

SMALL GROUP LEADER GUIDE

Vibes / Fear

BEFORE GROUP

BOTTOM LINE

Because of Jesus, fear doesn't have to be the boss of you.

SCRIPTURE

Matthew 10:16a NIV, Matthew 8:24-27 NIV, Matthew 10:28-31 NIV, & 1 Peter 5:7 NIV

GOAL OF SMALL GROUP

To help students recognize when fear is holding them back and invite them to trust Jesus and move forward with Him – whether or not they are afraid.

THINK ABOUT THIS

Developmentally, high schoolers are more naturally wired for risk-taking behaviors. The part of their brain responsible for predicting consequences isn't fully developed yet, so they may be more likely to try something new, drive too fast, sign up for challenging classes, experiment with drugs, or go on adventures. At the same time, with more expectations than ever, students are experiencing anxiety and fear about their future at alarming rates. In short, our teenagers are both fearless and fearful. That's why, as leaders, we can be helpful by being available to talk through feelings of fear and help teenagers develop the skill of discerning the difference between fear that holds them back and fear based in wisdom that protects them.

Create meaningful conversations. Adjust the questions as needed, and don't feel like you need to answer all of them.

DURING GROUP

DISCUSSION QUESTIONS

1. *PART OF THE XP*—Note to the Small Group Leader: In order to use the feelings wheel take some time to explain what it is and how to use it. Simply start in the center, then move outwards. Then ask the question #1.
2. Using the Feelings Wheel, ask: Which of these feelings do you have the hardest time dealing with in other people?
3. What is something that scared you when you were a little kid that you aren't scared of now?
4. Would you say you have more fear for the future or most hope for the future?
5. What are you most hopeful or excited about in the future? What scares you most about the future?
6. Read Matthew 10:28-31. This passage points out that God is a personal God who is always with us. Does knowing that God is with you in every situation change the way you look at fear?
7. Have you ever felt like you could go to God with your fear and anxiety? Why or why not?
8. What is one thing in your life currently that scares you the most?
9. How can this group help you cast your fears on to God and over your fear?