

Lesson #2

Introduction:

A. Theme scripture, bookmark: 2 Timothy 1:7.

1. Distribute.
2. Discuss.

I. Action Talk

A. Warm-up: Blab school.

1. Team up in twos.
2. First person practice tonight's talk to second person (30 seconds).
3. Second person practice tonight's talk to first person (30 seconds).

B. Think about who does a noticeable job of giving an action talk.

1. Watch for a skill that you would like to develop.
2. Be a "good finder."
3. Be ready to vote for a winner.

C. Begin the Speeches

D. Evaluate, reinforce, compliment after each speaker.

E. Vote for winner to be presented at conclusion of class.

1. Hand out voting cards.
2. Vote for one person.
3. Former winner not eligible.
4. Hand in voting cards (please fold the card if you vote for yourself.)

II. HOW TO FIGHT FEAR WITH FAITH.

A. THE EFFECTS OF FEAR (STAGE FRIGHT).

1. Physically.

Knees knock, Body shake, sweaty palms, stutter, face turns red, faint

2. Mentally.

Mind races or goes blank

B. WHY AM I AFRAID?

1. The audience?
2. Possibility of failure?
3. Because of the lack of preparation?
4. Because of self-consciousness?

C. HOW TO LIVE WITH AND PROFIT FROM FEAR (STAGE FRIGHT),

1. Choose an interesting subject.
2. Master the subject.
3. Think about the subject and your audience, not about yourself.
4. Use physical action when you speak.
5. Remember that some nervous tension is necessary for good speaking.
6. Speak at every opportunity, because experience builds confidence.

Conclusion:

A. Next Weeks Class: Tell about an embarrassing experience your have had (one minute).

B. Next week we will discuss

1. Ushering.
2. Making effective announcements.

C. Award prize.

1. How to receive an award.

a. Say, "Thank you."

b. Say something good about the group that gave you the award.

c. Tell

(1) How you plan to use the award, or

(2) What you plan to do with the award, or

(3) What receiving the award means to you.

d. Say, "Thank you," again.

2. And the winner is: "You have been selected by your fellow class members as an outstanding participant tonight. Congratulations. Come and receive your award."

a. Shake hands with winner.

b. Acknowledge.

c. Wait for response.

d. Acknowledge again.