

Standing Before an Audience

I. Opening Questions:

- A. What is Stage Fright?
- B. Have you ever experienced it?
- C. What is the cause of it?
- D. Note: Fear is not necessarily a bad thing (I Cor 2:1-4). However, we must learn to deal with it, not run from it.

II. Overcoming Stage Fright

- A. Remember that it is normal.
 - 1. It is not a bad thing, Paul experienced “fear and trembling”
 - 2. Moses experienced it in Exodus 3
- B. Always be prepared (not being prepared is a cause of nervousness)
- C. Remember that the audience is a friendly audience
 - 1. We are all family
 - 2. No one is going to stone you here like they did Steven
- D. Concentrate on what you have to say
 - 1. Don’t think about your appearance, how you look etc.
 - 2. If prepare appearance ahead of time, it will help eliminate this
- E. Remember that God is with you (Matt 28:20)
- F. Remember that this is not much different than one-on-one, except no one interrupts
- G. There will always be a next time
- H. Don’t forget to pray

III. Considerations when you appear before an audience

- A. Volume
 - 1. Don’t make them strain to hear you
 - 2. Too soft or too loud is a distraction
- B. Speed of Speech
 - 1. Too slow will cause tiredness and they will tune you out
 - 2. Too fast and you will lose them, they will still tune you out

3. Vary the speed as appropriate
- C. Emphasis
 1. Put the emphasis on what needs to be emphasized
 2. Don't speak monotone
- D. Eye Contact
 1. Preparation will aid in eye contact
 2. A big portion of what you communicate will be through eye contact
- E. Be active (gestures, movement, etc.)
 1. Appeals to more of the senses, holds attention and retention
 2. Will aid in emphasis
- F. Appear natural
 1. May not feel natural to stand up straight with arms at side, but it will look natural
 2. Practice in front of a mirror to "appear" natural
- G. Avoid Distractions
The way you dress, Irritating habits, etc.

Drills #2

Walk to the podium and say 2 or more of the following. (Make sure you pause, make eye contact, and read carefully, being careful to emphasize the underlined words.)

1. Every member of the church must be a worker.
2. Prayer can change your life
Prayer can change your life
Prayer can change your life
Prayer can change your life
3. I believe that Jesus Christ/ is the Son of God
I believe that Jesus Christ is / the Son of God
I believe that Jesus Christ is/ the Son of God
4. I am going to be a better Christian. Will you?
5. Today/ is the day of salvation
6. He that believeth/ and is baptized/ shall be saved.
7. So then faith comes by hearing // and hearing/ by the Word of God.

Tongue Twisters: Read them carefully being careful to enunciate

8. Peter Piper, the pepper picker, picked a peck of purple pickled peppers.
A peck of purple pickled peppers did Peter Piper, the pepper picker, pick.
If Peter Piper, the pepper picker, picked a peck of purple pickled peppers,
where is the peck of purple pickled peppers that Peter Piper, the pepper picker picked?
9. Theophilus Thistle, the thistle sifter, sifted a sack of thistles with the thick of his
thumb. A sack of thistles did Theophilus Thistle, the thistle sifter, sift.
Theophilus Thistle, the successful thistle sifter, in sifting a sieve full of unsifted thistles,
thrust three thousand thistles through the thick of his thumb.
10. Six long slick slim slender saplings
11. Alga met a bear, the bear was bulgy, and the bulge was Alga.
12. Ten tiny toddling tots, testily trying to train their tongues to trill.
13. Around the rugged rock the ragged rascal ran.
14. Susan sells sea shells by the sea shore.
15. A big black bug bit a big black bear
16. She says she shall sew a sheet