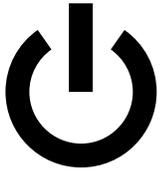


Title: Fear, Anxiety, & How Control Affects Us

Speaker: Jeremiah Kleylein

Key Verses: John 14:27; Josh. 1:9; Matt. 6:34; Pss. 34:4; 118:6; Rom 8:38-39; 1 Pet. 5:6-7

Summary: Fear and anxiety diminish when we yield our control to God's care.



Power Up: Take a moment to prepare

Jeremiah provides a list of **phobias** at the beginning of his talk. He also solicits common fears from his audience. What are you afraid of?



Replay: Take some time to watch

After defining fear and anxiety and their relationship to our desire for control, Jeremiah offers four ways to approach fear and anxiety: **1)** prayer; **2)** Scripture; **3)** relationships; **4)** counseling.



Comment: Take some time to talk

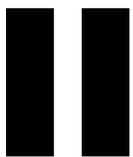
From the outset, Jeremiah acknowledges how fear is universal, but few of us discuss our fears with others. ***What keeps you from discussing them? What was the response when Jeremiah asked people in the room to stand up if they struggled with certain fears or anxieties? How does this help us with our sense of isolation in our fears and anxieties?***

Jeremiah asks, "What level or role do you think control plays in fear?" ***How would you answer the question?*** Provide some examples. ***What does control*** (or the illusion of it) ***offer me and why does this matter?***

Where do fears come from? (Hint: Jeremiah suggested three origins.)

Of Jeremiah's four approaches (see above) to yielding our control to God's care, ***which comes most naturally to you? Which is the hardest? Why?***

Read 1 Peter 5:6-11: ***What does this verse say about God? Satan? Me?***



Pause: Take a moment to pray

Thank God for his unbreakable love, absolute control, and perfect care. Ask Him for greater trust in all circumstances. Ask Him for the strength to turn fears into prayers and trials into triumphs.



Take Action: Take a step forward

Overcoming fear and anxiety begins by confessing them. Take time this week to tell God your fears. Write them out in detail, if it helps you focus. Invite Him to calm your fears with reminders of His control. Then consider finding one friend, parent, teacher, mentor, or coach to confide in.

Bonus Features | Additional Notes and Quotes from Jeremiah Kleylein

Power Track Summary: There are so many things outside of our control, yet we continue to fear every possible outcome. Fear and anxiety are real but do they have the right to rule our lives? This Power Track discusses how a surrendered life helps our struggle with anxiety.

About the Speaker: Jeremiah Joseph Kleylein is husband, father, former youth pastor, and chocolate lab owner. He and his wife adopted their three lovely children.

“A lot of people teach a false view of leadership: you must be unbreakable!”

Common Phobias

Ablutophobia – fear of bathing, washing

Acousticophobia – fear of noise

Androphobia – fear of adult men

Arachnophobia – fear of spiders

Chiroptophobia – fear of bats

Cynophobia – fear of dogs

Common fears for Teens

Fear of rejection, loneliness, others

Fear of the future

Fear of failure (grades, athletics, expectations)

Fear of judgement

Fear of the crowds, hallways (and cafeteria)

Fear of social interactions

Fear of meeting the one

“Many of our fears are based around people, their view of us, and our view of ourselves.”

“Isolation as a whole is a dangerous thing. We know we are meant to be in relationship. God wants to be in relationship with us... One of Satan’s biggest tactics is to work through the struggle, fear, anxious moment, and say, ‘You’re the only one going through that.’”

“Fear and anxiety can lead to isolation or God-given, God-ordained moment [for trust].”

Our two options [in fear and anxiety]: Retreat or work toward trust.”

“Control gives you a sense of temporary relief over anxious moments... At the base of [me], my goal is my comfort... As I get older, my sense of control diminishes, the moment increases, and anxiety follows.”

How do we acquire fears? 1) Bad experiences; 2) Observation; 3) Learned from others

1. **Pray:** “There’s so much more to prayer than asking God for things or thanking him for meals. Prayer is a conversation with God... **Mama Kleylein’s Advice:** ‘Picture yourself laying whatever IT is at the feet of Jesus.’ ...Prayer confronts me with my inability to control all things and reminds me of my need for a Savior.”
2. **Scripture:** “Don’t just read the Bible for the verses that make you feel good, but instead let Scripture work in you and work on those things God is intending to work on.”
3. **Relationships:** “Be dogged about being in relationships that both love you and push you... You need someone who is respected, loves, and can speak truth in your life no matter how much it hurts... It’s hard to be vulnerable, especially if you like them. Be that person for someone else.”
4. **Counseling:** “There is a huge lie that says if I go to counseling there is something wrong with me. There are people biblically trained who want to help.”