



February 3, 2019

Matthew 6:7-21

Use this resource at home to guide your household's daily devotions.



Pray: Light a candle. Open your devotion with prayer.

Loving God, you desire a simple, humble relationship with us. Turn our hearts away from seeking others' approval and toward your way of mercy and peace, as our savior taught us. Amen.



Read: Read the key verses from Sunday's reading.

"When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him." (Matthew 6:7-8)



Reflect: Reflect on the scripture summary.

Jesus lays out for his followers a way to pray and fast which is pleasing to God: not a means to attract attention and credit on earth, but a pathway to a stronger bond with their holy parent in heaven.



Connect: Connect in conversation with others in your household.

What was a high point of your day? What was a low point?

How is the accumulation of *more* encouraged in your community? What media or messages could you stop listening to so that you could limit your exposure to those messages?

Name three things you wish you had more of. Reflect on how the desire for more shapes your behaviors and attitudes.

For the littles: What is your favorite prayer? God likes all prayers.



Bless: Close your devotion with a blessing.

May God fill your heart with words of praise. Amen.



Do: By acting on what we learn, we make God's word come alive. Do the following activity this week.

Limit your exposure to TV, internet, and other media this week. First, notice how you spend that recovered time. Second, notice how you feel after limited exposure to messages that encourage the accumulation of more.



Go Deeper: Go to clergystuff.com/daily-devotions for devotions on the daily readings.

Monday, Psalm 20:7, *Psalm*

Tuesday, Matthew 6:22-24, *Teachings of Jesus*

Wednesday, Matthew 6:25-34, *Teachings of Jesus*

Thursday, Matthew 7:15-20, *Teachings of Jesus*

Friday, Matthew 7:21-23, *Teachings of Jesus*

Saturday, Matthew 8:1-17, *Healings of Jesus*

Next Week: Matthew 7:1-14, 24-29, *Built on the Rock*