

# Facing Fear

## Getting Started

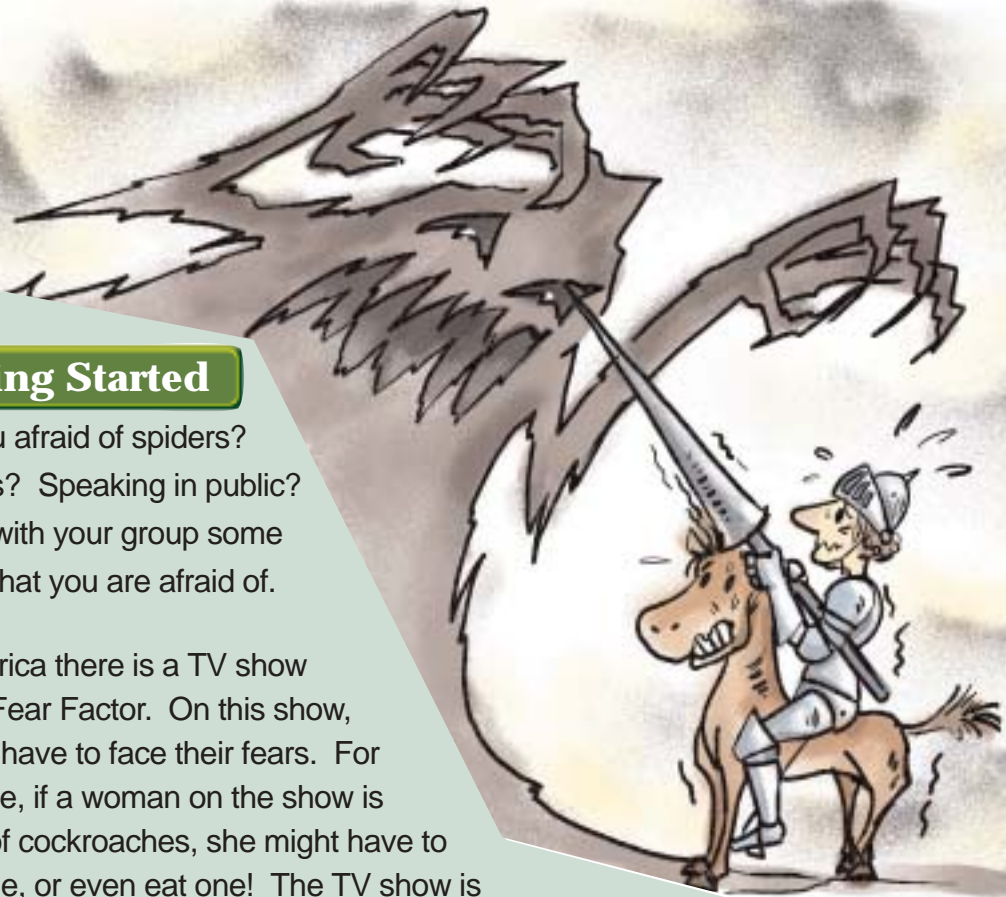
Are you afraid of spiders?  
Heights? Speaking in public?  
Share with your group some  
things that you are afraid of.

In America there is a TV show called Fear Factor. On this show, people have to face their fears. For example, if a woman on the show is afraid of cockroaches, she might have to hold one, or even eat one! The TV show is kind of strange, but it is a good idea to face our fears.

Some people are afraid of the water, but it is still good for them to learn how to swim. Children might be afraid to go to school, but they have to face this fear as well. We teach them that facing fear is part of life. But most of us still have fears that we don't want to face; fears so big we think we can never conquer them. What can we do about fears this big? In a world full of fear, how can we learn to live fearlessly?

## Improving Your Vocabulary

- conquer (v) – to defeat an enemy; to win over someone
- despise (v) – to hate very strongly
- schemes (n) – plans; ideas
- almighty (adj) – all powerful
- salvation (n) – freedom from sin and/or danger
- union (n) – two things joined together
- drive out (v phr) – to force someone or something to leave



## Reading God's Word

### Proverbs 1:7

The fear of the LORD is the beginning of knowledge; fools despise wisdom and instruction.

### Isaiah 8:11-13

**11** With his great power the Lord warned me not to follow the road which the people were following. He said, **12** "Do not join in the schemes of the people and do not be afraid of the things that they fear. **13** Remember that I, the Lord Almighty, am holy; I am the one you must fear.

### Psalms 27:1

The Lord is my light and my salvation; I will fear no one. The Lord protects me from all danger; I will never be afraid.

### Isaiah 43:1

"Do not be afraid—I will save you. I have called you by name—you are mine."

### Psalms 23:4

Even if I go through the deepest darkness, I will not be afraid, Lord, for you are with me.

### Romans 8:35, 37

**35** Who, then, can separate us from the love of Christ? Can trouble do it, or hardship or persecution or hunger or poverty or danger? . . . **37** No, in all these things we have complete victory through him who loved us!

### 1 John 4:16b, 18

**16** Those who live in love live in union with God and God lives in union with them. . .

**18** There is no fear in love; perfect love drives out all fear. So then, love has not been made perfect in anyone who is afraid, because fear has to do with punishment.

## Taking a Closer Look

1. What does it mean to fear God? What benefit can this bring us? (Proverbs 1:7)

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2. What shouldn't we fear? (Isaiah 8:11-13)

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3. Psalm 27:1 tells us, "The Lord protects me from all danger." Does this mean nothing bad will ever happen to us?

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4. What if something terrible does happen to us? Why shouldn't we be afraid? (Romans 8:35 and 37)

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5. According to 1 John 4:18, what does fear have to do with? Should we fear God's punishment?

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6. What does perfect love do? Where can we find perfect love?

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## Taking Action

1. What are some good, healthy steps we can take towards facing our fears?

2. God tells us he is the one thing we should fear. How can we show respect for God in everyday life?

## Memory Verse: Psalm 118:6-7

The Lord is with me, I will not be afraid; what can anyone do to me?

## Reviewing the Vocabulary

*Fill in the blanks with the new vocabulary from the lesson.*

1. I \_\_\_\_\_ waking up early on a Saturday morning. I just can't stand it.
2. Tom always has lots of crazy \_\_\_\_\_, but most of the time they don't work out.
3. When two people get married, they form a \_\_\_\_\_ with each other.
4. The King wanted to \_\_\_\_\_ the whole world.
5. After two years of fighting, the army \_\_\_\_\_ the invaders.



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