



FIRST LIGHT CHURCH

SMALL GROUP GUIDE

Series Title: Rooted

Text: Matthew 6:25-34

BIG IDEA: Trusting God is how we combat anxiety.

ICEBREAKER: What is something that would be difficult to trust someone else with?

CONTEXT: Jesus is addressing His disciples about worldly wealth and values in verses 19-24, and then in verses 25-34 commands them to not worry about the physical trappings of life, such as food, drink, and clothing. Knowing how tempting it can be to worry about these things, Jesus commands His audience to examine their priorities and trust the Lord.

PASSAGE: Have some volunteers read Matthew 6:25-34 and then pray.

DISCUSSION:

1. How does Jesus use God's care for nature to help us better understand His care for us?
2. What commands does Jesus give us in this text?
3. What are some things people worry about today?
4. How can being anxious impact our ability to trust God?
5. What prevents us from pursuing God's kingdom and His righteousness first?
6. What does God promise in verse 33? Have you ever experienced this?
7. Have some volunteers read Romans 8:31-39 and Philippians 4:6-7. How do these verses connect to what we've discussed so far?
8. How can anxiety affect our ability to share the Gospel and point others toward Christ?
9. From what Jesus said in Matthew 6, why should we trust God with what makes us anxious?

APPLICATION:

10. How are you doing at trusting Jesus with your life?
11. What do you currently need to trust God with?

K4 CONNECTION:

- Take a moment and imagine going through your life without Jesus. All the things you worry about or make you anxious, imagine not being able to trust God and His people with those things. That is the reality for thousands of people in our community. Studies and statistics tell us that anxiety, depression, and worry are at an all-time high. Loneliness is an epidemic among young people, and while we as the followers of Christ are not immune to worry and anxiety, we do have an amazing weapon to combat it: our faith and trust in our Almighty God! Who do you know that may be struggling with worry or anxiety? Reach out to them and pray for them and share the hope of Christ with them.

CARE AND PRAY:

Share with one another what we're anxious about and pray for one another.

LIFEMARKS OVERVIEW

Our Lifemarks give First Light Church shared language to understand when our mission is being lived out in the lives of individuals in our faith family. These Lifemarks provide a means to move beyond input measures, like church attendance records as a sign of spiritual growth, and, instead, allow us to measure the fruit that is produced through a life that is connecting and growing in relationship with Christ. As time goes on, our ultimate goal is for each mark to be increasingly true in the life of each member of our faith family. First Light Church has five Lifemarks: truster, investor, sharer, server, and becomer.

Truster - Am I Trusting Jesus with My Life?

This is both a one-time and a daily question that a Christ follower must ask and answer. Trusting Jesus with your life includes trusting Jesus with things like salvation, future, health, finances, and one's family.

Investor - Am I Spending Time with My Heavenly Father?

This Lifemark speaks to prayer, personal worship time, and Bible study. As we grow in becoming an Investor, we experience more deeply the fruits of time invested with God through a life that is more directed, guided, and shaped by God.

Sharer - Am I Sharing Life with My Faith Family?

This Lifemark speaks to being in Christ-centered community with other believers from First Light Church. When we share life with our faith family, we are alongside one another in times of joy and sorrow. When we share life, we have friends we can call on in times of great need and great celebration. As we grow in becoming a Sharer, together we walk alongside and pour into others as we seek to live out God's call in our lives.

Server - Am I Serving Others with My Gifts?

This Lifemark addresses using talents and gifts for others' benefit and God's glory. Serving others with our gifts requires us to identify what God has gifted us with, where our passions are, and how they match up with needs and opportunities around us. As we grow in becoming a Server, we find joy in putting the needs of others above our own and serving them with our gifts.

Becomer - Am I Becoming More Like Jesus?

Being a Becomer is very much an ongoing, lifelong endeavor. Becoming more like Jesus means in all we do and who we are becoming, we are living, loving, and leading more like Jesus. Through both word and action, Becomers tell others about Christ and the life He offers.

