



Ben Fuller's Walk Through Fire

with Ben Fuller

DISCUSSION

1. Think back to your childhood and adolescence: What was the biggest fear, failing, or feeling of inadequacy you struggled with? Did you overcome it, or do you still struggle with it to some extent today? If you still struggle with it, how does that insecurity manifest itself in your daily life?

"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline." 2 Timothy 1:7

"I sought the Lord, and he answered me; he delivered me from all my fears." Psalm 34:4

2. Now think back to a time in your adulthood when you, like Ben, felt stuck in a meaningless routine, prompting internal questions like, "What else is there? What is all this for?" Did you feel bogged down or hopeless during this time? If so, how did you go about looking for answers? What answers did you find — or are you still searching?

"What good is it for someone to gain the whole world, yet forfeit their soul?" Mark 8:36

3. When Ben felt the Holy Spirit come over him for the first time, he says it felt like "a warm towel wrapped around my neck." If you've accepted Jesus as your Savior, try to describe a recent moment when you've felt his spirit come over you. In your own words — and without worrying that those words might sound silly — what did it feel like physically, mentally, emotionally?

"The Spirit himself testifies with our spirit that we are God's children." Romans 8:16

"And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:7

4. Ben says he and his band try to make a point of showing gratitude and respect to the support staff at each of their concerts. How do you treat the “support staff” in your life — subordinates at work, wait staff at restaurants, cleaners, mail carriers, etc.? Do you say or do anything to make them feel appreciated for their work?

*“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves.” **Philippians 2:3***

*“The greatest among you will be your servant.” **Matthew 23:11***

5. Who are the people in your life who hold you accountable? Name those people you would feel safe confessing to if you gave in to temptation? Who are the people who help pull you away from that temptation to begin with?

*“As iron sharpens iron, so one man sharpens another.” **Proverbs 27:17***

*“Therefore, confess your sins to each other and pray for each other so that you may be healed.” **James 5:16***

6. Can you think of a time when you were angry or annoyed with someone, but later found out they’d been going through a difficult season? How did that knowledge change your perception of that person? Conversely, can you think of a time when somebody treated you unfairly because they didn’t know what you were going through?

*“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” **Ephesians 4:32***

*“Everyone should be quick to listen, slow to speak, and slow to become angry.” **James 1:19***

7. The Bible verse referred to in Ben’s neck tattoo, Psalms 85:8, reads, “I will listen to what God the Lord says; he promises peace to his people, his faithful servants — but let them not turn to folly.” Is there a “folly” that has stuck with you for long stretches of your life? Has that folly distracted you from pursuits that might be more constructive or fulfilling? What could you do to shift your attention to healthier things?

*“Let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.” **Hebrews 12:1***

*“Seek first his kingdom and his righteousness, and all these things will be given to you as well.” **Matthew 6:33***