin, simply put, is rejecting God and His ways. It is choosing something else over Him.
- If we want to be used by God, then we need to TRADE in our fear of man for the fear of God.

7) SOLUTION: FEAR IS UNDONE WHEN WE REALIZE THAT WE ARE LOVED.

(I John 4: 18, NLT) "Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love."

I Samuel 17:45, 47, David realized His strength came from the Lord.

- When we realize that God loves us (Roman 8:35), we can live confidently out of God's love (Philippians 1:6).

- Courage is not the absence of fear, but the realization that something else is more important.

8) ACTION: LIVING FREE REQUIRES LIVING BEYOND THE CROWD

(1 Samuel 16:7, NLT) “But the LORD said to Samuel, “Don’t judge by his appearance or height, for I have rejected him. The LORD doesn’t see things the way you see them. People judge by outward appearance, but the LORD looks at the heart.”

- In order to step into what God had in store for David, he had to step away from the crowd who was still living in fear from Goliath.
- God did not call you to follow the ‘crowd’, he calls you to follow Him, and be a leader in the crowd!
- Note: Often times, following Jesus can feel lonely when you are out in the world, but God is calling you to shine and influence and bless the world around you.

***End this session with a charge for courage to explore and talk about sexuality issues as you prepare as a group to attend the Explicit Conference . Talking about such topics can feel uncomfortable, especially if one is currently struggling with shame, BUT we want to change culture and create our church families to be the safest place on earth to talk about anything – including sex and sexuality issues! God so cares about us having healthy attitudes and understandings about this area that is near and dear to God’s heart! He wants us to know the truth about sex and discern the lies that our culture bombards us with!**

GROUP DISCUSSION QUESTIONS

What is the scariest thing you ever did? Why did you do that?

What are some of your fears?

What are some fears or insecurities that you have about your relationships in your life? (any relationship)

On a scale from 1-10, 10 being fully loved (because perfect love casts out fear), how much do you believe that you are loved? Why?

Do you fear God more than man? What are some examples that illustrate your challenges or victories?

PRAYER POINTS

Have the youth pray for one another regarding the fears they struggle with. Pray for courage to face the fears with God’s help and pray to be more solidified in God’s perfect love.

FOLLOW UP

Have youth write a letter to God 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 with their address. As an option, you can mail the letter back to them or give it back to them 3 – 6 months later or after the conference to see if there has been any progress or growth. Encourage the youth to receive ministry for fears that they cannot seem to overcome on their own – often times we need the support

of our church family and sometimes even professional help – there is no shame in seeking help. Seeking help for an issue is something to be proud of because God can guide a moving vehicle!

Have the youth take home the scripture sheet as a reference for meditation throughout the week. Encourage them to journal their personal reflections each day.

FACE IT! FACE THOSE FEARS!

MONDAY | (Romans 8:35,37, TPT)

“Who could ever separate us from the endless love of God’s Anointed One? *Absolutely no one!* For nothing in the universe has the power to diminish his love toward us. Troubles, pressures, and problems are unable to come between us and heaven’s love. What about persecutions, deprivations,^l dangers, and death threats? No, for they are all impotent to hinder omnipotent love... Yet even in the midst of all these things, we triumph over them all, for God has made us to be more than conquerors, and his demonstrated love is our glorious victory over everything!”

TUESDAY | (I John 4:18, NLT)

“Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love.”

WEDNESDAY | (Isaiah 41:10, NLT)

“Don’t be afraid, for I am with you.

Don’t be discouraged, for I am your God.

I will strengthen you and help you.

I will hold you up with my victorious right hand.”

THURSDAY | (2 Timothy 1:7, TPT)

“For God will never give you the spirit of fear, but the Holy Spirit who gives you mighty power, love, and self-control.”

FRIDAY | (Deuteronomy 31:6, NLT)

“So be strong and courageous! Do not be afraid and do not panic before them. For the LORD your God will personally go ahead of you. He will neither fail you nor abandon you.”

SATURDAY | (Philippians 1:6, TPT)

“*I pray with great faith for you*, because I’m fully convinced that the One who began this glorious work in you will faithfully continue the process of maturing you and will put his finishing touches to it until the unveiling of our Lord Jesus Christ!”