

**4-17-16**  
**STEPS NEEDED FOR SPIRITUAL HEALTH AND WELL BEING!**  
**A FORMULA FOR PROPER SPIRITUAL HEALTH**

Matthew 6:19 Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal:

Matthew 6:20 But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal:

Matthew 6:21 For where your treasure is, there will your heart be also.

Matthew 6:22 The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.

Matthew 6:23 But if thine eye be evil, thy whole body shall be full of darkness. If therefore the light that is in thee be darkness, how great is that darkness!

Matthew 6:24 No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.

Matthew 6:25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

Matthew 6:26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?

Matthew 6:27 Which of you by taking thought can add one cubit unto his stature?

Matthew 6:28 And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:

Matthew 6:29 And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.

Matthew 6:30 Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?

Matthew 6:31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

Matthew 6:32 (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.

Matthew 6:33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Matthew 6:34 Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

For over 33 years I have been preaching at the Elkdale Baptist Church.. that is a long time.. and a lot of messages.. One could ask .. how do you determine what to share from week to week? My answer would be the best messages to preach are the ones that Jesus preached. Did not Jesus Himself say..

John 5:39 Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of me.

The sermon on the mount is one of the riches passages in the Bible teaching us what it is to walk the spiritual walk. In this record of one of our Lord's first sermons to His disciples we get a clear and concise formula for spiritual life.. and what it is to be spiritual.

When we read the sermon on the mount we can say like the disciples of old..

Luke 24:32 And they said one to another, Did not our heart burn within us, while he talked with us by the way, and while he opened to us the scriptures?

This morning I want to share some spiritual Gems from the sermon on the mount..

I look at these statements... as spiritual tenants teaching us how to have spiritual health..

Let us look at these statements of our Lord.. as spiritual ingredients that you need to put into your life to make you spiritually healthy..

As we get older, it seems that physically we fall apart.. we are told we need to watch our cholesterol.. so we find out that there is a vitamin that helps lower cholesterol so we take it.. then we hear that we need to be careful about heart attacks so the doctor recommends taking a baby aspirin a day.. so we add that.. then we add our old people vitamin.. Then there is a vitamin for your bones, a vitamin for your memory.. a vitamin for prostate, a vitamin for immune system.. Boy I tell you it's a lot of prescriptions you need just to stay alive..

But none of those are fool proof.. but here in the sermon on the mount we have a fool proof prescription for spiritual health.. **GUARANTEED TO WORK..** It is a proven formula for spiritual health. And this morning you are getting it for free ..

## ***1. THE FIRST STEP TO SPIRITUAL HEALTH IS TO EVALUATE YOUR HEART AND WHAT YOU TREASURE***

Matthew 6:19 Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal:

Matthew 6:20 But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal:

Matthew 6:21 For where your treasure is, there will your heart be also.

WHAT YOU TREASURE IS WHERE YOUR HEART WILL BE  
WHERE YOUR HEART IS IS WHAT YOU WILL INVEST IN ....  
SHOW ME A MAN'S TREASURE AND YOU WILL SEE HIS HEART

You can deceive yourself into thinking you are alright but your treasure chest does not lie..

### ***1. WHERE IS YOUR HEART? THAT'S WHERE YOUR TREASURE IS....***

YOUR HEART DETERMINES WHAT YOU TREASURE.....

Indians traded their gold for glass jewelry...  
The gold was more common to them than the glass...

So sad that we have GOLD and we trade the gold for glass trinkets of this world.

Be careful you don't despise what God treasures...  
Church, preacher, things of God... etc....

What makes some things treasure to you and other things not?  
What makes some things valuable to you and others things not?

Sometimes we despise what is common, everyday, or we have had too much of..

Where is your treasure chest?

This was the difference between Esau and Jacob. Jacob put value on spiritual things. Esau despised his birthright by giving it the value of a bowl of soup. Jacob desired it and sought a way to purchase it.

Psalms 19:9 The fear of the LORD is clean, enduring for ever: the judgments of the LORD are true and righteous altogether.

Psalms 19:10 More to be desired are they than gold, yea, than much fine gold: sweeter also than honey and the honeycomb.

The first thing that needs to be transformed in our life to have a healthy spiritual life is our hearts..

What we treasure.. reveals where our hearts are...

What we value is what we treasure, and what we treasure is determined by our hearts.. and our hearts are controlled by our desires.

If all that we desire and treasure is in this world, our hearts will be bound up in this life only.

Matthew 6:19 Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal:

Matthew 6:20 But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal:

Matthew 6:21 For where your treasure is, there will your heart be also.

