



Things to Talk About and Reflect Upon

“Seek the Kingdom”

Points from Sunday’s Message

- Point 1 - Anxiety can make us forget how valuable we are to God.
- Point 2 - Anxiety promises control that it cannot deliver.
- Point 3 - Your Father knows what you need.
- Point 4 - Seek the kingdom because the Father delights to give it.
- Point 5 - Put your treasure where you want your heart.

Key Verse:

“But seek the kingdom of God, and all these things shall be added to you.”

—Luke 12:31

Discussion Questions:

1. The light on the dash

Pastor Garrett opened with the sound every driver dreads — the beep, and then a little yellow engine on the dash. He was on the single-lane road up around Big Bear Lake in his Jeep, rocks on both sides and nowhere to pull off, when the light came on and then started blinking at him. His point was that the light is never the problem: “check engine lights themselves are not the problem, but they indicate that there is something going on under the hood.” Anxiety works the same way in us — not the malfunction itself, but the indicator that something deeper is happening in the heart. When your anxiety light comes on, which one are you: the person who books the appointment, the person who checks the gas cap, or the person who turns the music up and keeps driving? What has your light been trying to tell you lately that you have been driving past?

Further Reading: Luke 12:22–24; Psalm 94:19; Psalm 139:1–6, 23–24; Proverbs 12:25

2. Consider the ravens — and the rats

Jesus points to birds that neither sow nor reap and have neither storehouse nor barn, and argues from the lesser to the greater: how much more value are you than the birds? Garrett pointed out what a first-century Jewish audience would have heard — ravens

were unclean birds, so the modern equivalent is “consider the rats, how God feeds them and provides for them,” and everybody in the room wrinkles their nose. That is the comparison Jesus chose. He also named what anxiety does to our view of God: “anxiety whispers in our ear that we’ve been forgotten, that we’re alone, that everything rests on our shoulders.” Point one on the outline was that anxiety can make us forget how valuable we are to God. On an ordinary Tuesday, where does your sense of being valuable actually come from — income, health, usefulness, appearance, whether you met everyone’s expectations? Garrett’s counsel was to slow down, get outside, and look at something God sustains that nobody notices. What would it change if you did that this week and preached Romans 8:32 to yourself while you were out there?

Further Reading: Romans 8:31–39; Isaiah 43:1–4; Matthew 10:29–31; 1 Peter 1:18–19

3. Everybody wears it differently

Garrett walked the room through the ages. The little girl who loves school but clings to Dad at drop-off and will not smile. The kid whose stomach hurts. The teenager who disappears into a room, puts the big headphones on and doom scrolls for hours. The young adult who procrastinates because he is afraid of making the wrong decision, and waits and waits until the last possible minute. The parent holding the family, the finances and the future in a tight fist. The seasoned saint who gets rigid about routines because change feels threatening. “Some people withdraw, some people get angry, some people stay constantly busy, some people eat, some people shop, some people scroll on their phones.” Anxiety does not disappear as we get older; we just change what we are anxious about. Name your tell out loud in the group — what do you actually do when you are anxious? Then ask the people who live with you whether they would have named the same one.

Further Reading: Psalm 55:22; Philippians 4:4–9; 1 Peter 5:6–11; Matthew 11:28–30

4. Worry dressed up as preparation

Point two was that anxiety promises a control that it cannot deliver. Garrett said we treat worrying as if it were a form of preparation: “you replay the conversation over and over and over. You imagine every outcome. You rehearse the disasters that haven’t even happened yet. It feels active so we assume that it must be useful.” Then he asked Jesus’ question in five directions — has worrying lengthened your life, guaranteed tomorrow, protected your children from every danger, secured your finances, made the unknown known? He was careful not to confuse worry with responsibility. Proverbs praises the ant that prepares its food, Paul tells believers to provide for their households, James tells us to make our plans humbly. Pray, plan, ask for counsel, make the phone call, ask the doctor, build the budget, apologize, take the next faithful step.

But here is the line to sit with: “once we have done what obedience and wisdom require, worry cannot carry you any further.” Pick one situation you have been chewing on. Say out loud what the next faithful step actually is — one step, the size of this week — and

do it before the group meets again. Then practice handing over the rest with open hands instead of a clenched fist. What makes it so hard to say plainly, “I am not sovereign over this, You are”?

Further Reading: Luke 12:25–26; Proverbs 6:6–8; James 4:13–17; Psalm 127:1–2

5. Who’s driving

Point three is the sentence Garrett said can steady a heart: your Father knows what you need. He illustrated it with a family road trip. Three kids in the back seat asking the same question seventy times in five minutes — are we there yet? — and not one of them is calculating the fuel mileage, checking whether Dad checked the tire pressure, studying the bank account, or watching the cars in the next lane. “They don’t know the route. But what they do know is who’s driving.” Trusting the driver does not mean the road has no flat tire, no traffic, no lost hotel reservation. It means the child is not carrying the responsibility that belongs to the driver.

Then the line that landed: “some of us are exhausted because we’re trying to sit in the backseat and also hold onto the steering wheel at the same time.” Where are you doing that right now? Christian peace, Garrett said, is not the confidence that you know what will happen — it is the confidence that your Father knows exactly what you need and that you are safe in His hand. Name one responsibility you have picked up that was never yours to carry. What would it actually take to set it down this week, and who needs to know you are setting it down?

Further Reading: Matthew 6:25–34; Psalm 23; Lamentations 3:22–26; Mark 10:13–16

6. A kingdom you cannot lose

Jesus does not simply tell anxious people to stop seeking — He gives them something greater to seek. “Do not fear, little flock, for it is your Father’s good pleasure to give you the kingdom.” Garrett slowed down on every word: little flock means we have a shepherd, your Father means we are His children, and to give you the kingdom means our future rests on grace rather than on our performance. He set the whole message against the rich fool’s barns: “you do not have to spend your life building a kingdom that you cannot keep when the Father has promised you a kingdom that you cannot lose.” And then Jesus moves from anxiety straight to generosity, which is not a comfortable turn. “If your possessions are your security, then generosity will feel threatening to you. If the Father though is your security, then generosity becomes an expression of freedom.” Possessions, Garrett said, are tools of the kingdom — “they make terrible gods and they make unreliable saviors.” Point five was to put your treasure where you want your heart, and the good news in it is that you can train your heart, because where you put your treasure your heart follows. Pick one of his examples and actually do it before the group meets again: give to the work of the gospel, meet a real need for someone who cannot repay you, open your home for hospitality, or use your schedule to serve someone who needs care. Which one, for whom, and by when?

Further Reading: Luke 12:31–34; 1 Timothy 6:17–19; 2 Corinthians 9:6–11; Matthew 25:34–40

Use these blended questions for deeper personal reflection, prayer, or small group discussion.