

Konnect TIOG

You Scared? – Overcoming Fear

Say the point and Bible verse together.

Point: Fear can't stop me from doing what I need to do.

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. When do you think feeling afraid is a good thing? *When it keeps you from doing something dangerous.*
2. When do you think feeling afraid is a bad thing? *Answers will vary. Ideas: When it keeps you from doing what you need to do, when you're afraid of something that isn't real, etc.*
3. When you're feeling afraid, how do you think God will help you? *Answers will vary. Ideas: He might remind us He is with us, listen when we ask for help, send someone to help us, give us power, love and self-discipline, etc.*
4. Who can you talk with to get help when you're feeling afraid? *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.*

