

FREEDOM FROM YOUR FEARS

Ryland Walter | July 29-30, 2023

Week 4: Fear of Commitment

We become whatever we're _____ to

Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. Romans 6:13 (NLT)

What Keeps Us From Commitment?

1. _____ toward God or others
2. _____ in our culture
3. _____ for independence
4. _____ of commitment

So then, since Christ suffered physical pain, you must arm yourselves with the same attitude he had, and be ready to suffer, too. For if you have suffered physically for Christ, you have finished with sin. You won't spend the rest of your lives chasing your own desires, but you will be anxious to do the will of God.

1 Peter 4:1-2 (NLT)

Overcoming Fear of Commitment

1. _____ the cost with the benefits

A large crowd was following Jesus. He turned around and said to them, ²⁶ "If you want to be my disciple, you must, by comparison, hate everyone else—your father and mother, wife and children, brothers and sisters—yes, even your own life. Otherwise, you cannot be my disciple. ²⁷ And if you do not carry your own cross and follow me, you cannot be my disciple.

²⁸ "But don't begin until you count the cost. For who would begin construction of a building without first calculating the cost to see if there is enough money to finish it? ²⁹ Otherwise, you might complete only the foundation before running out of money, and then everyone would laugh at you.

³⁰ They would say, 'There's the person who started that building and couldn't afford to finish it!'

³¹ "Or what king would go to war against another king without first sitting down with his counselors to discuss whether his army of 10,000 could defeat the 20,000 soldiers marching against him?

³² And if he can't, he will send a delegation to discuss terms of peace while the enemy is still far away. ³³ So you cannot become my disciple without giving up everything you own.

³⁴ "Salt is good for seasoning. But if it loses its flavor, how do you make it salty again? ³⁵ Flavorless salt is good neither for the soil nor for the manure pile. It is thrown away. Anyone with ears to hear should listen and understand!"

Luke 14:25-34 (NLT)

Then, calling the crowd to join his disciples, he said, "If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me. ³⁵ If you try to hang on to your life, you will lose it. But if you give up your life for my sake and for the sake of the Good News, you will save it. ³⁶ And what do you benefit if you gain the whole world but lose your own soul? ³⁷ Is anything worth more than your soul? ³⁸ If anyone is ashamed of me and my message in these adulterous and sinful days, the Son of Man will be ashamed of that person when he returns in the glory of his Father with the holy angels." Mark 8:34-38 (NLT)

2. _____ to help me keep my commitment

¹ Don't worry about the wicked or envy those who do wrong.

² For like grass, they soon fade away. Like spring flowers, they soon wither.

³ Trust in the Lord and do good.

Then you will live safely in the land and prosper.

⁴ Take delight in the Lord, and he will give you your heart's desires.

⁵ Commit everything you do to the Lord. Trust him, and he will help you.

Psalms 37:1-5 (NLT)

Dear friends, you always followed my instructions when I was with you. And now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear. ¹³ For God is working in you, giving you the desire and the power to do what pleases him.

Philippians 2:12-13 (NLT)

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What Keeps Us From Commitment?

1. Resentments toward God or others
2. Distractions in our culture
3. A desire for independence
4. Fear of commitment

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2. Trust God to help me keep my commitment

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A graphic with a dark background featuring a glowing, circular, fiery pattern resembling a tunnel or a vortex. The word "FREEDOM" is written in large, white, sans-serif capital letters across the center, with "FROM YOUR FEARS" in smaller, white, sans-serif capital letters below it.

FREEDOM

FROM YOUR FEARS

FEAR OF COMMITMENT

Talk-it-Over Notes | July 29-30, 2023

REVIEW IT

You are always becoming someone, and we are the sum total of our commitments. This is why our commitments are the most important thing about us. So, the goal of life is to be committed to the right things. Unfortunately, there are a lot of barriers to great commitments including resentments, distractions, a desire for independence and, of course, fear. But, Jesus says count the cost. Think of what it would cost to commit to him, but also think of the cost of not following him. Since you're always becoming someone, who better to become like than Jesus? Make a commitment to him and trust God to help you keep it.

Do not let any part of your body become an instrument of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life.
Romans 6:13

Spend some time in the word: Read Luke chapter 14

TALK ABOUT IT

1. What stood out to you in Luke 14? Consider discussing and looking into a study bible for help with interpretation.
2. Look over the barriers to commitment. (Resentments toward God or others, distractions in our culture, a desire for independence, fear of commitment.) Which ones do you resonate with? Are there any you would add?
3. Have you considered the costs of following Christ. Have you considered the costs of not following Christ? What would you add to the list in the message of costs?

ACT ON IT

What do you need to act on because of this message? Consider taking the Rock Brook Growth Track which leads you through strategic commitments to help you live for Christ. rockbrook.org/growthtrack

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PRAY ABOUT IT

Ask how you can pray for a support one another this week and then close in prayer.