

## **Fear of Failure**

### **Introduction**

There are over 500 named phobias in our society. Some of my favorites include Ablutophobia, the “fear of washing or bathing” and Ephebiophobia, the “fear of teenagers.” These may sound silly, but there are people who actually fear these things. One of the most common phobias is Atychiphobia, which is the “fear of failure.” We fear failing our parents, coaches, teammates, fans, ourselves, and God. It is this fear of failure that either makes us strive for the impossible – perfection – or keeps us from trying anything at all, both in athletics and in life.

### **Application**

1. How does the fear of failure hold you back in your sports arena?
2. Does the fear of failure make you strive to be perfect or keep you from trying at all?

### **Bridge**

1. Read 2 Timothy 1:7: “For God did not give us a spirit of fear, but of power, love, and sound mind.”
2. How would you play your game differently if you believed this scripture?
3. Read Romans 8:28: “And we know that in all things God works for the good of those who love him who have been called according to his purpose.”
4. If God works in ALL things for the good, how do you think he can use our failures for the good?

### **Connection**

1. If you could conquer your fear of failure as an athlete, how would that help you in life?
2. How can our team put fear behind us and look toward what God has in store?

### **Discovery**

Write out 2 Timothy 1:7 on a 3x5 card and put it somewhere you will see it every day.

### **Close**

Memory verse: "Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go." Joshua 1:9

**Bible Reference:**

1 Timothy 4:7

Romans 8:28

Joshua 1:9

**Topic:**

Worry and Anxiety

Fear



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