



SMALL GROUP LEADER GUIDE

FIGHT FEAR
WEEK 1 WORRY

Small Group Welcome

1. **Introduce** yourself, and **welcome** new kids by name.
2. Kids **share** what happened during the past week.
3. **Check up** on past week's prayer requests and events.
4. **Discuss** the welcome question: **If you had a telescope, what would you look at?**

Small Group Activity

You'll Need

- 1 Peter 5:7 bucket (1 per group/exp.)
- Small notepad (1 per group)
- Markers (1 set per group)

To Do

Say: Luke from Konnect HQ was struggling with the kind of fear called "worry!" He needed to give his worries and cares to God and used a God jar to do it. We'll do the same thing here with this bucket! Let's read the Bible verse that's on it together.

1. **Say** the Bible verse together.

Say: Now, let's give our worries to God like the Bible verse says! We'll use this.

2. **Show** the notepad and **give** each kid 4 pages from your notepad.
3. **Tell** kids to **write** or **draw** their worries on each paper.
4. One at a time, kids **crumple** their worries, **say** the Bible verse, then, **throw** their worries into the bucket.
5. **Continue** until all the kids have thrown their worries into the bucket.

Choose questions to ask during the activity.

1. **What can you do when you start to worry?** *Give your worries to God!*
2. **Who can handle all your worries?** *God*

Small Group Discussion

Say the point and Bible verse together.

I trust God instead of worrying.

1 Peter 5:7 NLT

Give all your worries and cares to God, for he cares about you.

1. **Who can you give all your worries and cares to?** *God.*

Choose a few review questions.

1. **What do you think most people worry about?** *Answers will vary.*
2. **When you feel worried, what does it make you think about?** *Answers will vary*
3. **What's true: what God says or what worries make you think about?** *What God says*
4. **What truths do you know about God that makes you worry less?** *He's in control, He loves you, etc.*
5. **How can trusting God help you when you feel worried?** *Answers will vary.*
6. **How can you tell if you're worrying about something?** *Answers will vary.*

Choose an action step question.

1. **How will you give your worries to God this week?** *Answers will vary.*
2. **What can you do if you get worried about the same thing after you've already prayed about it?** *Give it to God again, as many times as you have to.*

Pray together.

1. **Ask** kids to share things they'd like to pray about.
2. **Write down** their prayer requests.
3. **Pray** together over the prayer requests.

Not sure what to pray? Pray this: God, thank You for caring about our problems even more than we do. Please help us trust You. In Jesus' name, amen.

Check Out

Stay in small groups until kids are checked out.

1. **Talk about** earning points by returning the Challenge Card, and **throw** worries into the bucket again.
2. When a kid from your small group leaves, **say** something positive and specific to their family.
3. **Encourage** families to do the Challenge Card together.

Please save questions on back for Small Group Discussion.



SMALL GROUP LEADER GUIDE

FIGHT FEAR
WEEK 2 WHAT WILL PEOPLE DO?

Small Group Welcome

1. **Introduce** yourself, and **welcome** new kids by name.
2. Kids **share** what happened during the past week.
3. **Check up** on past week's prayer requests and events.
4. **Discuss** the welcome question: **How would you trap a mouse?**

Small Group Activity

You'll Need

- Finger traps (1 per child)
- Dangerous Trap activity supplement (1 per group)

To Do

Say: When you make choices because you're afraid of what other people think, it's a dangerous trap! Let's see what happens when we let our fear of people keep us from doing what God wants us to do.

1. **Give** each kid in your group a finger trap.
2. **Tell** your kids to put the trap on their index fingers.
3. **Read** off a "finger trap" activity from the **Dangerous Trap** activity supplement.
4. Kids **try** to do the action with their fingers in the traps.
5. **Tell** kids to take off their traps and **try again**.
6. **Repeat** steps 2-5, for all of the "finger trap" activities.
7. Next, **read** the "People Trap" scenarios. **Ask** kids:
 - What's the right choice when this happens?
 - How could this trap keep you from making the right choice?

