

## **IDENTITY & SELF-ACCEPTANCE | WEEK 3**

### **WELCOME & WHO YOU ARE**

#### **LEADERS GOAL**

Equip students with tools to overcome fears and grow in confidence.

#### **ESCRPTURES**

Psalm 56:3  
Deuteronomy 31:6  
Isaiah 41:10

#### **ACTIVITIES**

Make a no fear plan  
Make a chain of courage

#### **PRAY**

God gives us power, love, and a peaceful mind. Saying no to fear

#### **SUPPLIES**

- Handout, one per student, for the no fear plan activity
- Strips of paper
- Roll of tape
- markers, pencils
- Bible marked and open to Psalm 56:3, Deuteronomy 31:6, Isaiah 41:10, 2 Timothy 1:7
- Create welcoming space by engaging with student as they enter space.

#### **BOTTOM LINE**

Fear and confidence are both real.

### **AS STUDENTS ARRIVE**

Ask students how they were a good friend to someone last week. As students share, ask how easy was it to be a good friend and do or say something kind? Or was it hard, took effort, even courage to be a good friend to someone?

### **STORY CONNECTION**

Our characters in Seussical feel both fear and confidence. Horton feels protecting Mayzie LaBird's abandoned egg and the invisible planet of Who to be out of his comfort zone. It took effort to get up in the tree and courage to stay there through all kinds of weather.

JoJo feels fear when calling out for help to save their "tiniest planet in the sky." (Script, p18) And JoJo is afraid of thinking too much because it seems to get him in trouble.



## TRUTH & TREASURE

### Make a Chain of Courage

Supplies: Strips of paper, markers, tape

Students write down fears on one side of the strip. Remind students that they can choose whatever fear they want (it doesn't have to be overly personal if they're not comfortable)

On the other side, have them write a combatting truth or one of the following scriptures. Students can write as many strips with fears/truths as they'd like. Ex: Fear: I get stage fright. Truth: I can grow in confidence with God's help

Link students strips together with Scripture facing outward into a chain and hang it in the rehearsal room.

Tell students that the chain is a visual reminder that courage can be built "link by link." Each person's courage strengthens the group as a whole, just like the chain.

*\*Supplies can stay with the group for several weeks to keep adding to their chain (new fears they realize or overcome as the weeks go on, persistent fears that they have to keep surrendering, etc.)*

**When I am afraid, I put my trust in you. Psalm 56:3 NIV**

**Be strong and courageous. Don't be afraid or terrified because of them for the Lord your God goes with you. He will never leave you nor forsake you. Deuteronomy 31:6 NIV**

**So do not fear, for I am with you. Do not be dismayed, for I am your God. I will strengthen you and help you. I will uphold you with my righteous right hand. Isaiah 41:10 NIV**

## OUR STORIES

When was a time you went out of your comfort zone?

Has something made you feel afraid, but you did it anyway? How did you feel afterward?

Has something made you feel afraid, and you decided not to try or go for it?

What would you tell Monica, Katherine, or Ellie about the fears they are feeling?

## DISCOVERY TIME

### GAME | Make a No Fear Plan

The next time you feel fear or face something scary, what can you do?

Let's make a No Fear Plan so you don't panic and "run away" from what God wants you to do.

Think of something that causes you fear. On your handout, write three things you can do in the first 30 seconds when you feel fear flood your body. (ie: breathe, say a Bible verse - write the verse on their card, smile, tell fear to go)

*\*Small group leader share what you do in the first 30 seconds when you feel fear.*



## **PRAYER**

Let's pray.

God, you have not given us a spirit of fear. We picked that up from this world. You have given us power, love, and a peaceful mind. (II Timothy 1:7 NIV) We'll take that any day over fear! Thank you for the No Fear Plans you helped us create. The next time we feel fear rise up, help us to listen to you and know that you are with us and will never leave us. Help us to be brave, bold, and confident.

Take time to pray for each other. Tell fear to go and ask God for courage, confidence, and right beliefs about the situation or cause of fear.

## **WEEKLY CHALLENGE**

Keep this No Fear Plan card with you, in your backpack, in your pocket, on your night stand, wherever you can see it when fear rises up the most. Make more than one No Fear Plan card if you have a few fears like Horton or JoJo.

## **K2K BASICS & EXPECTATIONS**

What does K2K need to look like to be a safe space for all of us?

A full list of expectations can be found Backstage here:

<https://k2kproductions.ca/rules-of-conduct>



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