

Youth



✓ Prepare in Advance

Facilitator: In advance of the session:

- Retrieve, review, and have ready the video's listed below (links are provided on this session's webpage).
- Have the *Bible Background Video* ready to view.

✓ Fear

Play the Dinosaur Kid video and use these questions to facilitate discussion.

- Why did the kid act this way in the video? Have you ever experienced anything that scared you this badly? What is your biggest fear? Why is it your biggest fear?
- Are most of our fears rational or irrational? Explain.

✓ Courage

Show the World Trade Center clip. Ask the following questions.

- Do you think these men were afraid of entering the building? Why did they do it anyway?
- What is the secret to having courage during a time when you are afraid?
- How is courage only possible when you are afraid?
- Do you ever wonder how you would respond in a critical moment like this? Why or why not?
- How do you usually respond when afraid? Why?

✓ Hope

Read Isaiah 35:1-10 and watch the *Bible Background Video* for this session.

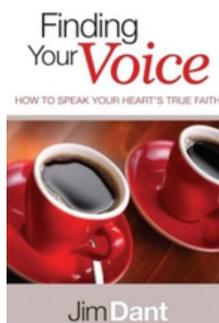
- Why were the Israelites afraid leading up to this passage?
- How does this passage approach their fear? What happens to their land?
- What happens to the people?
- What happens to those who are afraid because of specific situations they are dealing with?
- What effect might this message have on those who are afraid?

✓ Strength

- In what ways does our culture run on fear? What effect does a culture of fear have on those around you? How does fear manifest itself at your school when it comes to grades, relationships, and/or your reputation?
- How does living in that fear change how you act? How does this stop you from becoming the person God wants you to become?
- How can we, like Isaiah proclaims, "Be strong and do not fear."?
- What are some practical ways we can take gain strength to overcome our fears? How can we support each other in overcoming those fears?

Close with prayer.

By Don Breeden



How to Speak
Your Heart's
True Faith

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