Fear Buster

Over it – Week 6

Fear makes us self-centered, and serving is the way to conquer self-centeredness. When we choose to serve others, our relationships flourish and our fears are overcome.

Discussion Questions

What chore in your household isn’t really assigned to anyone? Are you tempted to act like you don’t see it? If so why?

In the message it was mentioned that fear is like pain, it narrows our focus on ourselves and makes us self-centered. Do you agree? If so, how does it make us self-centered?

Read Galatians 5:13-16. When it says we are called to be free, it’s talking about the law, but do you think it can also mean freedom from things like fear? Why does God long for us to be free?

What does verse 13 mean when it says, “*do not use your freedom to indulge the flesh,*”? How does this “fleshly” side of us show itself in our relationships?

What does it mean to “Walk by the Spirit”? How does serving combat our sinful nature?

Read John 13:2-4. What does it mean that Jesus was given all power?

When Jesus was given the upper hand over betrayers, deniers, and cowards he humbled himself and served them by washed their feet. Are there any people in your life that you are tempted to think, “Surely God would give me a pass if I don’t serve them.”? As you attempt to walk in the Spirit, what do you think God would have you do in that situation?

Moving Ahead

Serving represents one of the most profound opportunities to impact our relationships. Most of all, serving brings an even greater benefit to the one who serves, by creating freedom from our sinful, self-serving nature.

Changing Your Mind:

Meditate on this verse to remind you of the value of serving as a way to exercise your freedom from the sinful nature.

Galatians 5:13 “You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.”