



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?



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	