

# Real. Present. God.

## Fear

# Leader Notes

by Rebecca Duport

Sub themes: Anxiety, Identity, Psalm response to fear, Protection and Spiritual Warfare

Current Issues: Measuring Up/Success & Other Cultures/Religions

Teens (and all people) face true fears which involve rejection, shame, abandonment, not being good enough, failures, acceptance, pressure to succeed, future, etc. Temptations lead us to abide in other things and our fears deter us from looking to Christ. Christ helps us conquer those fears! There is no fear in love, and Christ promises to love us and help us.

Note to leaders: Read through each lesson a week or so in advance to prepare and consider additional connections and personal examples you can include in the lesson for leading with your group. These lessons can be used as a series of Bible studies for a youth night or Bible class. They could even be used over the course of a weekend retreat for students.

Lesson 1: Naked and Afraid: Whom shall I fear?

Students will identify what they are afraid of and experience God's presence in times of fear.

Lesson 2: Spiritual What-fare? WARFARE -- What is it anyway?

Students will discover what the Bible means when it tells us about the temptations we will face.

Lesson 3: Fear Full - Ways to Avoid Temptation?

Students will learn practical steps and how God is in control of the trials they face.

Lesson 4: A Fearless Life: Living as a Child of God

Students will explore ways to abide in Christ as they live to fear and love God in their life.

**Leader's notes are in red throughout.**

## SESSION 1 – NAKED AND AFRAID WHOM SHALL I FEAR?

*Leader Preparation: pencils with erasers and 3x5 cards with Psalm 23:4 printed on the back.  
Hold on to items until later in the lesson under the “LOOK” section.*

### HOOK

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**What would you be afraid of if you were a contestant on the reality show “Naked and Afraid”?**

*(“Naked and Afraid” is an American reality series that airs on the Discovery Channel. Each episode chronicles the lives of two survivalists—1 man, 1 woman—who meet for the first time and are given the task of surviving a stay in the wilderness naked for 21 days.)*

*Answers may include being naked in front of a stranger, trying to survive, the unknown, death, illness, injury, pressure to win and succeed, etc.*

SAY: The definition of FEAR (from dictionary):

*an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat.*

*synonyms: terror, fright, fearfulness, horror, alarm, panic, agitation, trepidation, dread, consternation, dismay, distress;*

*False Evidence Appearing Real*

- *archaic: a mixed feeling of dread and reverence. “the love and fear of God”*

*be afraid of (someone or something) as likely to be dangerous, painful, or threatening.*

### BOOK

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READ Genesis 2:8-25 English Standard Version (ESV)

READ verse 25 again... “and the man and his wife were both naked and were not ashamed.”

**Why were Adam and Eve NOT afraid of being naked?**

*Answers may include they were sinless and obeying God’s command.*

READ Genesis 3:3-24

**Were Adam and Eve “Naked and Afraid” or “Bare and Bold”?**

*Answers may vary...guide students to understand that before sin they were bare and bold, after the fall, they were afraid of their nakedness and hid from God.*

SAY: Adam and Eve were hiding from God, and fear entered the world from disobedience of God and shame. The origin of fear came after the fall...

Adam and Eve became afraid (they were hiding from God)

**Why did they become afraid?**

*After the fall, they had disobeyed God, they had sinned.*