

# HOW TO USE THIS RESOURCE

**Lessons on the Go** are easy-to-use youth ministry lessons that are Bible-based and single-focused. They're designed to help everyone from volunteer leaders to experienced full-time youth workers quickly facilitate great discussions with clear takeaways and real-life application steps.



## WHAT TO DO

- One handout / Two options:**
  - SIMPLE:** Give everyone both front and back pages. Just print and go!
  - CUSTOM:** Give students the back page. Keep the front page as a leaders-only resource so you can customize the opening question, teaching, and discussion prompts for your group's needs.
- Apply It:** Challenge students to get specific. Growth happens when we make a plan, then ask others to keep us accountable. You may want to follow-up with a different student after each lesson.
- End with prayer:** Each lesson ends with a different prayer method to help students continue thinking about how The Takeaway applies to daily life. Spend a few minutes walking through the prompts to make sure your students know what they need to do when they're on their own during the week.

## WORRIED SERIES OVERVIEW

### Four lessons on how to grow in faith and move past fear.

God promises peace, providence, and redemption through a relationship with him, but we are often self-obsessed, leading to an unstable foundation for our lives that is prone to fear and worry. These four lessons will address the problems of worry, anxiety, and fear in the life of a Christ-follower.

### LESSON 1

What If I'm Anxious?

**SCRIPTURE:** Read Philippians 4:4–9

**THE TAKEAWAY:** Knowing God and giving him control gives us peace when we are worried and anxious.

### LESSON 2

What If It Doesn't Work Out?

**SCRIPTURE:** Read Luke 12:22–34

**THE TAKEAWAY:** God will give us exactly what we *need*.

### LESSON 3

What If I'm Afraid?

**SCRIPTURE:** Read Psalm 27

**THE TAKEAWAY:** When God is our everything, we have nothing to fear.

### LESSON 4

What If I Mess Up?

**SCRIPTURE:** Matthew 26:34–35, Mark 14:66–72, & John 21:15–19

**THE TAKEAWAY:** Failure isn't the end of the world, it's just another opportunity for God's grace and redemption.

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HELPING YOUTH WORKERS BE INTENTIONAL