

MENTORSHIP UMBRELLA OF TWO01 BASKETBALL ACADEMY, INC.

FEAR ISN'T REAL

A 6-WEEK BIBLICAL EMPOWERMENT & TRAUMA HEALING WORKSHOP

CO-ED YOUTH EDITION (AGES 10–18)

"For God has not given us a spirit of fear, but of power and of love and of a sound mind."

— 2 Timothy 1:7 (NKJV)

Comprehensive Program Curriculum & Workbook

This comprehensive manual provides a complete 6-week roadmap designed to equip young men and women with spiritual, psychological, and practical tools to overcome fear, trauma, and debilitating anxiety. Built on the foundational truth of Scripture and supported by physical and athletic analogies from the basketball court, this program transforms fear into faith and power.

Includes:

- Parent/Guardian Welcome Letter & Program Guidelines
- 6-Week Facilitator & Student Curriculum Overview
- Weekly Interactive Worksheets & Biblical Reflections
- Weekly Student Check-in & Self-Assessment Logs
- Official Workshop Completion Certificate

TWO01 BASKETBALL ACADEMY, INC.

MENTORSHIP & YOUTH DEVELOPMENT DIVISION

Parent & Guardian Welcome Letter

Dear Parent / Guardian,

Welcome to **"Fear Isn't Real"**—a specialized 6-week mentorship workshop presented by **Two01 Basketball Academy, Inc.** We are deeply honored to walk alongside your child on this transformative journey toward emotional healing, spiritual confidence, and mental resilience.

In today's world, young people face unprecedented pressures, trauma, and anxiety. Whether stemming from personal hardship, societal pressures, past experiences, or performance anxiety, fear can become a debilitating barrier that restricts a child from stepping into their full, God-given potential. Our mission through this co-ed workshop is to provide a safe, structured, and Christ-centered environment where boys and girls can confront and dismantle the lies of fear.

"There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love."

— 1 John 4:18

What Your Child Will Experience:

- **Biblical Grounding:** Every session is rooted in Scripture, teaching youth that fear is an illusion and an enemy attack, whereas power, love, and a sound mind are their true spiritual inheritance.
- **Trauma-Informed Mentorship:** Safe group discussions led by compassionate mentors who understand the physiological and emotional impacts of trauma.
- **Practical Athletic Analogies:** Leveraging the discipline, teamwork, and resilience of basketball to teach real-world coping mechanisms.
- **Interactive Worksheets & Weekly Check-ins:** Tools for self-reflection, journaling, and tracking personal growth throughout the 6 weeks.

How You Can Support at Home:

1. **Review Weekly Worksheets:** Sit down with your child after each weekly session and discuss their worksheet entries.
2. **Encourage Daily Scripture Reading:** Help them memorize the weekly anchor verses.
3. **Foster Open Communication:** Validate their feelings while gently reminding them of the truth of God's Word.

We are excited to see the growth, freedom, and strength that will unfold over the next six weeks. Thank you for entrusting us with your child's mentorship.

In Faith and Purpose,

The Two01 Basketball Academy Mentorship Team

6-Week Curriculum Overview

The "Fear Isn't Real" curriculum is structured systematically to move students from identifying fear's roots to walking in complete spiritual freedom and leadership.

Week	Theme	Biblical Foundation	Core Objective
Week 1	Exposing the Illusion of Fear	2 Timothy 1:7 Genesis 3:8-10	Understand that fear is not from God; distinguish natural fear responses from debilitating spiritual fear.
Week 2	Unpacking Trauma & Root Causes	Psalms 34:17-18 Psalm 147:3	Identify past painful events that opened the door to fear; embrace God as the healer of broken hearts.
Week 3	The Armor of God & Truth	Ephesians 6:10-18 John 8:32	Replace negative thought patterns and trauma-induced lies with the truth of God's Word.
Week 4	Renewing the Sound Mind	Romans 12:2 Philippians 4:6-8	Develop emotional control, anxiety-soothing techniques, and spiritual discipline over intrusive thoughts.
Week 5	Stepping Onto the Court (Action over Fear)	Joshua 1:9 David & Goliath (1 Sam 17)	Confront lingering fears through courage, action, and physical resilience exercises.
Week 6	Walking in Boldness & Victory	Proverbs 28:1 Romans 8:37	Celebrate healing, construct a personalized anti-fear action plan, and step into mentorship/leadership.

Workshop Format & Weekly Structure (90-Minute Sessions):

- **First 15 Mins:** Warm-up & Community Check-in (Review Weekly Check-in logs & accountability).
- **Next 25 Mins:** Keynote Teaching & Scriptural Breakdown (Co-ed group teaching).
- **Next 20 Mins:** Small Group Breakouts (Separated or guided co-ed circles for deep discussion).
- **Next 15 Mins:** Interactive Athletic / Practical Application Activity.
- **Final 15 Mins:** Worksheet Completion, Prayer & Weekly Challenge assignment.

WEEK 1 WORKSHEET: Exposing the Illusion of Fear

Student Name: _____

Date: _____

"For God has not given us a spirit of fear, but of power and of love and of a sound mind." — 2 Timothy 1:7

1. Identifying the False Alarms

Fear often makes false statements look like reality. List 3 specific fear thoughts that regularly attempt to paralyze you (e.g., fear of failure, fear of rejection, fear of danger).

2. Origin Check

According to 2 Timothy 1:7, does spirit-paralyzing fear come from God? Where do you think your primary fear stems from?

