

SHINE Week 1

Fear of Failure

FEARLESS

Session aims:

(For Christian young people)

To explore how fear of failure can stop us speaking to our friends about Jesus
To begin planning a specific, guest-friendly activity for Week 3

Session aims:

(For non-Christian young people)

To invite and encourage non-Christian young people to explore how fear can stop us from trusting other people and, ultimately, stop us trusting Jesus

Bible passages:

Acts 2
Luke 22:54–62
John 21:15–19
Mark 1: 14–18
Matthew 14: 25–32

Preparation for you:

SHINE is a three-week programme comprising two teaching and planning sessions followed by one 'guest-friendly' session. (Watch the *How 2 SHINE* video to find out more.)

You will find it helpful to pre-watch the film you are going to use in your *Connecting* section during Weeks 1 and 2, and to think and pray a bit yourself about the kind of SHINE activity that might be best in the school you are working in. We have also produced two short videos for you to use in Week 3. These include some well known Christian musicians (including Rend Collective) talking about the difference that Jesus makes to their lives. These videos are designed to be a discussion starter for your Week 3 event and to make it even easier to share Jesus with the young people who come to any event you decide to organise. You can also download a PDF of easy-to-run Week 3 ideas.

Base Camp activities:

If your young people have little or no church background, or very little knowledge of the Bible, then you might want to use the **Base Camp activities** and corresponding films. These activities are specially tailored to enable those who are less familiar with Christianity to engage with the Bible. The Bible is still at the heart of these activities, but the way in which it is used is intended to be more accessible.

Base Camp content is distinct in a very important way, in that it emphasises *exploring* more about Jesus with others rather than being *equipped* to share the gospel from a position of having already committed to follow Christ.

SchoolsLive:

All of these activities are also available to download for free from the SchoolsLive website: (<http://www.schoolslive.org>)

Way in – options to start your session (choose one or two of these activities)

Fears and phobias

Time: 5–10 mins

Bible knowledge: n/a

With: copies of resource sheet: Fears and phobias (see below)

- 1 Briefly introduce the group to SHINE and your focus for the next three weeks.
- 2 Say that the dictionary definition of the word 'fear' is 'an unpleasant emotion caused by coming danger', or 'to be afraid'. We're all scared of something – heights, flying, spiders or even cute, cuddly mice. Invite the students to reveal what they are afraid of, and tell them your fears too.
- 3 Explain that, even though some of us won't admit it, we are all scared of something. Explain that if a fear really grips a person, it's called a *phobia*. Give out resource sheet: Fears and phobias and invite everyone to fill it in by guessing what these strange phobias are. The answers are shown on the second page of the resource sheet.
- 4 Ask everyone to guess what the top three phobias from that list might be. Reveal the answers to be:
 - 1) Arachnophobia – spiders
 - 2) Sociophobia – people
 - 3) Aerophobia – flying
- 5 Introduce the film you are about to show, and explain that we all experience fears of some sort and they can stop us from thriving or from trusting people.

Fear of failure

Time: 5 mins

Bible knowledge: Some

With: a whiteboard or flip chart and pens

- 1 Ask the group if there are things that they don't attempt because they are scared of failing. For example, they might not take up playing in a sports team, or playing a musical instrument, as they might not be very good at it and people might laugh at them.
- 2 Explain that fear of failure can stop us doing all sorts of things.
- 3 Ask the group what they know about Peter from the Bible. Write down any significant events from his life on the whiteboard or flip chart. Make the point that Peter's life was full of ups and downs, successes and failures, but in the end he trusted Jesus and that made all the difference. Introduce the film you are about to show.

Base Camp: Whom do you trust?

Time: 5 mins

Bible knowledge: n/a

With: a whiteboard or flip chart and pens

- 1 Ask everyone to think about what sorts of groups of people they trust. For example, friends, parents, doctors. List these on the whiteboard or flip chart. Please be aware that this may be a sensitive or painful issue for some young people, so don't assume that everyone's experience of trusting others is necessarily positive.
- 2 Ask the group why we trust certain people and not others? What makes someone trustworthy?
- 3 Finally, ask them why we find it hard to trust some people.
- 4 Introduce the film you are about to show and explain that they will hear about a man called Peter who showed enormous trust in someone he had only just met.

