



Goliath Must Fall

Week 2: Fear

What we want students to learn: Fear is the opposite of faith.

What we want students to do with what they've learned: Identify the fear that has been holding them back.

Scripture Focus: Isaiah 43:1-2

Supporting Scripture: Philippians 4:7

The Main Point

Welcome to week two of Goliath Must Fall. We are believing for not only students to be set free in this series, but for you as well. What giants have been holding you back? Is it fear, perfection, pleasing people, comfort, or rejection? We all have giants we face. God wants to overcome yours too! Will you lead the way for your students by allowing God to help you overcome your giants as well?

INTRODUCTION

To kick off small group for the night, ask the following question.

- **What is the weirdest thing you have ever been afraid of?**

Fear can be an odd thing. We all have some crazy and often irrational fears. But, why do we have so many fears? Are some legitimate? As we continue throughout the lesson today, we will learn about God's view on the fears in our lives.

PRAY for open hearts as your group begins to tackle a subject that heavily weighs down on most people. Pray for surrender in your group to let go of the fears and anxieties of this world.

LESSON

Fear can be paralyzing. It can make us hide from responsibilities. Fear leads to worry, anxiety, and stress. In the story of David and Goliath that we introduced last week, the Israelites were afraid of Goliath. Even still, Goliath fell. In the name of Jesus, fear must also fall. Just as Goliath taunted the Israelites, these feelings of fear typically taunt us on a day-to-day basis. If God has the power to overcome death, He most certainly has the power to bring this giant to its knees.

- **What is fear? How would you describe it?**
- **What is the opposite of fear?**
 - *Many people would think the opposite of fear is courage. Now, that may be true in the world's eyes. But, in our context, the opposite of fear is faith. We don't have to fear because we can have faith in Jesus. Not only that, but even if we are afraid, we can still move forward in faith.*

- What were you the most afraid of for the first day of school?
- What are you the most afraid of about this upcoming school year?

Have your group read Isaiah 43:1-2 below to finish out the lesson portion of small group.

Isaiah 43:1-2 - But now, this is what the Lord says—he who created you, Jacob, he who formed you, Israel: “Do not fear, for I have redeemed you; I have summoned you by name; you are mine. 2 When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.

- What reasons does this passage give us for not having to fear?
 - *God created us*
 - *God redeemed us*
 - *God called us*
 - *God will be with us*
 - *God will protect us*
 - What was your favorite part of this verse?
 - Do you ever get frustrated at yourself for being afraid? Why?
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LIFE APPLICATION

In order to conquer fear, you must first get to the root of it. You have to understand where it comes from and how to allow Jesus to give you a Philippians 4:7 peace- "a peace that surpasses all understanding."

- Who do you know that lives a life of faith? How do you think they are able to live this way?
 - *The things we listen to drastically affect our faith. Are we listening to empty words or lies from others? Are we listening to encouragement from others? Or, are we listening to the truth God has given us?*
 - What role do praise and worship have in dealing with fear? How does they help you fight your battles?
 - What are you speaking over yourself? Fear or faith?
 - Are you speaking in fear or faith to those around you?
 - *We have to speak life over one another consistently. If we get in the habit of speaking life to one another, it will begin to silence the fears that are currently screaming at us. **Fear, in part, stems from what we listen to. We must listen and meditate on God's word to replace what we are afraid of with the power of our God.***
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TAKE IT OUT

Close small group out with prayer requests. Pray that your students would focus on the face of Jesus, the only way to overcome their fear.

After prayer, be sure to remind them to be inviting their friends to THE BASH and encourage them to get connected to THE WEEKEND!