

“Pray More, Worry Less” Matthew 6:16-34

Biblical fasting is taking time ordinarily devoted to other things which are legitimate and dedicating that time to Bible study and prayer.

Every time we find the word *hypocrite* in Matthew’s Gospel, it doesn’t refer to publicans and the sinners, it refers only to those who are religious.

If you’re doing something for the Lord, look your best when you’re doing it!

If biblical truth is first in our scale of values, then our lives are going to be filled with great happiness and peace but if we have something that comes before the Word, that is the Living Word and the written Word of God, then of course, we’re in trouble.

Do not make materialistic things which have a way of being lost, stolen or being in some other way removed from you, number one on your scale of values.

The second scientific law of thermodynamics rightly states that the universe naturally moves from order to disorder and that entropy always increases rather than decreases.

Our scale of values is in the heart and if in our scale of values, we store materialistic things first, then we’re guaranteed to be miserable.

But if we put the Word of God first, we’re going to have great inner happiness and fantastic peace, along with the amazing power and blessing that belongs to us because we are related to Jesus Christ!

The animation of the body is the eye and no matter how beautiful we may be physically; without this level of inner beauty, we just don’t have anything of value to speak of.

So, to be without folds means to be without blemishes and having eyes without blemishes refers to a mental attitude that’s ONLY produced by the filling of the Holy Spirit in love, faith-rest, freedom from worry, fear and anxiety, being influenced by divine viewpoint and the application of biblical truth to our experience, as we’re occupied with Jesus Christ; not with ourselves, others, our circumstances or our things.

We can never enjoy money, no matter how much we have or how little we have, if money is the most important thing to us in life.

It doesn’t make any difference whether we’re loaded or broke, if money is first, our happiness will always be last.

There is a lot of money in the world but there are very few people who enjoy it.

We cannot worry and be happy because when we’re worrying, we’re NOT thinking and when we’re thinking, we’re NOT worrying!

A distraction is a diversion which draws away the mind or the thinking and biblically, it’s the idea of being led away from being brought to completion in the spiritual life by some form of carnality.

Some of the worst people in the world are believers and they can become a distraction when they do something to us and we become bitter about it and want vengeance and that’s why we are to avoid them.

Worry is a choice, a mental attitude sin which promotes devastating soulish torment or anxiety regarding just about anything in life.

Every one of us has an area in which we are prone to worry.

We may ask God for anything in prayer BUT when we get enough of the mind of Christ in us, we certainly won’t worry.

Worry stems from fear which is another voluntary decision and a mental attitude sin and it attacks the soul and anything that attacks the soul is attacking our most vital lifeline.

Legitimate fear is a deep respect which comes from a laser focus on the Lord Jesus Christ and that's a part of our greater-grace status before Him.

The Fall of Man illustrates the fact of our free will because the only way Adam could fall was through his volition acting independently of God's choices for him.