

IDENTITY & SELF-ACCEPTANCE | WEEK 3

WELCOME & WHO YOU ARE

LEADERS GOAL

Equip students with tools to overcome fears and grow in confidence

SCRIPTURES

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

ACTIVITIES

Chain of Courage
No Fear Plan

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

The characters in Freaky Friday feel fear and confidence. Today, we're going to talk about fear.

Monica has a lot of phobias. (script, p3)

- Ludophobia – fear of playing games

- Chorophobia – fear of dancing

Monica: “Seriously you guys. There is always something super scary or embarrassing you have to do to win. What if they make us dance in public?”

- Allodoxaphobia – fear of other people’s opinions (script, p52)

Any other characters with fear?

- Katherine is afraid for the success (or lack of) for her business and wedding.

- Ellie is afraid her mom will embarrass her.

“You don’t know how to talk! You don’t know how to act! You’re going to be weird and people will think I’m weird, and it will last forever!” “Please don’t embarrass me!” (script p21,23)



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. Amen.

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 Monica.

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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