

VIBES



WEEK 3: FEAR - 10.17.21 + 10.20.21

MAIN POINT

Because of Jesus, fear doesn't have to be the boss of you.

SCRIPTURE

Matthew 10:28-31
1 Peter 5:7

THINK ABOUT THIS

Developmentally, high schoolers are more naturally wired for risk-taking behaviors. The part of their brain responsible for predicting consequences isn't fully developed yet, so they may be more likely to try something new, drive too fast, sign up for challenging classes, experiment with drugs, or go on adventures. At the same time, with more expectations than ever, students are experiencing anxiety and fear about their future at alarming rates. In short, our teenagers are both fearless and fearful. That's why, as leaders, we can be helpful by being available to talk through feelings of fear and help teenagers develop the skill of discerning the difference between fear that holds them back and fear based in wisdom that protects them.

Create meaningful conversations. Adjust the questions as needed, and don't feel like you need to answer all of them.

DISCUSSION QUESTIONS

THE CHECK IN

- How was everyone's week? Share Highs & Lows.
- Someone recap the main point of the message.
- What was something that surprised you about this message?
- What is something that scared you when you were a little kid that you aren't scared of now?

THE WORD

- READ Matthew 10:28-31. This Scripture points out that God is a personal God who is always with us and that we matter to Him. How does knowing that change the way you look at scary situations?
- Have you ever felt like you could go to God with your fear and anxiety? Why or why not?
- READ 1 Peter 5:7. In your own words, what is this telling us?

APPLICATION

- What is one thing in your life currently that scares you the most? (Tip: Leaders write these down as your students share so you can pray over them when you close).
- How can you give this fear up to Jesus?
- Sometimes fear/anxieties persist, how can we continually give them up to God?
- BONUS CHALLENGE: Memorize 1 Peter 5:7.

COMMUNITY BUILD

- How can we support each other when we have fears and anxieties?
- How can we connect outside of small group time and have fun together?

PRAY

We are going to close in prayer. We will be praying for the biggest fear everyone shared, any other prayer requests?

MATTHEW 10:28-31 (NIV)

28 Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell. **29** Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father's care. **30** And even the very hairs of your head are all numbered. **31** So don't be afraid; you are worth more than many sparrows.

1 PETER 5:7 (NIV)

Cast all your anxiety on Him because He cares for you.

NOTES