

**Week 7--November 1**  
**How can I live free of fear?**

**Focus**

The Holy Spirit frees us from fear by leading us to the knowledge that we are children of God, adopted through the work of Jesus Christ.

**Scripture Reading**

Romans 8:12-17

So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh— for if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live. For all who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, “Abba! Father!” it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ—if, in fact, we suffer with him so that we may also be glorified with him.

**Questions for the Journey**

- What does it mean to be part of a family?
- How do you feel about the idea of being loved unconditionally?
- Name a few things you are most afraid of. If you know that you are loved no matter what and that you are a child of God, how does that change your attitude/actions?
- How easy is it for you to believe that you are a son/daughter of God? Do you sometimes feel more like an orphan?
- In what areas of your life are you most likely to behave as an “orphan” with a spirit of fear? In which areas do you most trust in God’s goodness, and what gives you that confidence in God?
- How does seeing yourself as part of God’s family change your perspective toward the rest of God’s family, your brothers and sisters in Christ?

**Drawing Closer**

- Take a look at the larger context of our passage this week by reading Rom 8:12-17.
- Note how the idea of adoption becomes clearer as you read. What does adoption mean to Paul (the author) as he writes this?
- What does it mean to you to cry, “Abba! Father!”? Why must we have the Holy Spirit in our hearts to say this?
- Write a “before and after” list. In one column list how your life would be if you “fell back into fear.” In the other column write what is now different because the Holy Spirit enables you to know that you are God’s child. In a third column list how this changes your understanding of the people and world around you.
- What impact does this have on how you vote this week?

**We used portions of *Discipleship Essentials* by Greg Ogden in this resource. For an even deeper exploration of your journey as a follower of Jesus, check out Chapter 13.**