Connecting – Options to explore the theme (choose one of these activities)

Fear of failure

Time: 10 mins

Bible knowledge: Some

With: *Christian Week 1* video and the means to show it

- 1 To access the videos, follow these steps:
 - a) Login or register on the SHINE in schools website (www.shineinschools.com).
 - b) Click on the 'The Videos' tab.
 - c) Answer the three questions and click the 'CLICK HERE FOR YOUR VIDEOS' button to access the videos.
 - d) If you won't have access to the internet during your session you will need to download the videos – see the instructions on the bottom of the videos page.
- 2 Show the video to your group.

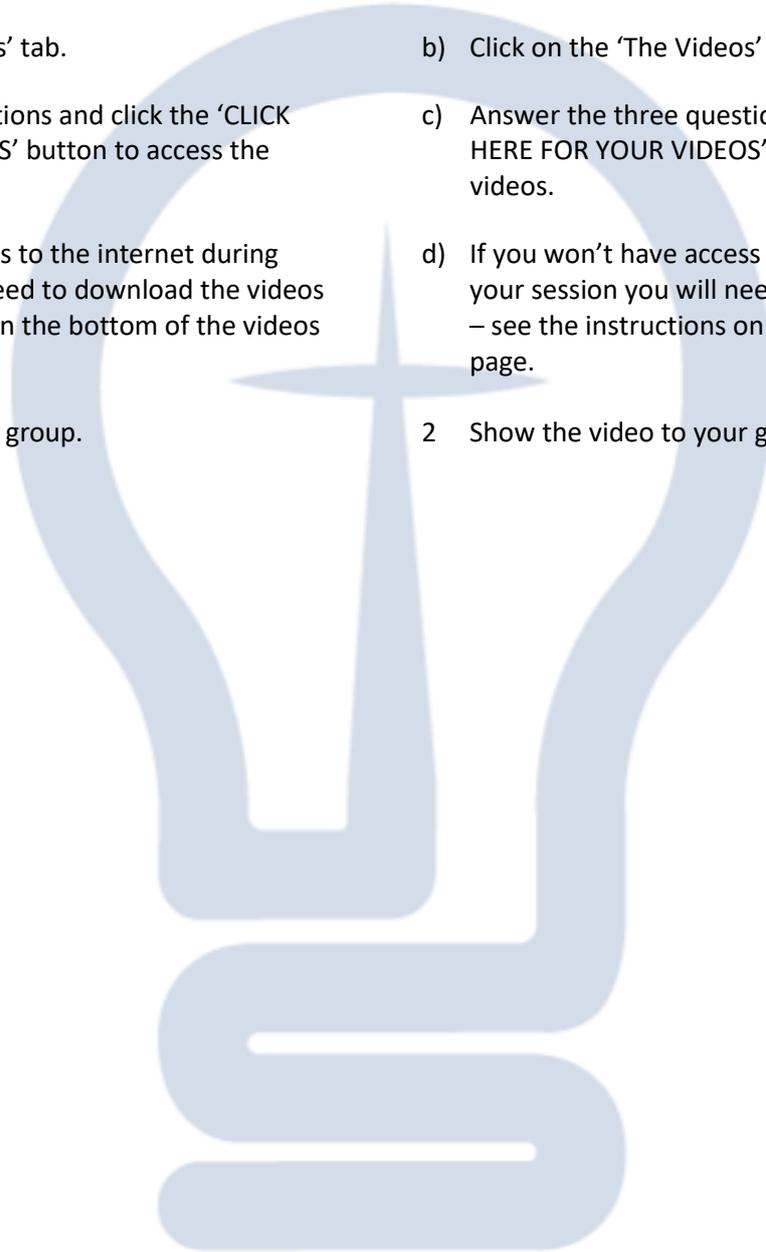
Base Camp: Fear to Trust

Time: 10 mins

Bible knowledge: Limited

With: *Non-Christian Week 1* video and the means to show it

- 1 To access the videos, follow these steps:
 - a) Login or register on the SHINE in schools website (www.shineinschools.com).
 - b) Click on the 'The Videos' tab.
 - c) Answer the three questions and click the 'CLICK HERE FOR YOUR VIDEOS' button to access the videos.
 - d) If you won't have access to the internet during your session you will need to download the videos – see the instructions on the bottom of the videos page.
- 2 Show the video to your group.



