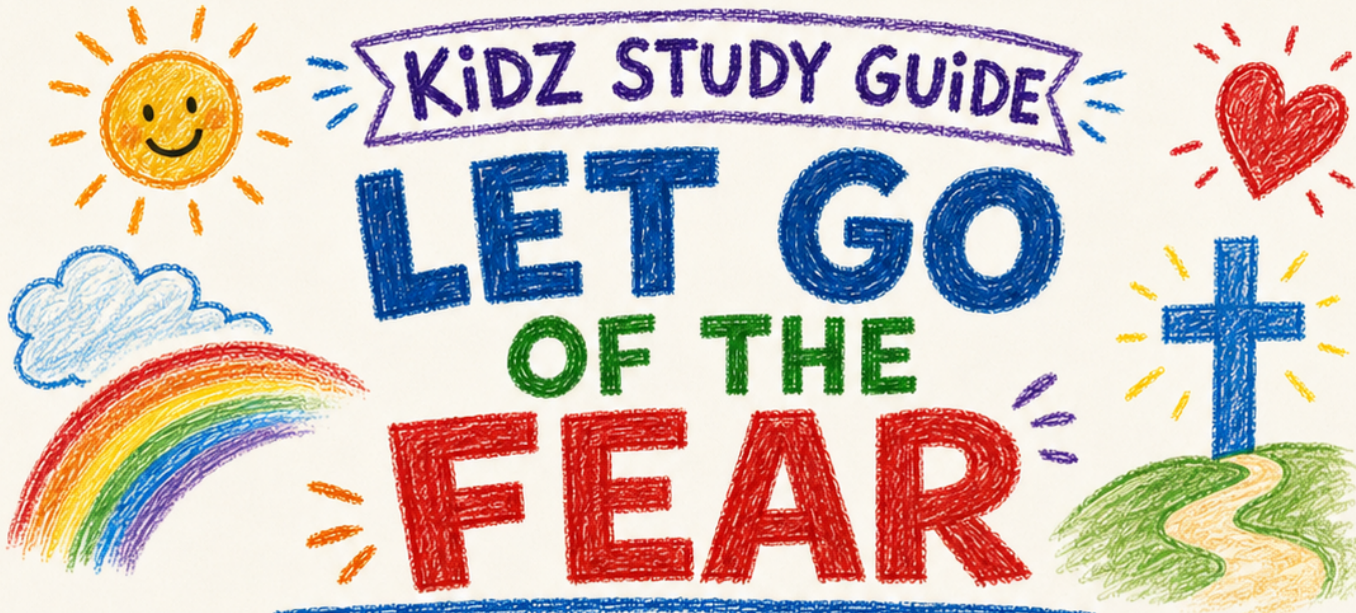


KIDZ STUDY GUIDE

LET GO OF THE FEAR



5 WAYS TO STOP FEAR THAT KEEPS ME FROM OBEYING GOD

1. STOP OVERTHINKING



2. DON'T ISOLATE



3. LIMIT SOCIAL MEDIA



4. SHARE YOUR HEART



5. FIND PEACE IN PRAYER



God has not given us a spirit of fear,
but of power and of love and of a sound mind.

2 Timothy 1:7

LET GO OF THE FEAR

Message from Lee Grady

OVERVIEW

Have you ever felt afraid to do something you knew was right?

Timothy was a young follower of Jesus. Paul helped Timothy grow, encouraged him, and reminded him that fear did not come from God. God had given Timothy power, love, and a sound mind.

Lee Grady taught that fear can keep us from doing what God asks us to do. Fear can make us overthink, pull away from people, compare ourselves with others, hide what is in our hearts, or forget to pray.

The Holy Spirit helps us when we feel afraid. He gives us courage, heals the hurting places in our hearts, and helps us obey Jesus.

FIVE WAYS TO CONFRONT FEAR:

1. Stop overthinking.
2. Don't isolate.
3. Limit social media.
4. Share your heart.
5. Find peace in prayer.

Fear can make us want to close parts of our lives to God. However, when we trust the Holy Spirit and let go of fear, we can open every part of our lives and freely say yes to Him.

“When I have fear in my life, it limits the flow of the Holy Spirit because I’m saying I’m not going to do what God is asking me to do.” — Lee Grady

HOW TO USE THIS STUDY GUIDE

Read About It → Talk About It → Think About It

Open your Bible and read the verses together.

Look for the answers in the Bible before talking about the questions. God’s Word tells us what is true, even when we feel afraid.

Ask the Holy Spirit to show you where fear may be affecting your thoughts, friendships, choices, or obedience.

You can use this study guide on your own with Jesus, with your family, or with your Roads Group.



