

## Christian Union Planning Sheet

### Theme / Topic

Faith over Fear

### Bible Passage

Isaiah 41:10 'Don't panic. I'm with you. There's no need to fear for I'm your God. I'll give you strength. I'll help you. I'll hold you steady, keep a firm grip on you.' (The Message Translation)

### Time Allocation

30 minutes

### Aim

The young people will learn that they can build their faith in God even when they are fearful.

### Introduction

#### What is fear?

Phobia Game – can you work out which of the three possible answers is the correct definition for each phobia?

For example:

Anthropophobia – Fear of flowers (correct answer)  
Fear of numbers  
Fear of dogs

Ecophobia – Fear of knees  
Fear of the home (correct answer)  
Fear of rooms

Octophobia – Fear of Birds  
Fear of school  
Fear of the number 8 (correct answer)

#### Group Discussion

When is fear good? When is it bad?

Using example of fire – good for cooking, staying warm and can be used for light but can be destructive when it gets out of control.

Fear protects us from dangerous situations but it can also make us not try something new.

Extra – If you would like to understand how the brain responds to fearful situations then you could watch the Vitalise Devotional video 'Faith over fear part 1'

You can find the video here: <https://youtu.be/PrBFwVlw2uY>

## Teaching

What does the Bible say about fear?

Watch the Vitalise Devotional video 'faith over Fear part 2' together, where we will be using Isaiah 41 and 43 to unpack Gods promises around fear.

You can find the video here: <https://www.youtube.com/watch?v=BnUFQ7dwxPA>

## Application, Reflection and/or Activity

How can we have faith over fear in our lives? Here are some suggestions that you could use any time you are feeling fearful. Take some time to give them a go together.

1) Challenge your thoughts - write down fearful thoughts that you have about different situations and then take a step back and think if those thoughts are true or coming from a place of fear? If you feel comfortable you can talk things through in the group or with a partner

2) Read the Bible – spend time learning God’s word and trusting in the promises he has made – here are a few to get you started:

*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.* (John 14:27 NIV)

*Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.* (Joshua 1:9 NIV)

*Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.* (Psalm 23:4 NIV)

3) Praying - either individually or together as a group.

4) Remembering to Praise God as it helps us to take our eyes off our situation and focus them on God.

## Memory Verse

*'We take captive every thought to make it obedient to Christ'* - 2 Corinthians 10:5; NIV

## Resources

Vitalise Video

Bibles available in case young people would like to look up Bible references