

SUPPLEMENT 2

Overcoming Nervousness or “Stage Fright”

I. INTRODUCTION.

A. Have You Experienced Nervousness?

1. Trembling knees or hands, “butterflies” in the stomach, pounding heart, shortness of breath, trembling voice, dry throat, memory blank, etc.?
2. “Stage fright” is a mental and physical problem.
3. You are not alone. This is common and normal to all who serve publicly. Your situation is not hopeless or helpless.

B. Will You Become a Slave to Fear?

1. Don’t let fear prevent you from serving publicly.
2. The greatest failure of all is not trying and failing, but never trying at all.

II. THREE CAUSES OF NERVOUSNESS.

A. Not Practiced – this is solved by doing something over and over again until it is right.

B. Not Prepared – this is solved by planning ahead of time exactly what you will be saying and doing.

C. Not Perfect – this solved by realizing that we all make mistakes (even the experienced ones) and not to be overly worried about making mistakes. Except your mistakes and move on.

III. SEVEN CURES FOR NERVOUSNESS.

A. Choose an Interesting Topic to Speak About.

B. Master the Topic Thoroughly.

C. Concentrate on Your Message, Not Yourself.

D. Think of Your Audience as Friendly Individuals.

E. Use Natural Body Movements While You Speak.

F. Remember Some Nervous Tension is Actually Good.

G. Know That Experience Builds Confidence, So Use Every Opportunity to Serve.

1. The more you serve publically, the less nervous you will be.
2. Volunteer as much as possible for different kinds of service (singing, Lord’s supper, prayer, etc.) and your nervousness will decrease.

IV. CONCLUSION.

A. Let’s Go Out Now and Overcome Nervousness.

B. Class Motto: “I Will Try To Do Better!”