3. The Three Gifts

God has given you **Power**, **Love**, and a **Sound Mind**. Which of these three do you need the most today, and why?

WEEK 1 STUDENT CHECK-IN LOG

How would you rate your fear level this week?
(1-10):

☐ 1-3 (Low) ☐ 4-6 (Moderate) ☐ 7-10 (High)

What was your biggest victory over fear this week?

Mentor Notes / Prayer Requests:

WEEK 2 WORKSHEET: Unpacking Trauma & Root Causes

Student Name: _____

Date: _____

"The Lord is near to those who have a broken heart, and saves such as have a contrite spirit." — Psalm 34:18

1. Tracing the Wound

Trauma happens when an event overwhelms our ability to cope, leaving a lasting mark. Without sharing anything you aren't comfortable with, when was the first time you remember feeling overwhelming fear?

2. God in the Midst of Pain

Psalm 34:18 promises that God is *near* to the brokenhearted. How does knowing God was present—even in your hardest moment—change how you view that situation?

3. Releasing the Weight

What is one emotional heavy burden or memory you are ready to ask God to help you heal from?

WEEK 2 STUDENT CHECK-IN LOG

Did you feel supported during group discussions?

☐ Yes ☐ Somewhat ☐ Need 1-on-1 time

What triggers your fear the most during the school day or at home?

Mentor Notes / Progress:

WEEK 3 WORKSHEET: The Armor of God & Truth

Student Name: _____

Date: _____

"And you shall know the truth, and the truth shall make you free." — John 8:32

1. Identifying Fear's Lies vs. God's Truth

Fill in the comparison table below to replace negative thoughts with Biblical truth.

The Lie Fear Tells Me	The Truth God's Word Says
Example: "I am weak and helpless."	"I can do all things through Christ who strengthens me." (Phil 4:13)

2. Putting on the Shield of Faith

In basketball, defense protects the basket. In spiritual warfare, faith shields your heart. What specific declaration of faith will you speak when fear attacks this week?

WEEK 3 STUDENT CHECK-IN LOG

Scripture Memory Challenge: Can you recite John 8:32?	☐ Mastered ☐ Still practicing
How did you use God's Truth when feeling afraid this week?	
Mentor Signature: _____	

WEEK 4 WORKSHEET: Renewing the Sound Mind

Student Name: _____

Date: _____

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." — Philippians 4:6

1. The Sound Mind Reset Protocol

When physical symptoms of fear/panic arise (racing heart, sweaty palms, rapid thoughts), what physical and spiritual steps will you take?

- **Step 1 (Physical):** Pause, take 4 deep breaths (Inhale 4s, Hold 4s, Exhale 4s).
- **Step 2 (Spiritual):** Cast the anxiety on God in prayer.
- **Step 3 (Mental):** Think on things that are pure, noble, and worthy of praise (Phil 4:8).

2. My Brain Filter

What negative inputs (music, social media, media, toxic friendships) do you need to cut out to protect your peace of mind?

WEEK 4 STUDENT CHECK-IN LOG

Mindset Rating This Week:

☐ Anxious ☐ Neutral ☐ Peaceful & Strong

Did you practice the Sound Mind Reset Protocol when stressed? Describe:

Mentor Feedback:

WEEK 5 WORKSHEET: Stepping Onto the Court (Action Over Fear)

Student Name: _____

Date: _____

"Have I not commanded you? 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

1. Facing Your "Goliath"

David didn't run away from Goliath; he ran toward him because he trusted God. What is one specific situation or fear you have been avoiding that you will face head-on this week?

2. The Courage Action Plan

Courage is not the absence of fear; it is taking action despite feeling afraid. Write down 2 concrete steps you will take to conquer your goal this week.

Step 1: _____

Step 2: _____

WEEK 5 STUDENT CHECK-IN LOG

Did you take action on your "Goliath" this week?

☐ Yes, completely! ☐ Took small steps ☐ Still working on it

Describe how you felt after stepping through the fear:

Mentor Notes:

WEEK 6 WORKSHEET: Walking in Boldness & Victory

Student Name: _____

Date: _____

"Yet in all these things we are more than conquerors through Him who loved us." — Romans 8:37

1. Reflecting on Your Transformation

Look back at Week 1. How has your perception of fear changed? How have you grown spiritually, emotionally, and mentally?

2. My Anti-Fear Life Manifesto

Write a statement of freedom that you will declare whenever fear tries to return in the future:

"I am a child of God. Fear has no authority over my life. Because Christ is in me, I walk in power, love, and a sound mind. I am more than a conqueror!"

FINAL WORKSHOP GRADUATION CHECK-IN

Overall Workshop Rating:

☐ Life-Changing ☐ Great Growth ☐ Good Foundation

How will you help and encourage peers who are still struggling with fear?

Lead Mentor Approval for Certificate: _____ Date: _____

TWO01 BASKETBALL ACADEMY, INC.
MENTORSHIP & YOUTH DEVELOPMENT PROGRAM

CERTIFICATE OF COMPLETION

THIS IS PROUDLY PRESENTED TO

[Student Name Here]

for successfully completing the 6-week Biblical Mentorship & Trauma Healing Workshop:

"FEAR ISN'T REAL"

Demonstrating exceptional courage, spiritual growth, commitment to truth, and the resilience
to walk in

Power, Love, and a Sound Mind (2 Timothy 1:7).

Executive Director / Founder

Two01 Basketball Academy, Inc.

Lead Mentorship Facilitator

Youth Development Division