

Keeping Your Spiritual Perspective

Quiet Time Study Outline 4:
He who worries doesn't trust – he who trusts doesn't worry
(Matthew 6)

▶ p.214

The sermon on the mount makes refreshing reading in a society so dominated by an attitude of 'Get all you can while you can' (and give yourself ulcers while you do it!). Jesus' teaching stands out like a cool drink on a hot day. VERSE 6:33 sets the pattern for the Christian: set God's Kingdom as your priority and he will look after the rest.

However, this chapter also raises some questions that we need to answer in relation to our own attitudes. Think through those and ask God to change any areas that need changing.

- If God shows me a need to meet, what do I do and how do I do it?
- Where am I storing up my treasure? (If in doubt, check where your heart is – that's where your treasure is.)
- What am I seeking first – God's Kingdom or my support?

ACTION POINT From verses 25-34, list as many reasons as you can why we should not worry about clothing, food, etc.