COMMENTARY

[v. 26-30] Christ talks about how God feeds the birds and clothes the flowers and grass, and yet we know these happen by “natural” processes. This reflects the doctrine of God’s providence. This means God is not like a watchmaker who creates a watch, with the mechanisms inside, and simply allows it to run all on its own—apart from the maker’s intervention. God is intricately involved in every aspect of His creation. Scripture says Christ sustains all things by His word (Heb 1:3). Everything is totally dependent upon God. He gives man life, breath, and everything else (Acts 17:25). Even our moment by moment breaths cannot happen apart from God’s grace (John 15:6, 8).

[v.34]

It must be noted that Christ says today will have “trouble.” The fact that Christ calls us not to worry is not based on the fact that believers are exempt from hardship. We have no such promise. In this world, we will have “trouble and suffering” (John 16:33). We live in a sin-filled world—we will hurt people and they will hurt us. Because of man’s sin, God’s curse is on creation—we experience earthquakes, flooding, drought, and other natural disasters. The curse affects our work—there is pain and toil in our daily labor, and it’s often unfruitful. We get a failing grade on a paper, though we worked our hardest to complete it. Our work projects give us mental stress and at times fall apart. Through pain and toil, we will provide for ourselves on this earth (Gen 3:17-18). There will always be some trouble in the day, and some days will have more than others. However, amidst the troubles, God promises to give us grace for the day. Lamentations 3:22-23 (NIV) says, “Because of the Lord’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.” As we wake up in the morning and seek his face, grace is distributed.

Commentary used from the MacDonald, W. (1995). Believer’s Bible Commentary: Old and New Testaments. (A. Farstad, Ed.) (p. 2281). Nashville: Thomas Nelson.

[v. 31-32] Repeat the same theme: disciples must not worry about food, drink, or clothes, for the living God is nothing like Greco-Roman gods. Such deities made humans suffer capriciously, although the right gift could restore their favor. It was logical for pagans to worry since they had such gods, but the Father does not demand gifts—he grants them. Jesus has contrasted believers and pagans before (5:47; 6:7); now He differentiates their pursuits. Pagans logically run after material needs, but since the Father both knows what His children need and also supplies it, they can “seek first the kingdom of God and his righteousness, and all these things will be added to” them (v. 33). “Will be added” means God will add them, providing everything necessary for life. The need to plan and labor remains, but laborers will be confident, not anxious.

[v. 33] If anyone seeks God and His kingdom first, God promises to meet his or her needs. This is not a deal—devotion given, provision received—but a promise. If anyone seeks God first, God will relieve him or her of worry. The promise does not explain how to seek the kingdom; the rest of Scripture fills that in. To seek the kingdom is chiefly to love and seek the King, to pray for His kingdom to come, to submit to His reign in every sphere of life, to declare His reign and gospel widely, and to aim for His righteousness, socially as well as personally, and to seek it locally, nationally, and internationally. God’s reign and righteousness are as intimate as a desire to speak with love and as global as joining an organization that cares for widows, orphans, and the defenseless in the globe’s darkest places.

[v. 34] Jesus concludes with a summary: "Therefore," since the Father will provide, "do not be anxious about tomorrow." He then adds a striking personification, "for tomorrow will be anxious for itself." He then closes with a commonsense dictum: "Sufficient for the day is its own trouble" (v. 34). For believers, there is no reason to worry and no benefit in worry. Every day has its own evils, unique and beyond anticipation. So why worry about tomorrow? Each day has its troubles, and each has its provisions, so why not stick with the issues of the hour?

Commentary used from the ESV Expositors Commentary - Matthew 6:19-34

WHERE'S THE GOSPEL

The Bible tells us that we can trust that Jesus does not ever change. Hebrews 13:8 reads "Jesus Christ is the same yesterday, and today, and forever." If we have trusted Jesus' decision to die on behalf of our sin, and for God to raise Him from the dead in order that we might have eternal life, (1 John 5:11) we can rest assured that He loves us enough to have care and concern for our lives, even down to the trivial things. "Let not your hearts be troubled. Believe in God; believe also in me" (John 14:1 ESV). Jesus reminds us in John 10:14-15 that He is the "good shepherd", who is willing to lay down His life for us, His sheep. We can take comfort that if He knows us, we also know Him and can wholly trust Him with our lives-not just physically, but spiritually, for eternity.