

# Breaking Free

**Review it:** Looking back at your notes from this week's teaching was there anything that particularly caught your attention, challenged or confused you?

## Discuss it:

As you examine this list, you may or may not be able to relate to any of these fears. One thing is for certain, fear is real, and it has an impact on our walk with God. Please interact with these next 10 questions and be willing to break free of your own comfort zones for Jesus.

### Top 10 Phobias in the 21st Century

- Glossophobia—the fear of public speaking.
- Necrophobia—the fear of death.
- Arachnophobia—the fear of spiders.
- Achluophobia—fear of the dark.
- Acrophobia—the fear of heights.
- Sociophobia—the fear of people or social situations.
- Aerophobia—the fear of flying.
- Agoraphobia—the fear of open spaces.
- Brontophobia—the fear of thunder and lightning.
- Claustrophobia—the fear of closed spaces.

1. In your opinion, what impact does fear have on a person's life?
2. Think of a time you were afraid, or something you are afraid of. Share with your group.
3. Share with your group the first time you shared the gospel with someone. What happened?
4. Write your faith story on a small index card and share it with your group this week.
5. Write down, then practice sharing your gospel message with your group.
6. In your small group, practice sharing the gospel in a role play format. One person take the role of someone struggling with the concept of God; the rest of the group play the role of someone trying to share the gospel.
7. Write out a plan for your quiet time daily. (Ex: time, place, scripture to read, length of time, etc.)
8. Examine how you use your time, talents, and treasures. In what area can you give more to the Lord?
9. What holds you back from stepping outside your comfort zone? Allow the Lord to help you take an honest look into your life.

### 10. Application:

Make a prayer list of people you interact with regularly or semi regularly who are not believers in Christ, yet. After you write the list, place it in your Bible or in a place where you will remember to be faithful to pray for them regularly. Ask God daily to give you an opportunity and boldness to share the gospel with them.

## Pray about it