



SMALL GROUP LEADER GUIDE

YOU SCARED? WEEK 4 OVERCOMING FEAR

Small Group Welcome

1. **Introduce** yourself, and **welcome** new kids by name.
2. Kids **share** what happened during the past week.
3. **Check up** on past week's prayer requests and events.
4. **Discuss** the welcome question: **What's a weird dream you've had?**

Small Group Activity

You'll Need

Per Kid	1 Opaque cup 1 Blank label
Per Group	1 Ball 1 Set of markers

After Activity

Kids Keep	Nothing
You Keep	Ball and markers (save both for later use)

To Do

1. **Give** each kid a label.

Say: Think about something you're afraid of—something that could keep you from doing all God wants you to do. Maybe it's a person, a place, an activity, or even something that's not even real! Whatever it is, draw or write it on this label.

2. Kids **draw or write** a fear on their label.
3. **Give** kids a cup. Kids **stick** their label onto the cup.

Say: Now, let's see how God smashes our fear and gives us power, love, and self-control instead!

4. **Stack** all cups from your group into one pyramid.
5. Kids **say** 2 Timothy 1:7 (printed on back) together.
6. One kid **tosses** ball at pyramid to break it down.
7. **As time allows, repeat** steps 4-6, choosing a new kid to toss the ball each time.

Small Group Discussion

Say the point and Bible verse together.

Fear can't stop me from doing what I need to do.

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. **When do you think feeling afraid is a good thing?** *When it keeps you from doing something dangerous*
2. **When do you think feeling afraid is a bad thing?** *Answers will vary. Ideas: When it keeps you from doing what you need to do, when you're afraid of something that isn't real, etc.*
3. **When you're feeling afraid, how do you think God will help you?** *Answers will vary. Ideas: He might remind us He is with us, listen when we ask for help, send someone to help us, give us power, love, and self-discipline, etc.*
4. **Who can you talk with to get help when you're feeling afraid?** *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?** *Answers will vary.*
2. **What can you do this week if you're feeling afraid?** *Answers will vary.*

Pray together.

1. **Ask** kids to share things they'd like to pray about.
2. **Write down** their prayer requests.
3. **Pray** together over the prayer requests.

Not sure what to pray? Pray this: God, please remind us who we are and how powerful You are when we feel afraid. In Jesus' name, amen.

Check Out

Stay in small groups until kids are checked out.

1. **Talk about** earning points by returning the Challenge Card, and **replay** the game.
2. When a kid from your small group leaves, **say** something positive and specific to their family.
3. **Encourage** families to do the Challenge Card together.