

# I'M FINE

HOW GOD MEETS US WHEN WE'RE NOT

# I'm Fine

January 2 - Exhaustion, Chris Dolson

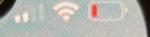
January 9 - Anger, Charles Yu

January 16 - Anxiety, Matt Metzger

January 23 - Discontent, Michael Knapstad



8:54



Calendar



Maps



Photos



Camera



Weather



Clock



FaceTime



Wallet



Bible



App Store



Reminders



MyChart



Notes



Settings



iTunes Store



Find My



Chrome



Calculator



Podcasts





ar



Maps



Photos



Camera



Clock



FaceTime



Wallet



App Store



Reminders



MyChart



Settings



iTunes Store



Find My



# Lies that We Tell Ourselves

I don't need to rest.



<sup>22</sup> One day Jesus said to his disciples, "Let us go over to the other side of the lake." So they got into a boat and set out. <sup>23</sup> As they sailed, he fell asleep. A squall came down on the lake, so that the boat was being swamped, and they were in great danger.

Luke 8: 22-23 (NIV)

<sup>24</sup> The disciples went and woke him, saying,  
“Master, Master, we’re going to drown!” He got  
up and rebuked the wind and the raging waters;  
the storm subsided, and all was calm.

Luke 8: 24 (NIV)

<sup>22</sup> One day Jesus said to his disciples, "Let us go over to the other side of the lake." So they got into a boat and set out. <sup>23</sup> As they sailed, he fell asleep. A squall came down on the lake, so that the boat was being swamped, and they were in great danger.

Luke 8: 22-23 (NIV)

# Lies that We Tell Ourselves

I don't need to rest.

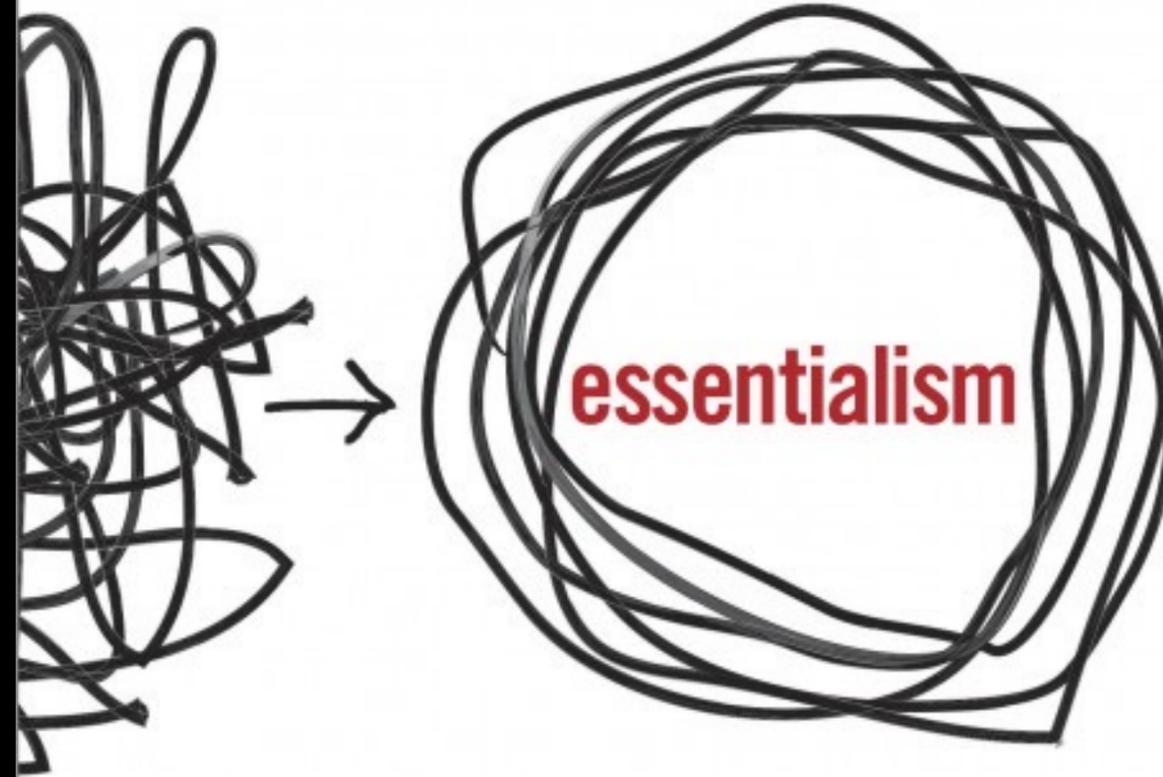
I'm responsible for it all.

<sup>14</sup> When his father-in-law [*Jethro*] saw all that Moses was doing for the people, he said, "What is this you are doing for the people? Why do you alone sit as judge, while all these people stand around you from morning till evening?" <sup>15</sup> Moses answered him, "Because the people come to me to seek God's will.

Exodus 18:14-15 (NIV)

<sup>16</sup> Whenever they have a dispute, it is brought to me, and I decide between the parties and inform them of God's decrees and instructions." <sup>17</sup> Moses' father-in-law replied, "What you are doing is not good. <sup>18</sup> You and these people who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone.

Exodus 18:16-18 (NIV)



The Disciplined Pursuit of Less

**GREG** MCKEOWN

# Lies that We Tell Ourselves

I don't need to rest.

