



No Fear April 18 & 19, 2020

LEADER PREP

GOAL OF SMALL GROUP

For students to know when they are afraid, they can trust God with their feelings and fears.

SCRIPTURE

Psalm 46:1-3 & 10-11;
Philippians 4:6-8

THINGS TO KNOW

COVID-19 has caused our nation to enter into crisis mode. We don't want to invalidate or be dismissive of students feelings, but we want to let them know when they are afraid how they can trust God with those feelings and fears. Remember your [Safe Zone training](#) and our [How to Care for Families With COVID-19 Resource](#) (you can review these on the [Resource page](#)). If you are concerned a student may cause themselves or others harm because of their feelings, reach out to a staff member immediately so we can be a part of reaching out to the students' family with you.

This guide is a suggestion, not a formula. Adjust the questions and activities as needed, and don't feel like you need to do, or ask, everything you see here. Let the students and the Holy Spirit guide the conversation, too.



CONVERSATION GUIDE

MAIN POINT

Because God is God, you can be still and trust Him.

GET THEM TALKING

What's something that caused you fear as a small child?

DISCUSSION QUESTIONS

1. Why do those things cause us fear?
2. What things have caused you fear in light of the spread of COVID-19?
3. How do you handle these fears?

READ PSALM 46:1-3 and answer the following questions:

4. What do these verses tell us about God?
5. How can that bring us comfort in the midst of our storms?

READ PSALM 46:10-11 and answer the following questions:

6. What can be hard about waiting and being still?
7. Do you find it easy or tough to trust God with your fears? Why?

READ PHILLIPIANS 4:6-8 and answer the following questions:

8. What does Paul instruct us to do with our worries?
9. What is the result of us praying and trusting God?

ACTIVITY

Pass out the reflection guides and give students a few minutes in silence to write out their fears and worries. Let them know they can write down ANYTHING, COVID-19 related or not, and these cards are for them alone. Then have students to write down or share out loud things God has done they are thankful for. Lastly, have students share some things that are excellent and praiseworthy. If they don't know where to start, listen to [Waymaker](#).

NEXT STEP

Challenge your students to take these handouts home and take time every day to lift these prayer requests and thanks up to God.

PRAYER GUIDE

Have each student hold their index cards in their hands. Close your time together in prayer, praying out loud thanking God for hearing all our prayers and worries, caring about each one, and being our Protector and Provider.

SCRIPTURE

MS students are concrete thinkers, so opening your Bible to read the Scripture with them is a preferred visual cue.

PSALM 46: 1-3 & 10-11(NLT)

- “ God is our refuge and strength,
always ready to help in times of trouble.
²So we will not fear when earthquakes come
and the mountains crumble into the sea.
³Let the oceans roar and foam.
Let the mountains tremble as the waters surge!”
- “Be still, and know that I am God!
I will be honored by every nation.
I will be honored throughout the world.”
- ¹¹The LORD of Heaven’s Armies is here among us;
the God of Israel is our fortress.”

PHILIPPIANS 4:6-8 (NLT)

“⁶Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. ⁷Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. ⁸Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”



HOPE STUDENT MINISTRY

**REFLECTING
ON GOD'S
WORD**

PHILIPPIANS 4:6-8

READ PHILIPPIANS 4:6-8

WRITE OUT TO GOD YOUR WORRIES, YOUR PRAYER REQUESTS, YOUR NEEDS (BASED ON PHILIPPIANS 4:6A)

THANK GOD FOR ALL HE HAS DONE FOR YOU (BASED ON PHILIPPIANS 4:6B - YOU CAN WRITE THEM DOWN OR SAY OUT LOUD)

FIX YOUR THOUGHTS ON THINGS THAT ARE TRUE, HONORABLE, RIGHT, PURE, LOVELY, ADMIRABLE, EXCELLENT AND WORTHY OF PRAISE (BASED ON PHILIPPIANS 4:8 - IF YOU AREN'T SURE WHERE TO START LISTEN TO WAYMAKER)