Choose questions to ask during the activity.

1. **Why couldn't you do some of the activities with your finger traps?** *Answers will vary.*
2. **Talk about a time you felt like other people wanted you to do the wrong thing.** *Answers will vary.*

Small Group Discussion

Say the point and Bible verse together.

I live only for God.

Proverbs 29:25 NLT

Fearing people is a dangerous trap, but trusting the LORD means safety.

1. **What can be a dangerous trap?** *Fearing people*

Choose a few review questions.

1. **How do you feel when other people want you to do the wrong thing?** *Answer will vary.*
2. **Think of a time you worried about what other people thought of you. Talk about it if you want to.** *Answers will vary.*
3. **What do you think people might do if you don't try to fit in with them?** *Answers will vary.*
4. **How is trusting God better than worrying about what people think?** *God never changes, and He always wants the best for you. People change their minds and might not even want the best for you.*

Choose an action step question.

1. **If people aren't kind to you because you're obeying God, what will you do?** *Answers will vary.*
2. **What is one thing you can do to obey God that you're worried people will make fun of you for?** *Answers will vary.*

Pray together.

1. **Ask** kids to share things they'd like to pray about.
2. **Write down** their prayer requests.
3. **Pray** together over the prayer requests.

Not sure what to pray? Pray this: God, please help us trust You instead of worrying about what other people think. In Jesus' name, amen.

Check Out

Stay in small groups until kids are checked out.

1. **Talk about** earning points by returning the Challenge Card, and **think** of more finger trap challenges.
2. When a kid from your small group leaves, **say** something positive and specific to their family.
3. **Encourage** families to do the Challenge Card together.

Please save questions on back for Small Group Discussion.



SMALL GROUP LEADER GUIDE

FIGHT FEAR
WEEK 3 I'M NOT AFRAID

Small Group Welcome

1. **Introduce** yourself, and **welcome** new kids by name.
2. Kids **share** what happened during the past week.
3. **Check up** on past week's prayer requests and events.
4. **Discuss** the question: **Would you rather go into a basement full of rats or an attic full of spiders?**

Small Group Activity

You'll Need

- DIY mask (1 per kid)
- Markers (1 set per group)

To Do

Say: These masks stand for the feeling of fear. Put on a mask and say something that makes you feel afraid.

1. Kids **wear** masks and **take turns sharing** something they're afraid of or **reading** a fear from the **Fear List**.
2. Everyone **makes** silly, scary sounds after each fear.

Say: Now, here's the good news: fear is just a feeling. It's not who you are! That means, with God's power, you can do anything you need to do, even if you're feeling afraid. Say the Bible verse with me and take off that fear mask!

3. **Say** the Bible verse together (printed on the back), and **take off** the masks.
4. **If time allows**, kids **decorate** their masks.

Fear List	
Taking a big, important test	Spiders/creepy crawlies
Telling people about Jesus	Meeting new people
Taking the trash out at night	Praying in front of people
Telling the truth when I might get in trouble	Apologizing when I did something wrong

Choose questions to ask during the activity.

1. **What do you usually do when you feel afraid?** *Answers will vary.*
2. **Who can help you when you feel afraid?** *Your parents, God, your family, your friends, etc.*

Small Group Discussion

Say the point and Bible verse together.

Fear is a feeling. It's not who I am.

2 Timothy 1:7 NLT

... God has not given us a spirit of fear ... but of power, love, and self-discipline.

1. **What spirit has God given us?** *Power, love, and self-discipline (self-control)*

Choose a few review questions.

1. **Fear makes us feel afraid, but what do you think fear is afraid of?** *God's truth, God's power, etc.*
2. **Think about the Bible verse. What did God *not* give us?** *A spirit of fear*
3. **When is feeling afraid a good thing?** *When it keeps you from doing something bad or dangerous*
4. **When is feeling afraid a bad thing?** *When it keeps you from doing something good*
5. **How can talking to other people when you feel afraid help you out?** *Answers will vary.*
6. **When you're feeling afraid, how do you think God can help you?** *Answers will vary.*

Choose an action step question.