Too much of a good thing often causes people to despise that which is good....

Our problem in America today is that we have had it too good for too long. We have left our first love. We are going after new things but they are not new at all. Empty trinkets of this world.

This is why God makes his presence precious and unique. Did not the Lord say cast not your pearls before swine. So the pearls of God's word are not obtainable to those who do not treasure them. This is by design ..

So what do we do to try to help people in their spiritual life?

The experts say we need new Bible Versions.. Something easier for the people to read.. NO WE DON'T NEED NEW BIBLE VERSIONS WE NEED PEOPLE WITH NEW HEARTS!

Years and years ago, a rabbi was asked in Europe, why is it that we still read the Scripture in Hebrew in the synagogue. The Rabbi said that is because it was written in Hebrew and the language of Abraham, Isaac, and Jacob was Hebrew. The man replied well it is hard for the people to understand Hebrew don't you think we should change. The Rabi said the Bible is unchangeable let the people change for the Bible let us not change the Bible for the people. So it is that after the great world wars and people gathered from all around the world to Israel, these people had one language in common and that was Hebrew.. and in 1948 when Israel became a nation the ancient language of Hebrew was elected as their national language.

Isn't it amazing how we are always trying to make things easier for people! Things that come easy are not valuable. And things that come easy we do not treasure.

So we treasure what we perceive to have value, and we do not treasure what is cheap! The reason we have no revival in America is because we have cheapened our Bibles, our faith, our God!

In fact, recently a young Jew who was coming to the age of Bar Mitzvah again asked why they needed to learn Hebrew and here is what their Rabbi said..

*Imagine you were given a map that pointed to hundreds of pounds of gold buried somewhere near your house. There's only one catch. The map is written in another language. Would you take the time to learn how to read the map? Would the few weeks of hard work be worth an entire lifetime of wealth? ...*

*"Things come and go in the world. Empires fall, fads fade away, technology changes. It may be hard to picture, but things we can't imagine living without will eventually disappear.*

*But there's one thing that has always been here and will always be here: our Judaism.*

*It is our Torah that has held our nation together despite all the changes happening around us. Its teachings, traditions and commandments are studied and kept today as they were thousands of years ago. The Torah is an incredible family treasure that links you to the past and connects you to the future.*

*There's only one small challenge, the Torah is in Hebrew. You have the map, but you need to understand it.*

*In order to access it properly you need to be able to read Hebrew, pray in Hebrew, and eventually work towards understanding it. Sure you can read a translation but it is never quite like reciting those same words our ancestors said, or studying from the same texts as our greatest sages. The connection you will feel is simply that much deeper.*

*Learning to read Hebrew is not as easy as taking a stroll, but I am sure with some effort, you will be successful. And in the long term it is well worth it! "*

So even to this day Jews value their sacred language.. and wisely teach their children to value the Scripture in its original language.

Ever notice when liberal preachers preach .. you will hear them say.. the better manuscripts say this and that and usually 90% of the time they are referring to a New Testament passage. Amazing isn't it that the Old Testament that is thousands of years older than the New Testament, they less often say the older and better manuscript says this or that! The reason why is that the Jews were more literate of the original language! How many of us still speak ancient greek?

The point is this: The Bible is indeed a treasure chest and treasures need to be dug out of the earth with hard work,, treasures do not come easy! The mistake we make in the contemporary church is that we are trying to make the Bible user friendly and easy. How can you make some things that are hard to be understood easy? Many truths are easy, they are milk. But there are some things that take maturity and learning to understand - they are meat. A new translation does not make it any easier. If it did than one new translation would have been adequate. The proliferation of translations reveals that the modern church is trying to do the impossible.

If you really want to get close to God you need to work at it. God made it that way by design. We do not treasure that which comes easy!

Takes much prayer...  
Takes fasting and prayer..  
Takes Bible reading and Memorization and meditation...

Psalms 19:10 More to be desired are they than gold, yea, than much fine gold: sweeter also than honey and the honeycomb.

WHERE YOUR HEART IS THERE WILL BE YOUR TREASURE:

Bible says to guard your heart.....  
Don't let the word of God become common and ordinary to you...

Years ago I had Carlton Lewis over the house for lunch and I had my Bible sitting over on a counter. I then placed something on top of the Bible. Carlton said to me Preacher, when I was growing up my parents taught us you never place anything on top of your Bible. We were never allowed to do that. Then I thought about that and then took the other item off the Bible and placed the Bible on top of the other book. I said.. "I like that Carton, I am going to do what your parents told you to do.. and to this day it bothers me to place anything on top of my Bible. It's my treasure chest and very important to me!

