

FEAR CHARLA

PART 1: Phobia Quiz

Question: What is a phobia? (*Give them a chance to answer*) It is an extreme or irrational fear of or aversion to something.

Now I'm going to say the names of some fears and I want you to tell me or guess what you think they are the fears of:

<u>Fear</u>	<u>Answers:</u>	
1. Octophobia	1. Fear of the number 8	
2. Autophobia	2. Fear of being alone	
3. Pogonophobia	3. Fear of beards	
4. Cholerophobia	4. Fear of cholera	Cholera: Infection of the intestine
5. Necrophobia	5. Fear of death/dead things	
6. Textophobia	6. Fear of certain fabrics	
7. Spectrophobia	7. Fear of ghosts	
8. Chiophobia	8. Fear of hands	
9. Sinistrophobia	9. Fear of left handedness	
10. Carnophobia	10. Fear of meat	

So if you haven't quite figured it out, the topic of this charla is fear.

Question: In your opinion, what do you think about some of the fears I've mentioned? Are they ridiculous? Are they serious? Why? (*Give them a chance to answer*)

Talk about how some of these types fears can control one's life. I.E:
Agoraphobia – fear of crowds or open spaces. People with this fear tend to live cluttered or never step foot outside of their homes.

PART 2: Fear in a Hat Activity

Give everyone a piece of paper and pen. Ask them to anonymously write a fear or worry that they have. It does not have to be a “phobia.” Be specific and honest but do not write something that could be easily identified as yours. When everyone is done, fold them and put them into the “hat.”

Once all the fears are written down and in the hat, we will go around and pick a fear that is not your own, out of the hat. You will read the fear and attempt to explain what you think the fear means. Side comments or elaborations from other people are not allowed.

PART 3: Discussion Questions

1. What were some of the most common fears we heard in the activity?
(We share a lot of the same fears)
2. What are some things that you fear in life? Why do you fear these things?
3. Have you ever let fear take over your life? How or why not?

PART 4: Put Fear in God's Hands

Light a candle and talk about how scary fires can be. (Have members of the group, preferably those who would be scared, put their hands close to the flame, or try to touch it) Fires can get out control. The more we put into fires the more it grows. Sometimes fires can get out of control and no matter how hard we try to put them out, they start to consume everything in their path.

Fear is the same way! If we let irrational fears consume our lives, we stop living a normal life. If we feed it, it can get out of control too. The good news is that God is stronger than fire and He is also stronger than fear.

Take a candle snuff or paper cup and put the candle out. As you demonstrate how a candle snuff puts the fire out, explain that God is more powerful than any fire. Even when our fear is out of control, God can put a stop to it if we ask Him.

PART 5: Relevant Scripture

Joshua 1:9 "Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Matthew 14:25-27 "During the fourth watch of the night Jesus went out to them, walking on the lake. When the disciples saw Him walking on the lake, they were terrified. 'It's a ghost,' they said, and cried out in fear. But Jesus immediately said to them: 'Take courage! It is I. Don't be afraid.' "

PART 6: Conclusion

Will you let fear control your life or will you overcome it and put it in God's hands? Which definition of fear will you use?

F.E.A.R – Forget Everything And Run

-OR-

F.E.A.R – Face Everything And Rise

It's your choice.