MEMORY VERSE

“For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

2 Timothy 1:7

BIG WORDS

- Fear = The feeling that something bad or scary might happen.
- Overthinking = Thinking about something so much that worry makes it hard to decide what to do.
- Isolate = To pull away and try to face things alone.
- Compare = To decide how good or important we are by looking at someone else.
- Confess = To honestly tell the truth about something we have done or are struggling with.
- Obey = To listen to God and do what He asks.
- Sound mind = A mind that can think clearly and make wise choices with God’s help.

SECTION 1 — STOP OVERTHINKING

BIG IDEA

God gives me power, love, a sound mind, and peace when fear fills my thoughts.

READ ABOUT IT

2 Timothy 1:7–8, John 14:27

TALK ABOUT IT

1. According to 2 Timothy 1:7, what has God not given us?
2. What three things has God given us instead?
3. According to John 14:27, what does Jesus give us, and what does He tell our hearts not to do?

THINK ABOUT IT

- What is something you have been worrying about over and over?
- Have you ever been so afraid of making a mistake that you did not try?
- What truth from these verses can you remember the next time you feel worried?

Further Scripture Reading — 1 Timothy 4:12

SECTION 2 — DON'T ISOLATE

BIG IDEA

God made me to have relationships with other people. I do not have to face fear alone.

READ ABOUT IT

Genesis 2:18

TALK ABOUT IT

1. What did God say was “not good”?
2. What did God decide to make for the man?
3. What does this verse teach us about our need for other people?

THINK ABOUT IT

- When you feel afraid, sad, or worried, do you hide, or do you talk to your parents or another trusted family member?
- Is there someone at church, school, or home whom you can encourage this week?

Further Scripture Reading — Ecclesiastes 4:9–10, Hebrews 10:24–25

SECTION 3 — LIMIT SOCIAL MEDIA

BIG IDEA

I should protect my heart and mind from things that make me feel fearful, worried, or not good enough.

READ ABOUT IT

2 Timothy 1:7

TALK ABOUT IT

1. What kind of spirit has God not given us?
2. What has God given us instead?
3. How can power, love, and a sound mind help us when something we see or hear makes us feel afraid or not good enough?

THINK ABOUT IT

- How do you feel after watching videos, playing games, or using apps?
- Do you ever compare yourself with other people?
- Would spending less time on a certain game, app, or video help you have a healthier mind?

Further Scripture Reading — Proverbs 4:23, Galatians 1:10

SECTION 4 — SHARE YOUR HEART

BIG IDEA

I can honestly share my struggles with God and with safe, trustworthy people.

READ ABOUT IT

James 5:16

TALK ABOUT IT

1. What does James tell believers to confess to one another?
2. What should believers do for one another?
3. What does James say can happen when we are honest and pray for one another?

THINK ABOUT IT

- Is there a fear, mistake, or hurt that you have been keeping inside?
- Why can it be helpful to have someone listen and pray with you?
- Is there something you have been keeping hidden that you need to confess and share with your parents today?

Further Scripture Reading — Galatians 6:2, Proverbs 28:13

SECTION 5 — FIND PEACE IN PRAYER

BIG IDEA

I can bring every fear and worry to God in prayer.

READ ABOUT IT

Philippians 4:6–7

TALK ABOUT IT

1. What does Paul tell us to do instead of worrying?
2. What should we include when we tell God what we need?
3. What will God's peace guard when we pray?

THINK ABOUT IT

- What fear or worry do you need to talk to God about today?
- What is one thing you can thank God for while you pray?
- Who could you ask to pray with you this week?

Further Scripture Reading — John 14:27, 1 Peter 5:6–7

FINAL REFLECTION — OPEN THE VALVES

BIG IDEA

I can let go of fear, trust the Holy Spirit, and say yes to God.

READ ABOUT IT

2 Timothy 1:7–8

TALK ABOUT IT

1. What has God given you instead of fear?
2. What did Paul tell Timothy not to be ashamed of?
3. Whose power would help Timothy face hard things?

THINK ABOUT IT

- Which area is hardest for you: overthinking, pulling away, too much screen time, sharing your heart, or praying?
- Has fear ever stopped you from doing something kind, right, or obedient?
- What is one way you can say yes to God this week?

FINAL ENCOURAGEMENT

You do not have to let fear control you.

When you feel worried, remember what God has given you: power, love, and a sound mind. Stay close to God's family, share your heart with safe people, and bring every fear to Jesus in prayer.

The Holy Spirit will help you do what is right, even when you feel nervous or unsure.

Let go of the fear. Receive the peace of Jesus. Say yes to God.



ACTIVITY — CHOOSE COURAGE

Draw one way you can stop fear from keeping you from obeying God.