

Unitarian Universalist Small Group Ministry Network Website
Group Session Plan

FEAR

Unitarian Universalist Fellowship of Athens, GA, David B. Jarrett, MD, November 2016

Chalice lighting By [Erika A. Hewitt](#) (adapted)

With full hearts,
we affirm our relationships with one another;
we recognize our agency and our connective power;
and we accept our responsibility to be bold and courageous.
We light this chalice,
symbol of all that we are, all that we have done together,
and all that we will be as our shared ministry encourages everyone.

Check in

Read quotes (Separate page at end of session)

Questions

1. Fear is one of our most powerful emotions. We often try to avoid it or else at least control it when it overtakes us. Yet often we seek it out. We go to scary movies or haunted houses or even “amusement” parks, just to be frightened. Many sky dive or hang glide or bungee jump to experience fear. Do you?
2. What did you fear as a child, as an adolescent and how about now in 2015?
3. Are you ashamed to be afraid or to show fear? Is so, why?
4. Do you consider yourself more or less fearful than average?
5. Are there special things that cause you fear?
6. Do you consider all your fears to be rational or can you admit to some that are not rational?
7. What did your family, loved ones or other people in your life, teach you about fear? Or what to fear? Or how to react to being afraid?
8. Can you help others to overcome their fears? How? Should you?
9. Is fear ever a good thing? What is the difference between “good fear” and “bad” fears?

Likes and wishes

Next meeting

Extinguishing the chalice

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

— [Marianne Williamson, A Return to Love: Reflections on the Principles of "A Course in Miracles"](#)

Quotes About Fear

"I must not fear.
Fear is the mind-killer.
Fear is the little-death that brings total obliteration.
I will face my fear.
I will permit it to pass over me and through me.
And when it has gone past I will turn the inner eye to see its path.
Where the fear has gone there will be nothing.....Only I will remain
--*Frank Herbert*

"Do one thing every day that scares you."
— *Eleanor Roosevelt*

"There is only one thing that makes a dream impossible to achieve: the fear of failure."
— *Paulo Coelho, The Alchemist*

"Courage is not the absence of fear, but rather the judgment that something else is more important than fear."
— *Meg Cabot*

"Bran thought about it. "Can a man still be brave if he's afraid?"
"That is the only time a man can be brave," his father told him."
— *George R.R. Martin, A Game of Thrones*

"Expose yourself to your deepest fear; after that, fear has no power, and the fear of freedom shrinks and vanishes. You are free."
— *Jim Morrison*

"Have no fear of perfection - you'll never reach it."
— *Salvador Dalí*

"We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light."
— *Plato*

"Men go to far greater lengths to avoid what they fear than to obtain what they desire."
— *Dan Brown, The Da Vinci Code*

"I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear."
— *Nelson Mandela*

"Without fear there cannot be courage."
— *Christopher Paolini*

Rather than dismiss those fears entirely and hope for the best, fears can be used to launch success rather than failure. Fear can drive people to change their tactics ... which may offer better results. If you are afraid to win because a project may seem too daunting, fear may encourage you to just not fail day after day and it can be as simple as that.
--*Karla Sullivan*

Do you find any of these quotes especially meaningful to you?