



# Loop



## SMALL GROUP LEADER GUIDE

Scary Stuff

Week 1: Scary Stages

### Big Question

How do you deal with fear when it shows up?

### The Verse

**Psalm 55:22 NIV**

*Cast your cares on the LORD, and he will sustain you; he will never let the righteous be shaken.*

### Order of Experience

Countdown/Hang Out  
Icebreaker in Small Groups  
Emcee Welcome  
Worship  
Emcee Transition to Message  
Message/Salvation  
Offering  
Announcements  
Activity/Small Group  
Small Group Discussion  
Check Out

## Small Group Discussion

### YouVersion Bible Plan

Make sure students check out the Bible Plan associated with this series:

***How to Stop Worrying***

### Icebreaker Question

What is the scariest movie you've ever seen?

### Choose questions for your small group.

1. What stood out to you the most from the message? What's one thing you learned?
2. Do you have a fear that's slightly irrational? Like are you afraid of glowsticks breaking on you? Dropping your ice cream on the ground? How do those fears compare to bigger fears like failure, loss, or disappointing others?
3. Some fears are helpful, like being afraid of getting burned when you're too near a fire. Some fears aren't helpful, like being too afraid to take a test. Do you have any fears that aren't helping you? How can you give those over to God so they don't hold you back anymore?
4. In **Psalm 55:22 NIV**, it says you're supposed to "cast your cares on the LORD." Why should we do this? What happens when we do?
5. Have you ever heard the phrase "Courage is not the absence of fear"? What does that mean to you? Make sure to remind your students that courage is knowing you are afraid but pursuing what God is instructing you to do anyway.
6. Pray together. Pray that your students overcome their fears by leaning on God for support. Help them realize they are strong as God is inside them!

### Leader Notes/Announcements

\*Promote **Swerve** to your 6<sup>th</sup> grade students.

\*Encourage 6<sup>th</sup> grade students to come to Switch with a friend when it begins later this month.

\*Tell your students about the **YouVersion Bible Plan** and encourage them to complete it together as a group or with their families using Plans with Friends.