Responding – Options to consider the next step (choose one or two of these activities)

Stepping out of fear

Time: 10 mins

Bible knowledge: Some

With: large sheets of paper, markers or felt-tip pens

- 1 Briefly recap on the film's message by explaining that it's now time for the group to think and pray about how they can help their friends at school explore more about Jesus. This might mean explaining more about Jesus or demonstrating his love. They might do this through an event, an act of service, an advertising campaign round school. It could be making a card or gift to give to a particular group or individual. (Make sure you remember to tell them about the testimony video that's available for them to show in Week 3 as part of their event.)
- 2 Say that, this week, you're just beginning to think about all the possible things you could do together to SHINE in school, so you want them to come up with lots of ideas before you all decide on the one you like best and are going to put into action. (If they are short of ideas, download and show them the Week 3 ideas PDF from the SHINE website.)
- 3 Divide the group into three smaller groups, and give each one a large sheet of paper and a pen. Then explain that each group is going to come at the idea from a different angle:
 - Ask group 1 to think about who God might want them to reach in school – to consider who in school still needs to know Jesus, and how they could naturally share the difference he has made to their lives.
 - Ask group 2 to think about what kind of event they could invite people to that would tell them about what it's like to know Jesus.
 - Ask group 3 to think about what they could do in school – through advertising, notes, gifts or cards – to encourage people and to spread the message about Jesus and the difference he has made in their lives.
- 4 Read out each group's thoughts, asking everyone to think and pray about all the ideas during the week, and then keep the sheets safe for next week. Close in prayer, asking God for his wisdom for your whole group as you decide together what you will do to SHINE in your school.

- 5 Remind them, too, to take up the challenges set by the video:
 - a) To ask for forgiveness when they have messed up and not taken opportunities to live for God
 - b) Think and pray about a friend who they care about, and who needs Jesus, and look for opportunities to speak to them about Jesus.

Go on, be Fearless

Time: 10 mins

Bible knowledge: Some

With: sheets of paper, pens, Bibles

- 1 Briefly recap together what the video was about.
- 2 Split the group into smaller groups of four or five and ask them to write down some of the reasons why they are reluctant or fearful to share their faith with their friends. What do they fear might happen if they do?
- 3 Give out Bibles and ask them to look at look up the following passages:
 - a) Joshua 1:9
 - b) Ephesians 6: 19,20
- 4 Still in smaller groups, discuss what the passages are saying about how we can overcome these fears. Possible answers include: knowing that God is with us; asking friends to pray for us; asking God to give us the words to say; asking God for courage.

Base Camp: Planning your exploration party

Time: 10 mins

Bible knowledge: Limited

With: a large bowl, lots of slips of paper, pens, a flip chart or whiteboard and suitable pens, sticky notes (optional)

- 1 Begin by recapping the challenge set in the video and pose the question: 'What is stopping you from putting your trust in Jesus?' Ask if anyone is willing to share their answer with the rest of the group.

- 2 Now give each person a pen and a stack of slips of paper. Ask them to spend a few minutes thinking on their own and jotting down simple activities, actions or events that the group could use to invite people to join your exploration party. (Make sure you remember to tell them about the testimony videos that are available for them to watch and show in Week 3. If they are short of ideas, you could download the Week 3 ideas PDF from the SHINE website.)
- 3 Ask each person to fold up their slips and put them into the bowl. Shuffle the slips and then draw out one idea at a time, shortlisting the ones the group like the sound of into a pile, ready to keep safe and return to next week.
- 4 Ask the group to think about these possible plans during the week, so that it's easier to choose which one they would like to do when you revisit them next week.



FEARLESS

Fears and Phobias

	What is it a fear of?
Aerophobia	
Agoraphobia	
Arachnophobia	
Brontophobia	
Carcinophobia	
Cardiophobia	
Claustrophobia	
Hypsophobia	
Necrophobia	
Sociophobia	

FEARLESS

Fears and Phobias – answers

	What is it a fear of?
Aerophobia	Flying
Agoraphobia	Open spaces
Arachnophobia	Spiders
Brontophobia	Thunder
Carcinophobia	Cancer
Cardiophobia	Heart disease
Claustrophobia	Confined spaces
Hypsophobia	Heights
Necrophobia	Dead bodies
Sociophobia	People