



# When I am Afraid

A PowerPoint Presentation

By Catherine Slight and Lin Pearson

(Presentation Notes)

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**Practise!** Read the script; become familiar with it; adapt it to your own language, and the language of your listeners. Practise running the PowerPoint with the script. If someone else is helping you, practise with them. A well-prepared presentation will help convey your message.

**Pray.** Without the anointing of the Holy Spirit, this will simply be an ordinary talk. Ask God to help you convey a message from his heart.

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**How much ground will you cover in one session?** That will depend upon the time you have available, the age and powers of concentration of your group, the amount of questions and discussion you incorporate into the session, and also the number of illustrations from your experience, or that of others, that you include.

**The wording of these notes is only a suggestion.** You must feel free to use your own style presentation. We pray that you will experience the drawing near and help of God as you present this series.

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### POWERPOINT PRESENTATION

The PowerPoint presentation which accompanies these notes may be downloaded from our website. <https://freeministryresources.org/how-to-cope-with-fear/>

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# Suggested script

The wording of this outline is only a suggestion. You know your group! So feel free to use language that is appropriate for them.

## 1. TITLE and credits

### 2. ► **Boy and When I am afraid title**

We have all felt fear at some time or another.

**Some fears are good.** They keep us safe. For example, fear of being hit by a car will help us watch out when crossing a street. Fear of being burned will help us to be careful when we are near camp fires or barbecues.

**But sometimes there are fears which are harmful to us.** They can take over and spoil our lives and even control what we do, so that we are held back from doing good things we would enjoy, and are compelled to wear ourselves out doing other things which are not helpful.

But fears can be zapped, so that will no longer upset us or spoil our lives.

### 3. ► **Sometimes I can help myself**

Although some fears are very powerful, we can zap them ourselves, by thinking a certain way, and doing certain things.

We'll think about some situations that might frighten and upset some of you. Perhaps you have no problem with these, but as we discuss them, it may help you to know how to help someone else who is afraid of these things.

### 4. ► **Spooky Stuff**

*Discuss what sort of stuff this might be. E.g. witchcraft, vampires, ghosts, etc.*

*Talk about how they may have been exposed to it.*

*E.g. Usually movies, DVDs and TV, computer games, etc.*

*Sometimes spooky rides at the theme parks or horror comics, etc.*

**How can we help ourselves when spooky things make us afraid?**

*Discuss this with the children. E.g.*

- *Turn off the TV or DVD.*
- *Choose different DVDs, books and comics*

### 5. ► **Wasps**

This can be very scary when a stinging insect is flying near you, especially if you have been stung by one before. But you can help yourself.

**How should I react if a wasp or a bee or some other stinging insect comes buzzing round me?**

*Discuss the importance of staying calm and self-controlled. Flapping arms might agitate the wasp and provoke it into stinging; running around in panic may cause us to run into danger.*

*Talk about standing still and quiet.*

*Remind the children that the wasp is probably looking for food and when it sees you are not food, it will fly away. Just stay calm and it will go eventually.*

### 6. ► **Dentist**

*Talk about how to take care of teeth by eating and drinking healthy foods and by cleaning them. Then the dentist will not need to give painful treatment.*

### 7. ► **Storm**

If we understand what causes thunder and lightning, then we need not be afraid of the noise or the flashing. If we are caught outside in a storm, we can follow the safety plan and stay away from trees or high things. If caught in the open we can lie down flat in a hollow if we can find one, till the storm has passed.

## 8. ► **Getting into Trouble**

We get ourselves into trouble by doing wrong things. So we could help ourselves by changing our behaviour.

What have just seen some examples of that.

## 9. ► **Sometimes I can help myself with YES! explosion.**

Yes, in these, and many other things that make us afraid, there is a lot we can do to help ourselves.

## 10. ► **BUT...**

## 11. ► **Family group with Sometimes I need others title**

Sometimes we can't do it ourselves; we need someone else to help us.

We'll think about some scary things which other people can help us with.

## 12. ► **Dark**

If you were afraid of the dark you could ask the grown-ups at home to leave a small light on at night. You could do this for a while. Later, you could help yourself, by putting off lights and having a bed-side light to use if you wake in the night and it is dark.

## 13. ► **Creepy-crawlies**

Maybe you could help yourself, by telling yourself self that even a tarantula will not hurt you, if you do not bother it! Maybe others could help by taking away the creepy-crawly that has scared you.

## 14. ► **Bullies**

If you are scared of a bully, go right away to a responsible adult. If it is in school, you could follow the plan that school has arranged for dealing with bullying. If it is not in school, or if it is a grown-up that is bullying you, go immediately to another adult that you trust.

## 15. ► **Sometimes I need others.**

It's true. Sometimes we need others to help us when we are afraid.

## 16. ► **BUT...**

## 17. ► **Sometimes only God can help**

## 18. ► **David and Goliath**

*Briefly talk about David and how, when a shepherd facing wild animals, he had learned to trust God. Then when facing the giant, he didn't rely on armour, but instead trusted God to help him kill Goliath.*

## 19. ► **David said: I trust in God... (Bible verse)**

David had learned that God was so powerful that he could be trusted to help him. Whenever David was afraid, and sometimes he was even in danger of losing his life, he relied on God to zap his fears and make him strong.

*[If you wish, you could look together at Psalm 56:3-4,13.]*

We can do the same as David did. We can rely on God to zap our fears, because he is so powerful he can do anything.

## 20. ► **Fishermen washing nets**

One time, when Jesus was on Earth, fishermen had been trying all night to catch fish. They knew the best places to go and the best time for a good catch. But they had caught nothing.

