



BREAKIN IT DOWN

The SESSIONS



| session | theme | topic | Bible topic | focus | life point | scripture |
|---------|-------------------------|----------------------------|---|---|----------------------------------|---|
| 1 | What are you afraid of? | Recognize Fears | Don't let fears about tomorrow affect our relationship with God today | Worry is more harmful than helpful | Live one day at a time | Matthew 6:34 [NIV] "Therefore do not worry about tomorrow ..." |
| 2 | Real vs. Pretend | Put fears into perspective | As Christians, we do not need to ever be afraid because Jesus will never leave us | Look at your fears from Jesus' point of view | Don't be afraid ... just believe | Mark 5:36 [NIV] "... Don't be afraid; just believe." |
| 3 | Don't Freak Out | Don't let fears scare you | We need not fear because God loves us and watches over us --He is in control of our lives | Ask for protection and then trust in God to answer | Fear not | Isaiah 41:10 [NIV] "So do not fear, for I am with you ..." |
| 4 | Talk it Out | Talk openly about fears | When afraid talk to God about it, remember that He is always with us | God will listen when we talk to Him about our fears | Talk to God first | Psalms 56:3 [NIV] "When I am afraid, I will trust in you." |
| 5 | Face Your Fears | Face Fears | God always hears our fears and always helps those who love Him | God can and will protect us from our fears | Seek the Lord, no matter what | Psalms 34:4 [NIV] "I sought the LORD, and he answered me; he delivered me from all my fears." |

The Time

How long should each segment last?



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|-----------------------------|-------------------------|---------------|
| Get Everyone onBoard | Before Service Begins | 5 minutes |
| Worship & Prayer | Worship | 15 minutes |
| Ice Breaker | Ice Breaker | 5-10 minutes |
| Large Group Growth | Large Group Growth Time | 20-25 minutes |
| Small Group Growth | Small Group Growth Time | 15-20 minutes |
| Large Group Game | Large Group Game | 5-10 minutes |
| Prayer | Prayer | 5 minutes |
| Hand-outs | Hand-outs | |