1. **What can you do this week if one of your friends or family members is feeling afraid?** *Answers will vary.*
2. **What can you do this week if you're feeling afraid?** *Answers will vary.*

Pray together.

1. **Ask** kids to share things they'd like to pray about.
2. **Write down** their prayer requests.
3. **Pray** together over the prayer requests.

Not sure what to pray? Pray this: God, please remind us who we are and how powerful You are when we feel afraid. In Jesus' name, amen.

Check Out

Stay in small groups until kids are checked out.

1. **Talk about** earning points by returning the Challenge Card, and **continue decorating** masks.
2. When a kid from your small group leaves, **say** something positive and specific to their family.
3. **Encourage** families to do the Challenge Card together.

Please save questions on back for Small Group Discussion.



SMALL GROUP LEADER GUIDE

FIGHT FEAR
WEEK 4 AFRAID TO FAIL

Small Group Welcome

1. **Introduce** yourself, and **welcome** new kids by name.
2. Kids **share** what happened during the past week.
3. **Check up** on past week's prayer requests and events.
4. **Discuss** the welcome question: **How do you learn to ride a bike?**

Small Group Activity

You'll Need

- Origami paper (2 sheets per kid)
- Origami Talking Dog activity supplement (2 per group)
- Markers (1 set per group)

Before Activity Time

1. **Watch** the video at <http://go2.lc/OrigamiTalkingDog> to learn how to fold the Origami Talking Dog. (*Don't let your kids watch it with you.*)

To Do

1. **Keep** Origami Talking Dog activity supplement **closed** and **show** kids the picture of the dog on the front.
2. **Give** each kid 1 sheet of origami paper, and **ask** them to make the dog **without** instructions or help from you.
3. **Allow** kids to **try** or **complain** that they can't do it.

Say: That was too hard to do without help. God asks us to do things that are too hard, too. We can be afraid to try and give up, or we can pray to God and try with His help! Don't give up. Ask for my help, and we'll do it together!

4. **Give** each kid 1 more piece of origami paper, **show** the instructions, and **help them**.
5. **If time allows**, kids **decorate** their origami dogs.

Choose questions to ask during the activity.

1. **What was hard about making the origami dog the first time?** *Answers will vary*
2. **What can you do when something is too hard and you're afraid you can't do it?** *Ask God to help you.*

Small Group Discussion

Say the point and Bible verse together.

When I'm afraid I'll fail, God will help me.

Isaiah 41:13 NIV

"... the LORD your God ... says to you, Do not fear; I will help you."

1. **When you're afraid, who can you always ask for help?** *God*

Choose a few review questions.

1. **What are some things you're afraid you'll mess up on if you try to do them?** *Answers will vary.*
2. **What's something you're afraid to try again because you messed up the first time?** *Answers will vary.*
3. **When you ask for God's help to do something hard, how do you think He might help you?** *Answers will vary, but ideas may be: He may give you good ideas to help, He might give you people to help, He may give you strength to keep on trying, etc.*
4. **What's something God might ask us to do that's too hard to do without Him?** *Standing up for what's right, talking about Jesus, standing up to a bully, etc.*

Choose an action step question.

1. **If you try and mess up, what can you do to be brave enough to try again?** *Answers will vary.*
2. **What can you do to encourage someone else who wants to quit trying and give up?** *Answers will vary.*

Pray together.

1. **Ask** kids to share things they'd like to pray about.
2. **Write down** their prayer requests.
3. **Pray** together over the prayer requests.

Not sure what to pray? Pray this: God, please remind us that even when we mess up, You'll help us when we try again. In Jesus' name, amen.

Check Out

Stay in small groups until kids are checked out.

1. **Talk about** earning points by returning the Challenge Card, and **continue decorating** talking dogs.
2. When a kid from your small group leaves, **say** something positive and specific to their family.
3. **Encourage** families to do the Challenge Card together.

Please save questions on back for Small Group Discussion.