



**CONQUER THE FEAR
(Sabbath School Program)**

June 2, 2018

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Program Theme: Conquer the Fear

Scripture Reading: Acts 5:32

Opening Hymn: No. 369 “Bringing in the Sheaves,” *Seventh-day Adventist Hymnal*

Preparation:

It is a common phenomenon that some Christians do not make visits in the homes of others they don't know because of fear. This program will deal with the common fear issues and solutions to make visiting easier. Even if someone does not directly visit someone else, these ideas will help open conversations with friends and work associates and other people one may meet and talk to. You may want to invite the Personal Ministries director of your church/district to participate, or someone who is good at doing visitation.

Program Outline:

Welcome: Welcome to Sabbath School this morning.

Opening Song: *Seventh-day Adventist Hymnal* No. 369 “Bringing in the Sheaves”

Opening Prayer

Morning Scripture Reading

Mission Emphasis

Assume that you noticed that Sarah and John have not attended church or Sabbath School for the past three weeks. They were baptized three months ago and were excited about the impact God had made in their lives. You *hope* that someone has contacted them. You *hope* that they are not discouraged. You *think* about making a visit to their home, but you are not sure about it. As you think about making a visit, waves of fear come over you, so you put it off. You think to yourself, “Maybe I'll mention it to the pastor or the Sabbath School teacher. They can make the visit.”

However, think how much better it would be if **you** made the visit. It would let Sarah and John know that the members of the class/church miss them. They may expect a visit from the pastor or their Sabbath School teacher, but when other members contact them, they begin to realize that the church family really does miss them.

Participation ideas: The following list can be made into a PowerPoint® presentation. You can ask each audience member to silently decide which of these are his or her particular concern. You can ask someone who has overcome one of these fears to give a short testimony.

As you think about making a visit to Sarah and John, waves of fear come over you. What are the issues that usually make us afraid?

1. We are afraid we will not know what to say.
2. We are afraid we will “do a bad job” or embarrass ourselves and them.
3. We are afraid of the “unknown” lurking behind the door.
4. We are afraid that Sarah and John may raise a biblical question and we will not know the answer.
5. We are afraid there may be a problem in the home, or someone in the church hurt their feelings, and we won’t know how to react.

Do you notice that all the issues that bring fear are because of “us?” We focus upon ourselves rather than on the people we are going to visit. Any one of the issues listed above may come true in a given visit. However, if you go with the purpose in mind of being a friend and letting the person you visit know you missed them at church, or that you are stopping by to get better acquainted, they will be glad that you care.

If a biblical question or problem comes up in conversation and you do not know the answer, or do not want to address it, simply tell the person that you do not have the answer, and it would be a good question to ask the pastor or Sabbath School teacher.

You do not have to address all the issues that may be bothersome to someone. In fact there are some life problems/issues that should be left to the pastor and professional Christian counselors to deal with. Just be a friend.

One thing I have found through personal experience is that a person is only a stranger for one visit. By the second visit, they are an acquaintance, and by the third visit, they are your friend. After the initial visit, the visits are much easier because you are visiting a friend.

There are some Scripture promises I have found that are helpful to me personally. I claim the promise and ask God to apply it to my life. Here are some of the Scriptures from the New King James Version of the Bible:

- Acts 18:9-10: “Do not be afraid, but speak, and do not keep silent; for I am with you, and no one will attack you to hurt you...”
- Psalms 118:6: “The Lord is on my side; I will not fear. What can man do to me?”
- John 14:27: “Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.”

Program idea. At this point, give the Sabbath School members three minutes to write down on a piece of paper the name of someone they have missed at church or Sabbath School or someone that needs encouragement. Have a season of intercessory prayer specifically for the persons on the lists, and then develop plans to make a friendship visit to these persons in the next two weeks.