

# Lighthouse Group Guide (Participant Version)

CityLight Church – Matthew 6:25–34  
Sermon Title: First Things First

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## SESSION GOALS

### Main Idea

Freedom from anxiety comes from seeing God rightly, trusting Him deeply, and seeking His kingdom first.

### Head Change (Know)

Understand that anxiety is tied to misplaced trust and a misunderstanding of who God is.

### Heart Change (Feel)

Grow in confidence that God is a loving, all-knowing, sustaining Father who cares personally.

### Life Change (Do)

Reorder daily priorities to seek God's kingdom through giving, growing, and going.

- What is something small you tend to worry about more than you probably should?  
**OR**
- When life feels stressful, what's your default response: control, avoid, distract, or something else?

## SHORT SERMON RECAP

Jesus teaches that anxiety is not just emotional but theological. When we don't see God rightly, we struggle to trust Him, and when we don't trust Him, we live consumed with worry instead of seeking His kingdom. True freedom comes not just from relief, but from reordering our lives around God.

## DISCUSSION

Come ready to engage honestly. These are not "right answer" questions. They are meant to expose, challenge, and lead to real change.

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## Question 1

Where do you see anxiety most clearly exposing what you trust in your life right now?

**Prepare:**

What does that anxiety reveal about what you believe God is or is not doing?

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## Question 2

Which aspect of God's character is hardest for you to actually live like you believe: His love, His knowledge, or His power?

**Prepare:**

What would practically change this week if you believed that more deeply?

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## Question 3

If someone looked at your calendar and bank account, what would they say you are actually seeking first?

**Prepare:**

What is one clear piece of evidence in your life that proves that?

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## Question 4

Where are you holding back from obedience because you're afraid God won't provide?

**Prepare:**

What would it look like to trust God first in that area this week?

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## Question 5

Does your giving currently require faith, or is it comfortable and controlled?

**Prepare:**

What would sacrificial generosity look like for you right now?

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## **Question 6**

What is consistently crowding out your time with God?

**Prepare:**

What do you need to cut, limit, or reorder this week to seek God first?

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## **Question 7**

Where do you already know what God is calling you to do, but you've delayed acting on it?

**Prepare:**

What is one concrete step you can take this week to move forward?

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## **Question 8**

What feels risky or uncomfortable about fully seeking God's kingdom in your life right now?

**Prepare:**

How does trusting God as a Father change how you view that risk?