

No Fear

By RLD Editorial Team

for use as
STEP 1



Lesson 11

Focus:

Faith conquers
fear.

Lesson 11

Bible Basis:

Esther 3:8-11;
4:9-16; 5:1-3; 8:5-8

Lesson 11

Memory Verse:

“So do not fear, for I am with you;
do not be dismayed, for I am your
God. I will strengthen you and help
you; I will uphold you with my
righteous hand.” —Isaiah 41:10

Your students will discuss the role fear plays in our lives in order to understand what it takes to face our biggest anxieties.

Materials:

- None

As you welcome students to class, invite them to share some common fears that many people have, such as the fear of public speaking, fear of heights, fear of spiders, etc. Once students are all present, you can read the following list of phobias. After you read the name of each phobia, invite teens to guess what the phobia is about. The answers are in parentheses.

Nomophobia (Fear of being without your mobile phone)

Arithmophobia (Fear of numbers)

Xanthophobia (Fear of the color yellow)

Ablutophobia (Fear of bathing)

Octophobia (Fear of the number eight)

These fears may seem silly, but the truth is that many people live in fear. In the last two years, there has been a pandemic, a stressful political environment, a large amount of violence and hate, conflicts in other countries, and a plethora of natural disasters. These are all things that can cause fear!

Fear is an incredibly powerful motivator, manipulating our behavior in a way that few other forces are capable of. It can motivate us to do things (like lock our doors each night or wear a seatbelt), but most often, it motivates us to not do something.

In fact, I’m sure we all have our own fears. Everyone in this class probably has a lifelong fear—something you’ve held onto for years. There’s no way you’d face this thing voluntarily.

- **What are some of your lifelong fears?** (Allow a few students to share their own fears.)

➤ **What would it take for you to willingly face this fear?** (Answers may include money, fame, or personal achievement.)

Even though fear is all in our heads, that doesn't make it any less challenging to overcome. Our mind is a powerful regulator, and it can take a lot to ignore its warnings. Thankfully, God *wants* to make us courageous! He wants to take our fears and replace them with courage instead. In fact, He's already done this countless times for brave Christians throughout history.

Today, we'll look at the story of Esther to see how she overcame her fears by faith.

Source: <https://www.therecoveryvillage.com/mental-health/phobias/related/weird-phobias/>

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

for use as
STEP 4 

Lesson 11

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Bible Basis:

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4:9-16; 5:1-3; 8:5-8

Lesson 11

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righteous hand.” —Isaiah 41:10

Materials:

- Pens/pencils (1 per student)
- Paper (1 sheet per student)
- Optional: Whiteboard and marker or screenshared document

Many times, fear is born from uncertainty: We don’t know what’s going to happen and it’s that lack of confidence that keeps us from doing brave things. Take the classic ‘ice pick in a bag’ magic trick. The illusionist asks the participant to slam their hand down on one of several paper bags; one of them contains a hidden ice pick. Fear is created by not knowing which bag the ice pick is under. We’re afraid something like this might happen by accident.

God has already gone ahead of us. All that’s left is for us to listen to His guidance and live a life of courage in our faith.

Hand out pens/pencils and papers to students. If your class is meeting online, invite them to have those materials ready.

Instruct your teens to find a quiet space and meditate on the following questions for a few minutes. You may want to write the questions on the whiteboard or screenshared document so they can refer to them during this process.

- What is the source of your courage?
- In what areas are you still relying on your own understanding?
- What would it take to move your self-confidence to God-confidence?

Once your teens have spent sufficient time answering these questions, gather them together and ask the following:

- **What are some things that God wants you to do, but fear has stood in your way?** (Answers may include taking a stand against something that is wrong, sharing the Gospel, standing for beliefs that differ from what others are sharing, showing God’s love to someone who friends might make fun of, choosing a college, etc.)

Close today's lesson by challenging them to do one thing they know God wants of them that scares them this week, reminding them that they can find confidence in their faith. Close in prayer, thanking God for being with us during all of life's scary moments.

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