

Overcoming the Fear of Commitment

Fear Factor-5

Most of our problems with fear come because we take ourselves too seriously and we don't take God seriously enough.

The fear of commitment is expressed in such phrases as, "Don't fence me in," or "I want to keep my options open." Many people are extremely reluctant of making long term commitments. And as a result, they miss out on so much of God's best for their lives. The commitments we make and habits we develop play a large role in shaping our character.

Welcome

...Above all, love each other deeply

Are there some specific new year's resolutions that you've made for the coming year? If so, would you be willing to share a few?

Worship

...Offer God a sacrifice of praise—the fruit of lips that confess His name.

Read Matthew 16:24-26. As Jesus called His disciples to deeper commitment, He reminded them that they were exchanging their life for something. This is a good time of year for some good, honest introspection. The Bible says that you need to keep in mind that, every day, you are exchanging you life for something. *Are you getting a good deal out of the exchange?*

Let's spend some time expressing our desire to throw ourselves back on the altar as "living sacrifices" for God (Romans 12:1-2). Possible songs: "O Lord Prepare Me," "Make Me New" (691), "Heart of a Servant" (693), "Take My Life, And Let It Be" (664), "All To Jesus" (662)

Word

...You have known the holy scriptures, which are able to make you wise for salvation.

1. Read Luke 9:57-62

- 2. What's your favorite excuse for not doing something?*
- 3. How does Jesus respond to the excuses offered? In your own words, what do each of Jesus' sayings mean? What's his point?*
- 4. What is the importance of making commitments—both in terms of yourself and others?*

5. *What most often keeps you from making commitments that you ought to make—past hurts, self doubt, selfishness (a desire for independence).*
6. *Are you delaying a commitment in some area of your life—say, to honesty, to Christ, to the church—that this group could encourage you towards?*

Works

...Just as the Son of Man did not come to be served, but to serve.

The Bible says that if you wait for the perfect conditions to act on your faith, you'll never get anything done. *"Whoever watches the wind will not plant; whoever looks at the clouds will not reap"* Ecclesiastes 11:4.

If you've ever eaten at a smorgasbord you know that at the front, you're tempted to not put anything on your plate early because you are waiting for something possibly better at the end. That is all right up to a point. But there comes a point in the smorgasbord line that you have to commit and put something on the plate or you're going to get to the end of the line with nothing on it.

That's a parable of life. Don't make the mistake of keeping your options open this coming year, only to wind up at the end with nothing on your plate. Prayerfully consider the commitments that you need to make this coming year, and share those with a friend who can gently keep you accountable.