I'm responsible for it all.

I'm afraid that I'll miss out.

FOMO – Fear of missing out

or

YOLO – You only live once

<sup>4</sup> And I saw that all toil and all achievement spring from one person's envy of another. This too is meaningless, a chasing after the wind... <sup>6</sup> Better one handful with tranquility than two handfuls with toil and chasing after the wind.

Ecclesiastes 4:4,6 (NIV)

# Lies that We Tell Ourselves

I don't need to rest.

I'm responsible for it all.

I'm afraid that I'll miss out.

I must work hard to be accepted.

<sup>28</sup> "Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light."

Matthew 11:28-30 (NIV)



<sup>28</sup> "Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you and learn (μάθετε) from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light."

Matthew 11:28-30 (NIV)

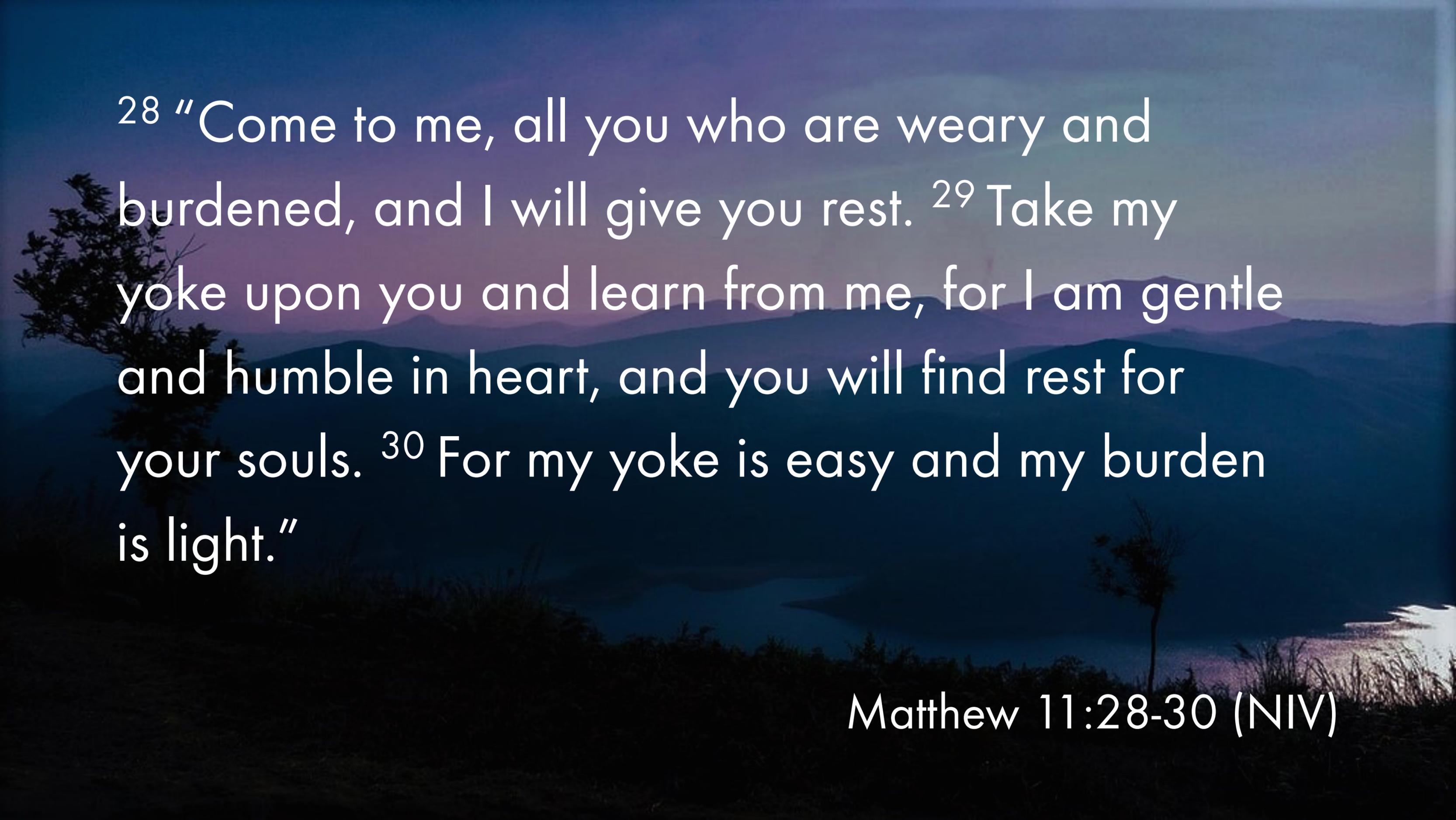
<sup>28</sup> "Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you and learn from me, for I am **gentle and humble** in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light."

Matthew 11:28-30 (NIV)

Jesus is saying that  
the outcome of being  
a disciple is rest.

<sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

Matthew 11:29 (NIV)

A scenic landscape at dusk or dawn. The sky is a mix of deep blue and purple. In the foreground, there are dark silhouettes of trees and bushes. In the middle ground, there are rolling hills and mountains. In the background, a body of water, likely a lake, is visible, reflecting the light from the sky. The overall mood is peaceful and serene.

<sup>28</sup> "Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light."

Matthew 11:28-30 (NIV)