

PARENT GUIDE

FIGHT FEAR WEEK 3 I'M NOT AFRAID

- Discuss the question: Would you rather go into a basement full of rats or an attic full of spiders?

Small Group Activity

You'll Need

- DIY mask (1 per kid)
- Markers (1 set per group)

To Do

Say: These masks stand for the feeling of fear. Put on a mask and say something that makes you feel afraid.

1. Kids wear masks and **take turns sharing** something they're afraid of or reading a fear from the Fear List.
2. Everyone **makes** silly, scary sounds after each fear.

Say: Now, here's the good news: fear is just a feeling. It's not who you are! That means, with God's power, you can do anything you need to do, even if you're feeling afraid. Say the Bible verse with me and take off that fear mask!

3. **Say the Bible verse** together (printed on the back), and take off the masks.
4. Kids **decorate** their masks.

Fear List

Taking a big, important test
Spiders/creepy crawlies
Telling people about Jesus
Meeting new people
Taking the trash out at night
Praying in front of people
Telling the truth when I might get in trouble
Apologizing when I did something wrong

Choose questions to ask during the activity.

1. **What do you usually do when you feel afraid?**
2. **Who can help you when you feel afraid?** *Your parents, God, your family, your friends, etc.*

Small Group Discussion

Say the point and Bible verse together.

Fear is a feeling. It's not who I am.

2 Timothy 1:7 NLT

... God has not given us a spirit of fear ... but of power, love, and self-discipline.

1. **What spirit** has God given us? Power, love, and self-discipline (self-control)

Choose a few review questions.

1. **Fear makes us feel afraid, but what do you think fear is afraid of?** *God's truth, God's power, etc.*
2. **Think about the Bible verse. What did God not give us?** *A spirit of fear*
3. **When is feeling afraid a good thing?** *When it keeps you from doing something bad or dangerous*
4. **When is feeling afraid a bad thing?** *When it keeps you from doing something good*
5. **How can talking to other people when you feel afraid help you out?** *Answers will vary.*
6. **When you're feeling afraid, how do you think God can help you?** *Answers will vary.*

Choose an action step question.

1. **What can you do this week if one of your friends or family members is feeling afraid?**
2. **What can you do this week if you're feeling afraid?**

Pray together.

1. **Ask** kids to share things they'd like to pray about.
2. **Pray** together over the prayer requests.
Not sure what to pray? Pray this: God, please help us trust You instead of worrying about what other people think. In Jesus' name, amen.