

1. **Read** Philippians 2:5-11. In verses 6-7 what commitment did Jesus make and to whom did He make it?

2. From meditating on verses 7- 8 and your knowledge of his life, try to describe the numerous sacrifices Jesus had to make to fulfill His commitment?

3. From verses 9-11 what were some of the benefits of Jesus making that commitment?

4. Please try to describe the elements of a commitment you have made to another person in your life. Be as specific as possible.

Recipient

Purpose

Sacrifices

Benefits

5. Who do you think is counting on you based on a stated or unstated (implied) commitment?

6. Read Luke 22:54-62. Think of a commitment you broke:
 - a. What caused you to break that commitment?

 - b. What happened to the people who were expecting you to keep that commitment?

 - c. What happened to you?

7. Read 1 Peter 4. What do think your commitment to Jesus will require? How could that look in America?

1. **Read** Genesis 2:15-18. Man is with God in the garden doing meaningful work assigned by God. What are some possible reasons God says that man being alone is “not good”?
2. How do you know when being alone has turned “not good”?
3. How long does it take for you to realize you are lonely, and what do you typically do to deal with those feelings?
4. **Read** Matthew 4:1-11. What are some possible reasons the Holy Spirit led Jesus to be alone in the desert for 40 days?
5. What are some of the thoughts you hear in your head when you are alone?
6. **Read** Matthew 14:13 and 14:23. Why was being alone good for Jesus in these situations?
7. How can you structure time alone so that it maintains a healthy purpose?

1. **Read** Genesis 1:2, 1:26 and John 1:1.
 - a. Who was with God during the creation of man?

 - b. What can you infer about the relational nature of God?

2. **Read** John 11:32-37. How does the emotional connection of Jesus with his friends inform the emotional importance of your relationships?

3. What are a few reasons you invest in friendships, and how do you help keep those friendships healthy?

4. What has made it hard for you to stay connected to other men?

5. **Read** John 1:35-42 and Hebrews 10:24-25. What do these verses say about human relationship as part of God's plan for mankind?

6. **Read** 1 Cor 12:11-30. What do these verses teach you about one of the key purposes of our Christian relationships?

7. **Read** 1 Samuel 18:1, 20:41-42, Proverbs 18:24, and John 15:12-15. What are some elements of close friendships that you see in these verses?

8. What can you do this week to improve one friendship that matters to you?

1. What are three things that can cause you a significant amount of fear?

2. Describe how you typically respond to each of those fears.

3. **Read** Matthew 10:28. How does your fear of other people affect you?

4. **Read** 1 John 4:18. Answer these questions understanding that the word “perfect” in this verse more closely associates with the idea of being complete.
 - a. What does this verse say is the source of fear?

 - b. What does this verse say will eliminate fear?

 - c. **Read** 1 John 3:16-18. How is love made perfect or complete?

 - d. How can you dramatically decrease your fear level each day based on this scripture?

5. **Read** Psalm 103:17 and 112:1.
 - a. What is fear of the Lord? (Hebrews 12:28-29)

 - b. Why is fear of the Lord good? (Psalm 128:1-2)

 - c. How can you make the fear of the Lord the most prominent fear in your life?