Jesus told them to go out onto the sea again, in broad daylight—usually the worst time to catch fish !

### ► **Miraculous catch**

They obeyed him and the catch was so big it nearly burst their nets!

### ► **Zap!**

Jesus is so powerful that **he zapped the laws of nature** and brought the fish into the nets.

### 21. ► Boat on stormy sea

Another time, Jesus spoke to the stormy wind and waves ...

#### ► Zap!

...and **zapped the stormy sea** so that it was immediately calm and smooth.

### 22. ► Crosses

Even though Jesus was nailed to a cross and died...

### 23. ► Jesus alive again and Mary at garden tomb

...He came alive again. The first person to see him was Mary in the Garden where the cave-grave was. And Jesus was also seen later by many others.

#### ► Zap!

Jesus is so powerful that **he even zapped death!**

There is nothing that he cannot deal with. There is no fear of yours that he cannot zap!

### 24. ► Blue screen followed by question mark (*which appears without any further click*)

Maybe there is something you are afraid of that is far too big for you to handle.

Or maybe you think it is too silly to tell anyone about and you suffer this fear in silence, all alone. There is a question mark here on the screen because we do not know what your secret fear is.

You can imagine that your secret fear is written here.

Every fear we have spoken about today, including your secret fear, can be zapped by God.

### 25. ► Boy afraid

In fact, God wants very much to help you.

#### ► Help myself

As we have discussed, there is a lot we can do to help ourselves.

But sometimes, even though we try hard, we cannot improve things without help.

*Discuss examples:*

E.g. Maybe you try very hard not to watch scary DVDs with your friends, but they laugh at you and it is hard for you to leave the room or ask for a different DVD. Ask GOD to help you to be strong and do what you can do.

Maybe you have tried really hard not to get into trouble, but you still do silly things. Ask God to help you to pause and think about what your behaviour might lead to—and ask him to help you make right choices.

#### ► Ask someone to help me

We also thought about asking other people to help us.

*Discuss examples:*

E.g. Maybe you asked someone to take away the spider that scared you. It's good to get help, but that has just removed the scary thing. The fear of spiders can still be there.

You can ask God to deal with the root of the fear!

We should always try to do what we can for ourselves.

We should never be too shy to ask others for the help we need.

But every time you are afraid, like David...

#### ► Trust God to help me

...You can trust God to help you. Because there are some things that no one can help us with except God.

#### ► Zap!

He can zap every fear – if we trust him.

## What does it mean to TRUST God?

### 26. ► “Trust God”, boy and definition

Trust means to rely on God, because we have confidence in his great power.

### 27. ► “How to zap my fears” and Bible

We trust God when we believe what the Bible says about him.

First, in the Bible, people who have trusted God to help them tell us about it, and it helps us to know that we, too can be helped by God.

### 28. ► Philippians 4:13

The Apostle Paul had some really tough times and many scary moments. But he said this:

“I can do all things through Christ who strengthens me.”

Jesus will help us as well, when we face scary things.

Or, sometimes God himself makes a promise to someone in the Bible, like this one:

### 29. ► Isaiah 43:13

“I am the LORD, your God, who takes hold of your right hand and says to you, Do not fear; I will help you.”

Sometimes, when we read a verse like this, it is as if God is saying the words to us. The Holy Spirit makes these promises so real and meaningful to us that we know it is God’s message to us personally.

These are just two examples from the Bible. You might find another helpful verse, too, if you ask God to show you. Trusting God—having faith in him to help you—comes from relying on what God has said in the Bible, not on wishful thinking or human imagination.

**So what do we do next, when we have found a Bible promise?**

### 30. ► Write

First write it down –

- in your diary
- or on a card you can carry around with you
- or on a post-it note stuck to your bedroom mirror
- or all of these ways!

Maybe you can think of other ways.

### 31. ► Read

Read it again and again, especially out loud.

### 32. ► Think

Think about it often. See how it might affect your situation by putting yourself into the verse.

For example: here is a verse we were looking at earlier

### 33. ► “I can do all things...”

Someone might think about it and put themselves into the verse like this...

### 34. ► “I Joe Bloggs...”

“I Joe Bloggs [or whatever your name is] can *walk away when someone wants to pick a fight with me* [or whatever you have been afraid to do] through Christ who strengthens me.”

### 35. ► Memorize

By writing down the Bible verse, reading it many times, and thinking about it you will be helped to memorize it. Then you will be able to say the promise without having anything to read.

### 36. ► Trust God

Remember it is not the words themselves that take away the fear; **they are not like a spell or a charm.** It is your trust in God, who gave you these promises, that drives away the fear and gives you courage. **It is what you believe in your heart about God which makes the fear go.**

God will never lie, so he is completely trustworthy. He will never break a promise.

**And there’s something else the Bible says:**

If we are sorry for the wrong things we have done (our sin) and have asked Jesus to forgive us and be our Saviour and Leader,

*[Express the gospel message here in your preferred terms. It is important that the children realize that it is their relationship with Christ, through salvation, that assures them of the following...]*

Then . . .

**37. ▶** He will be with us all the time – in good times and in scary times.

**38. ▶** He will change things for us – maybe not by taking away all the scary stuff, but by giving us courage to be brave, knowing that he loves us and cares for us.

**39. ▶** We need never be afraid of anything

**40. ▶** – not even dying!

**Whatever you are afraid of...**

**41. ▶ FEARfearFEARfear followed by ZAP!** *(which will appear without any other click)*

...trust God to help you and let him zap all your fears. If you rely on him, he will give you courage

**42. ▶ Boy thumbs up** ...and you will be able to cope with any scary situation.

**43. ▶ Fade to black [END]**