

No Fear Fall 2022 Bonus Lesson



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

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 that doesn't seem so scary to you now?

DISCUSSION QUESTIONS

1. Why do some things cause us fear?
2. What things have caused you fear in the last year?
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, 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

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

“ God is our refuge and strength,
always ready to help in times of trouble.
² So we will not fear when earthquakes come
and the mountains crumble into the sea.
³ Let 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.”
¹¹ The LORD of Heaven’s Armies is here among us;
the God of Israel is our fortress.”

PHILIPPIANS 4:6-8 (NLT)

⁶ Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. ⁷ Then 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. ⁸ Finally, 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.”