

I'm (not) Okay

Pastor Danny de Armas

Passage: Matthew 6:24-35

25“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? 26Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? 27And which of you by being anxious can add a single hour to his span of life? 28And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, 29yet I tell you, even Solomon in all his glory was not arrayed like one of these. 30But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? 31Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. 33But seek first the kingdom of God and his righteousness, and all these things will be added to you. 34“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Background

This week we launch a new series, “I’m (not) fine,” in which we will discover how the hope of Jesus’ resurrection intersects with our daily struggles. All of us, at some point or another, have responded half-heartedly to someone’s greeting with a simple “I’m fine.” Often times, though, we would admit that our life in that moment didn’t really feel very “fine.” Whether we are overwhelmed by fear, doubt, worry or wrestling with the realities of a messy life – Jesus is alive and that changes everything. The hope of Easter Sunday is that a resurrected Jesus can give me hope to face anything in my life every other day of the week!

Service Notes

April 24, 2022

Instructions

This discussion guide is to help you facilitate a conversation with your small group. The “Getting Started” section serves as a quick opener and introduction to the group conversation. In the “Talk it Over” section, feel free to use all or only some of the questions. Our hope is to have meaningful conversations around God’s Word, not simply answer all the questions. Finally, the “Live it Out” section is to help identify a specific next step. Use these questions as a guide to find practical ways to apply the passage to our everyday life.

Getting Started

- How did you celebrate Easter last week? What are some of your favorite memories around the Easter holidays? How can we pray for you?

Talk it Over

- **Read Matthew 6:25-32.** This passage follows Jesus’ teaching on having the right view of physical possessions, concluding that we cannot serve God and “stuff” (vs. 24). Now, he shows us why we should not need to worry or become anxious about the physical since He will provide for us. What is the most encouraging part of these verses to you? Why do you think Jesus focused on food, drink, clothes here? What does this teach us about ‘basic needs’ versus ‘wants’ in our life? How should the fact God already knows all of your needs right now (and wants to meet them) shape the way you live, work, worry, or pray? What is one way you can daily remind yourself that God’s faithfulness means He can (and will) meet our most basic needs? How does this connect to the model prayer (vs. 9-13)?
- **Read Matthew 6:33-34.** Rather than worry or be anxious about physical provisions, Jesus instructs us to “seek first” His kingdom and His righteousness. What do you think He means? What would this look like in everyday life? What is the connection between His kingdom and His righteousness? What do you think “all these things” means? Is this Jesus saying we get everything we want? Why or why not? What do you think Jesus means about tomorrow’s worries/troubles (vs. 34)? In what ways do you see the “worries” of tomorrow overshadowing the joys of today in your own life? How can this change?
- **Read 1 Peter 5:6-7.** What would it look like for you to hand over (“cast”) your worries to Jesus today? How does humility help position us to trust him more? What is one way you can remind yourself in the morning that Jesus truly does CARE for you?

Live it Out

- One way to battle our worries about tomorrow, is to learn to thank God for His provision today. What is one way you have seen God ‘care’ for you this week? What is one change in attitude or action that can help you better “seek first” His kingdom this week?