

## Introduction – More than Conquerors

### Equipment

Get hold of a number of pictures from the web, magazines, newspapers that show examples of things your group might be afraid of. Paper and pens – on the sheet of paper list the fears associated with the pictures and then get the group to decide on a scale of 1-10 their fear factor for each picture. 1 is no fear, 10 is extreme terror!

Get hold of the following pictures: tarantulas, snakes, deep ocean, a lift, bungee jumping, mountain peak, a top footballer taking a penalty, war picture, terrorism, crowds of people, a scary amusement park ride. Aim to get hold of around 10 pictures.

What fears come to mind when looking at each picture?

Give everyone a sheet of paper listing the fears associated with the pictures and then get the group to decide on a scale of 1-10 their fear factor for each picture. 1 is no fear, 10 is extreme terror! Encourage them to be honest. Once everyone has done this get people to share whether they are afraid of any of the things listed or not...

**The Point:** This activity is an opportunity to begin thinking about the kinds of fears we face as people. The fears we face vary from person to person, but the feeling of fear is something we all have to face up to and try and deal with.

## A Starter Quiz

### Equipment

Pens.

Do this as a team quiz. The correct answer is the one in bold (note that the picture in the PowerPoint doesn't necessarily indicate the correct answer).

### Aviophobia

Books

**Flying**

Loud music

### Brontophobia

Anything brown!

Dinosaurs

**Storms**

### Anthrophobia

Flowers

**People**

Ants!

(note that the fear of flowers is anthophobia).

### Dendrophobia

Trees

Dentists

Water

### Acrophobia

Wigs

Bad smells

Heights

### Agrizoophobia

Cages

Farmers

**Wild animals**

Once you've given the answers, use it as the basis for a discussion along with the following questions:

Does anyone in the group have a phobia?

Has there been a time when a member of the group has ever been really scared?  
(Maybe you could give an account of a time like this for you)

How do the group cope with being scared?

**The Point:** To get the group talking about fears.

### **Bible Study - Equipment**

Copies of Psalm 23 for each person in the group.

There are many teachings in the Bible on fear and many of David's Psalms were written about fear – it's a theme that recurs over and over again.

Read Psalm 23 and make it a personal prayer. Split into pairs and each of you read Psalm 23 and replace words like 'my, I, me, etc' with your partner's name...

For example "The Lord is Emma's shepherd, she shall not be in want..."

Then quietly bring your fears before God and pray over each one asking God to fill you with his love and peace.

**The Point:** We can come to God with our fears at any time. We don't have to keep our fears stored up inside; we can come openly before God to hand our fears over to him.

Some extra Bible Verses to look at over the week:

2 Timothy 1:7

Romans 5: 35-37

Psalm 23

Psalm 27:1

Psalm 34:4

Psalm 55:22

Psalm 56:3-4

John 14:27

Romans 8:15

Romans 8:29-31, 35-39

2 Timothy 1:7

I John 4:18