

BREATHE





MATTHEW 6: 31-34

“SO DO NOT WORRY, SAYING, ‘WHAT SHALL WE EAT?’ OR ‘WHAT SHALL WE DRINK?’ OR ‘WHAT SHALL WE WEAR?’

FOR THE PAGANS RUN AFTER ALL THESE THINGS, AND YOUR HEAVENLY FATHER KNOWS THAT YOU NEED THEM. BUT SEEK FIRST HIS KINGDOM AND HIS RIGHTEOUSNESS, AND ALL THESE THINGS WILL BE GIVEN TO YOU AS WELL.

THEREFORE DO NOT WORRY ABOUT TOMORROW, FOR TOMORROW WILL WORRY ABOUT ITSELF. EACH DAY HAS ENOUGH TROUBLE OF ITS OWN.”

HOW DO WE SEEK JESUS (AND HIS KINGDOM) FIRST?

1. WE HAVE TO FIND OUT WHAT HE SAID (HIS WORD)

2. WE HAVE TO BE FILLED WITH HIS SPIRIT (HIS PRESENCE)

JOHN 15:7

**"IF YOU REMAIN IN ME AND MY
WORDS REMAIN IN YOU, ASK
WHATEVER YOU WISH, AND IT WILL
BE DONE FOR YOU."**

**1.- YOU HAVE TO KNOW THE WORD OF GOD AND
WHAT GOD SAYS IS TRUE.**

**2.- YOU HAVE TO BE FILLED WITH THE SPIRIT OF
GOD SO YOU CAN HEAR GOD TEACH YOU WHAT
TO DO WITH HIS TRUTH.**

MATTHEW 21:13

" IT IS WRITTEN," HE SAID TO THEM, "'MY HOUSE WILL BE CALLED A HOUSE OF PRAYER,' BUT YOU ARE MAKING IT 'A DEN OF ROBBERS.'"

TAKE A DEEP BREATH:

1.- REGULARLY AND PHYSICALLY ATTEND CHURCH EVERY WEEK.

HEBREWS 10:25

"...NOT GIVING UP MEETING TOGETHER, AS SOME ARE IN THE HABIT OF DOING, BUT ENCOURAGING ONE ANOTHER—AND ALL THE MORE AS YOU SEE THE DAY APPROACHING."

TAKE A DEEP BREATH:

- 1.- REGULARLY AND PHYSICALLY ATTEND CHURCH EVERY WEEK.**
- 2.- INTENTIONALLY BUILD MORE TIME FOR PRAYER IN OUR LIVES
IN ORDER TO BETTER HEAR DIRECTLY FROM GOD.**

A man with short dark hair, wearing a green zip-up jacket over a white t-shirt, is running on a treadmill in a gym. He is looking forward with a focused expression. The background shows gym equipment and wooden beams.

BREATHE

"SEEK FIRST HIS KINGDOM AND HIS RIGHTEOUSNESS"