

Description: Have you ever thought that you were made to do something important in life? The truth is, you are! God has uniquely designed you to do something great, something that only you can do. Maybe you know in your heart that you are supposed to be a doctor, a musician, a politician, or an artist. Or maybe you don't know exactly what it is, but you have a feeling about it. All too often there is a giant obstacle standing in our way; its name is FEAR. It's time to learn how to punch fear in the face! Let's learn to escape average and do stuff that matters in life. God's desire is for us to live a fearless life so we can propel forward into our true calling.

Key Passages: Deuteronomy 1:26-35; 2 Timothy 1:7; 1 Peter 4:10

Extra Passages: Proverbs 1:7; Isaiah 41:10; Psalm 62; Matthew 8:23-27; 1 John 4:13-18

Prompt: Travis and Jake will discuss fear. To set the stage for the topic, choose several random phobias from Wikipedia's list (https://en.wikipedia.org/wiki/List_of_phobias). See if the students can identify them. Let students know the PowerTrax video focuses more on the effects of fear (how it bullies us) than specific types of fears (e.g., fear of death).

Play: Video of Travis Smith, "Punch Fear..." www.buildmomentum.org/resources.html

Process: Select from the following questions to help students remember, rekindle and reengage.

- ⏪ Travis mentions the difference between healthy and unhealthy fears. **What are some unhealthy fears and what makes them unhealthy?**
- ⏪ Travis and Jake repeated this key idea: "The bully of fear is a bondage to your past and a barrier to your future." **What did he mean by 'bondage' and 'barrier'?** Give examples, if needed.
- ⏪ Referring to Deuteronomy 1:26-35, Jake said, "Fear makes you lie to yourself." **What lies did Israel believe? What lies do we believe about God?**
- ⏪ FACT: "Fear not!" is among the most often repeated commandment in the Scriptures (some variation of the command appears 100-300x). And God often gives His reason: "For I am with you" (e.g., Josh. 1:9; Ps. 23:4). **What do our fears say about our understanding of God?**
- ⏪ Reread 2 Timothy 1:7. **How did Travis have the students personalize this verse? How might it affect your fears if you regularly personalized this verse?**
- ⏪ **How do your friends feed your fears? Your parents? The media? The devil?**
- ⏪ Referring to 1 Peter 4:10, Jake commented, "You are uniquely made by God." **How does knowing your unique giftedness help suppress fear? What do you think is your unique gifting?**
- ⏪ Unless fear is confronted, it cannot be conquered and freedom cannot be claimed. **How will you start to punch fear in the face?**

Pray: Pray as a whole group. Give the students a minute of silence, encouraging them to confess their fears to God and recognize His nearness. Close the time by receiving God's joy, peace, and freedom.