



**If "God helps those who help themselves" is not truly biblical, and we are to ultimately seek the kingdom of God over all else, how do we put that into practice in our daily lives?**

***Read: Matthew 6:25-34***

How do the things listed in v.25-32 distract us from pursuing God and His kingdom above all?

What is the thing in your life that distracts you most? When/why did it become a distraction?

What would it look like to put that distraction under the umbrella of seeking God's kingdom first?  
What would change about how you interact with that distraction? What might change in your heart?

***Read: Matthew 6:32-34; Proverbs 16:9***

How does the verse in Proverbs connect with these three verses in Matthew?

How could the verse in Proverbs play out in real life? How can we make plans, but yet allow space for the Lord to determine the details and the provision?

***Put it into practice:***

Do some sort of a fast with regard to what you answered in the second question, that distracts you the most from pursuing God more fully.

- If it's food, do a 24-hour partial fast from lunch one day to lunch the next, or fast for a week from a food that you know is not good for you.
- If it is drink, fast for a week from that thing, whether it be alcohol, pop, energy drinks, etc.
- If it is shopping, fast from buying anything new for a set time... a month, a season, or a year.
- If it is entertainment, fast for a time from social media, watching tv, or playing video games.
- If it is money, give a portion of what you have to something that honors God or helps others.
- If it is something else, fast for a time from whatever it is that distracts you from God.



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Use this time of fasting from whatever distracts you to practice seeking God's kingdom first. When you're tempted to turn to your favorite distraction, instead turn to God: read Scripture, pray and talk to God, sit in silence with God, serve someone else. Ask God how He wants to use this time while you're fasting from what distracts you from Him. Make yourself accountable to a Christian friend or your small group as you discipline yourself to seek God's kingdom instead of your own, knowing that He will then provide all you truly need.

***Prayer:***

Father, thank you for being our provider. We know that you love us as a caring Father, and that you want what will bring good, and what will bring you glory. Help us to want those things too. Increase our trust in you, and increase our mindfulness of your kingdom. May our desire for the things of you color everything else we do in our lives. In the name of Jesus, amen.

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