



[Use the following as your opening line. Do not say anything else; find a way to be introduced so you can grab their attention right off the bat!]

Have you ever done something where you thought you were going to die?
[TEACHER NOTE: Tell a story of something dangerous or funny that has happened to you or that you have done. I told a story about pranking a friend of mine, who was deathly afraid of roller coasters into going on a roller coaster.]

A lot of us can relate to having a phobia, something we fear. If we are being honest, we fear something. How many of us are scared of heights? OK. Some of are being honest... and some of us are not.

Here are some different phobias we're probably all familiar with:

Acrophobia: the fear of heights.

Arachnophobia: the fear of spiders.

Claustrophobia: the fear of small or closed spaces.

Glossophobia: the fear of public speaking.

But here are some others that are stranger:

Dontophobia: the fear of teeth.

Dentophobia: the fear of dentists. I think you're weird if you don't have this one actually.

Hellenologophobia: the fear of Greek terms or complex scientific terminology.

Omphalophobia: the fear of belly buttons. Going to the beach must be a nightmare!

Macrophobia:- the fear of long waits.

Ephebiphobia: the fear or *loathing* of teenagers.

Lockiophobia: the fear of childbirth.

Nomophobia: the fear of being without mobile phone service.

Obesophobia: the fear of gaining weight.

Metathesiophobia: the fear of change.

Gelatophobia: the fear of being laughed at.

Anuptaphobia: the fear of being or staying single forever.

Kakorrhaphiophobia: the fear of failure or defeat.

Atahazagoraphobia: the fear of being forgotten, ignored or abandoned.

I read a survey of teenagers, and here is what they said they feared:

51% of teenagers said they were afraid of talking to their parents about personal problems.

40% said they were afraid of not fitting in at school.

75% said they were afraid of not getting good grades.

66% said they were afraid of the future and life after graduating.

Now I know a lot of those were silly. But I bet there were also some that were a little too real for you.

One last fear that is pretty common is nyctophobia: the fear of darkness.

I'm sure a lot of us were afraid of the dark at some point. I had a Superman night-light in my bedroom, but I finally outgrew that - last week.

How about the idea of being in the dark as in the fear of missing out? If we're honest, sometimes, we all have some level FOMO.

Let's think about this idea of darkness. Everyone say "dark." None of us like being in the dark. But what is the opposite of the dark? Light.

When the Bible talks about darkness, it almost always talks about light along with it. The verses we are looking at in the Bible today are in the New Testament towards the end of the Bible in the book called 1 John. Let's look at chapter 1 of 1 John, verses 5-9:

5 This is the message we heard from Jesus and now declare to you: God is light, and there is no darkness in him at all. 6 So we are lying if we say we have fellowship with God but go on living in spiritual darkness; we are not practicing the truth. 7 But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin.

8 If we claim we have no sin, we are only fooling ourselves and not living in the truth. 9 But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. 1 John 1:5-9 NLT