



I Feel Kinda Free

Part 1 – I Am Not God Discussion Guide

Jesus said, “Blessed are the poor in spirit, for theirs is the kingdom of heaven” (Matthew 5:3, ESV). “Poor in spirit” means humble. It takes humility to say, “I need help.” To some degree, we are all broken, hurting, and needing Jesus to come in our lives to radically heal that brokenness. The first step is realizing that we are not God, and that He is the only One that can change not only us, but our situations. Still, we have to be willing to surrender and do that work.

What you will need: A Bible or your Bible app, a notebook, pen, and highlighter. The verses highlighted below are linked so that you can easily access them during your study time.

Jump Start

1. Have you ever taken the time to examine your life, your activities, your attitudes? Do you feel as if you are always in a state of hurry, stress, or anger? Are you in a place where you can take your time and rest in God’s presence?

Note: Join us this week for the [daily Cove Devotions](#) and [MDWK Deep](#) on Wednesdays at 12:00. Care Groups are in person and virtual find out more information: [here](#).

2. **Read [Romans 7:5-20](#).** How have you seen the same tension Paul describes in your own life? How do you try to deal with this conflict? Do you have escape mechanisms or addictions that help you cope? Do you feel you have great willpower and self-control? Does it work equally in every area of your life? Would you be willing to share: “My eighth slice is _____.”
3. **Read [Psalm 32:3-5](#), [Proverbs 28:13](#), and [2 Corinthians 12:9](#).** What benefits are there to admitting and surrendering our struggles to God?
4. **Read [Romans 5:6](#) and [Philippians 4:13](#).** What makes you feel powerful? In life, what can make you feel powerless? What are you going to do, now that you recognize these issues?

Deeper

Here at The Cove, our mission is to Introduce our friends to Jesus, Learn to follow Him, and Celebrate His Presence in our lives. We want you to be fully equipped with the Word of God by spending time with Him daily through prayer, and through studying His Word. We believe this is how you will be equipped to make disciples.

5. Read the Beatitudes [Matthew 5:1-11](#) and answer these questions and watch the suggested video:
 - In Matthew 5:1-11, who is speaking?
 - What is easier: surrendering or holding on? Why?
 - Why is admitting "I am broken; I am stuck," so hard to do?
 - Watch this Skit on the [Serenity Prayer](#)
 - The Beatitudes run counter to what we would typically think. Which of these contrasts most grabbed your attention?

6. Read [Matthew 5:3, Genesis 3, and Matthew 6:24](#). We want to present ourselves to others as if we have life altogether, that everything is fine. We want to control our problems and other people, so we pretend to control them. How can our false sense of control and power hurt us?