

Seek: First Things First
January 5, 2025

As you join this discussion, let the Holy Spirit guide you. Share your thoughts and reflect on the message. Work through the guide by reading Scripture and answering a few questions.

Open Up

- What things do you traditionally “Stress” over?
- What is the funniest or most surprising thing that has ever stressed you out first thing in the morning?

Read Together:

Matthew 6:24-33

“No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.

“Therefore, I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life^[a]?”

“And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Matthew 28:20

... And surely I am with you always, to the very end of the age.

Discuss Together:

- Why do you think anticipation can be more stressful than the actual obstacles we face? Can you relate this to your own experiences?
- Jesus talks about serving two masters. What are some "masters" besides money that people today might struggle with? How can we identify what masters us?
- Jesus says, "Do not worry about your life." What are a few practical ways to trust God with what we usually worry about?
- How does prioritizing God's kingdom reshape our daily worries and stresses?
- What role does prayer play in helping you overcome worry and stress? Do you have a specific prayer practice that brings you peace?
- Jesus uses the example of birds and flowers to teach about trusting God. What modern example might resonate more with today's world?
- Reflect on the idea that trust and faith in God are formed through daily practices. Which of the suggested practices—prayer or community—do you feel most drawn to prioritize this year? Why?

Pray as a group:

As you reflect on today's message. Take time to pray in response.

Thank Him for His provision, ask for help with a specific worry, or surrender an area of your life you've been holding onto. Pray in turn, and feel free to pray as sincerely and honestly as you feel led."