



God Family Country

# GUIDED BIBLE STUDY

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## **It's Not About You**

**Speaker: Pastor Alan Brooks**

### **Highlighted Scripture**

**Genesis 1:1**

**In the beginning, God created the heavens and the earth.**

**Psalms 29:1–11**

**Ascribe to the Lord, you heavenly beings,  
ascribe to the Lord glory and strength.  
Ascribe to the Lord the glory of his name;  
worship the Lord in the splendor of his holiness.**

**The voice of the Lord is over the waters;  
the God of glory thunders—  
the Lord, over the vast waters.**

**The voice of the Lord is powerful;  
the voice of the Lord is majestic.**

**The voice of the Lord breaks the cedars;  
the Lord shatters the cedars of Lebanon...**

**In his temple all cry, "Glory!"  
The Lord sits enthroned over the flood;  
the Lord sits enthroned, King forever.  
The Lord gives his people strength;  
the Lord blesses his people with peace.**

## Discussion Questions

1. Alan shared that one of the most powerful truths he learned early in his faith was the statement, “It’s not about you.” Why is that truth so hard to accept, yet so necessary?
2. Even in Christian counseling and self-improvement, Alan realized it’s easy to subtly make life about ourselves. In what ways can faith become self-centered without us realizing it?
3. Psalm 29 repeatedly emphasizes the power, glory, and majesty of the Lord. How does focusing on who God is reshape our motivations for how we live?
4. Alan pointed out that the real reason for growth, obedience, and change should be God’s glory, not personal benefit. How does that perspective change the way you approach relationships, work, or spiritual disciplines?
5. As you enter this new year, what is one area of your life where you need to intentionally shift from “about me” to “about God”?

## Reflection Challenge

**This week, intentionally reframe your perspective.**

**Ask yourself daily:**

- **Am I doing this for my glory or for God’s?**
- **Does this decision reflect worship or self-focus?**
- **How can my life point more clearly to who God is?**

**Remember:**

- ✨ **God is the center, not us**
- ✨ **True growth flows from worship**
- ✨ **A God-centered life brings strength and peace**

## Prayer

**Father God,**

**Help us remember that life is not about us, but about You.**

**Forgive us for the times we seek our own credit, comfort, or glory.**

**Teach us to live, serve, and grow in ways that honor Your name above all else.**

**May our obedience, our relationships, and our choices flow from a desire to glorify You.**

**As we move into this new year, help us keep You at the center of everything.**

**In Jesus' name, Amen.**







