

## BUILDING 429

## Artist:

BUILDING 429

## Album Title &amp; Record Company:

FEAR NO MORE EP  
3RD WAVE MUSIC /  
THE FUEL MUSIC

## Video Title:

FEAR NO MORE

## Study By:

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## Playlist

This song is featured on "The Linc: Fear" Spotify playlist – which is the perfect way to remind your students what you've taught them in this session. To share it with them, click the live link on the web version of this study.

## Themes

Fear, Faith, Courage

## Objective

Young people will realize that anxiety is a thief of joy. Everyone –rich, poor, young, old, and of all different races – are dealing with this.

## Warm Up

- When you were little, what were you afraid of?
- Was anyone afraid of something that now seems silly to have been scared by?

## The Video

Play "Fear No More" by Building 429.

## Transition

Maybe you have been a leader in your school class or on your sports team. Other friends are looking to you as the one to be brave heading into this new school year or experience, etc. But you may actually be at least a little nervous and scared. Like Joshua, you need a reminder from God. Ask yourself these questions and answer them honestly:

- Am I afraid or discouraged as I head to this new experience?

- Who is going to be there with me?
- Who can I ask for help or encouragement?

## Bible Study

Say: "We'll talk more about this in small group. My guess is that you are going to find that you have a lot more in common with the Israelites and Joshua than you may have ever realized. And I'm also guessing that the way God encouraged and challenged them will help you as you go forward. Bottom Line: God is WITH you so you don't have to be afraid or discouraged".

## Deuteronomy 31:1-8

- What did we learn about being afraid and discouraged in this passage?
- How did Moses encourage them?

## Joshua 1:6-9

- What do we learn about being afraid and discouraged from Joshua in this passage?
- How did God's words to Joshua help him when it comes to fear and discouragement?
- When you think about your friends and conversations you hear throughout the day, are more of them people who are encouraging others or discouraging others? Do you think this will change for the

better, worse or not at all? Why?

- If you can be honest with our group, this can be a very helpful question for everyone. When you think about going to school this year, what are you afraid of or at least nervous about when it comes to this change?
- How can taking time to remember that God is WITH you, that you are not going through this alone, help you to avoid being afraid and discouraged?
- What kinds of things have you heard from others that have encouraged you the way Moses and God encouraged Joshua and the Israelites?
- What can you be saying to others to help them avoid being afraid or discouraged with this change?

This video reminds us that it is where we find God in His love and mercy that we can overcome our fears, doubts, and anxieties. He will hold us up in the storm so that we can "Fear no More." God is the same yesterday, today and forever. It is when we trust in Him and surrender to His will that we will find peace.

There is freedom through God's love and grace. Our hearts must turn from this world and look for the grace that God gives us to heal our brokenness and live our lives by the design and purpose God has set out for us. In

**Isaiah 41:10** God says, "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 right hand." He takes our burdens and asks us to make His heart our dwelling place.

## Wrap Up

Explain that "fear not" is mentioned 365 times in Scripture – a reminder to us that God asks us each day to place our trust in Him and "Fear Not." Close in this prayer to overcome fear:

*Lord, You are a good Father. Your love and care is endless. You care more about my wellbeing than even I do, no matter how much I worry over it. And You are all powerful – able to protect me completely and fully from anything that might arise. Lord, I acknowledge I forget these truths. I declare I am prone to believe that I am alone and without any protection. Lord, I know that this is a lie I tell myself, and it only works me up into worry and fear. I ask forgiveness of that worry and fear now. Ultimately, I know it stems from not trusting in Your love toward me. Help me believe and live out of the truth that You are always close, always protecting me, always watching over every step of my life. Thank you, Lord, for Your great love for me. In Jesus' Name, Amen.*