Not only is it that "where your heart is, there your treasure will be" but..  
We can say..

## **2. WHAT YOU TREASURE REVEALS WHERE YOUR HEART IS:**

Matthew 6:19 Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal:

Matthew 6:20 But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal:

What you treasure reveals your heart..

Talking to a missionary... years ago and he said to me preacher, do you know the definition of real? He said that which is real is that which lasts. That is where we get the term real estate. One generation comes another goes but the land stays as it passes on. But even someday the elements will burn with a fervent heat. God will wrap up all this world like a scroll. But spiritual things last forever!

That which lasts...

Nothing we have in this world will last...

We need to realize that everything is breaking down and breaking  
Falling apart...

Vehicles..  
Houses....  
Bodies....

## WHERE IS YOUR TREASURE?

So the first step to Spiritual Health is to fill your heart with eternal things .. Set your treasure chest in Heaven above!

### **II. NEXT STEP TOWARDS SPIRITUAL HEALTH IS TO TAKE HEED WHAT YOU LOOK AT, YOUR EYES FEED YOUR HEART:**

Matthew 6:22 The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.

Matthew 6:23 But if thine eye be evil, thy whole body shall be full of darkness. If therefore the light that is in thee be darkness, how great is that darkness!

Luke 11:34 The light of the body is the eye: therefore when thine eye is single, thy whole body also is full of light; but when thine eye is evil, thy body also is full of darkness.

Luke 11:35 Take heed therefore that the light which is in thee be not darkness.

Luke 11:36 If thy whole body therefore be full of light, having no part dark, the whole shall be full of light, as when the bright shining of a candle doth give thee light.

Our life is fed spiritually by our eyes.....

First sin: Involved the eyes: and looking too long at that which is forbidden....

Genesis 3:6 And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.

She sinned by looking first...

David with Bathsheba: II Samuel 11:2 And it came to pass in an eveningtide, that David arose from off his bed, and walked upon the roof of the king's house: and from the roof he saw a woman washing herself; and the woman was very beautiful to look upon.

Every man that commits adultery, I'll guarantee started with a problem of looking at women with a lustful eye....

This is why marriages are so weak.... Our society promotes pornography... and wonders why adultery and fornication can't be stopped.

If we are going to invest in eternity we need to guard what we let our eyes watch.....

One great hindrance to spiritual purity is the misuse of the T.V. and the internet TAKE HEED THAT THE LIGHT THAT IS IN YOU BE NOT DARKENSS.

Also for this reason ladies should avoid dressing in such a way that would entice men to look at them improperly. I have heard woman say men should not be perverted to think that way. God made a man to be stimulated sexually by sight and by touch. This is by physical and biological design. God wanted men to reproduce and populate this world. To do so it is natural that a man have sexual biological urges in this way. If he didn't he would not be a normal healthy man.

The Bible says concerning proper sexual conduct:

I Corinthians 7:1 Now concerning the things whereof ye wrote unto me: It is good for a man not to touch a woman.

I Corinthians 7:2 Nevertheless, to avoid fornication, let every man have his own wife, and let every woman have her own husband.

I Corinthians 7:3 Let the husband render unto the wife due benevolence: and likewise also the wife unto the husband.

I Corinthians 7:4 The wife hath not power of her own body, but the husband: and likewise also the husband hath not power of his own body, but the wife.

I Corinthians 7:5 Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.

In Leviticus 18:6-19 in 16 verses the Bible likens having sexual relationships as to uncover someone's nakedness: So when a person exposes their nakedness that is a precursor to having a sexual relationship! So women who uncover their nakedness are advertising themselves sexually! You are encouraging unlawful thoughts in all who see you. So it takes two to tango. Both are wrong - the man for looking and the woman for undressing.

A normal man who is sexually healthy will be stimulated by touch and sight! Why is it wrong for him to be aroused and not wrong for a woman to advertise herself sexually by making herself naked. We have a wacky society. If one is wrong the other is also wrong.

A man should only touch his wife, and a man should only see his wife's nakedness.. And so too, a woman with a man.

SEEING IS A PRECURSER TO ACTION.

Matthew 6:22 The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light.

Matthew 6:23 But if thine eye be evil, thy whole body shall be full of darkness. If therefore the light that is in thee be darkness, how great is that darkness!

We feed our heart with our eyes..

No man can clean his heart until he masters what he looks at and how he looks at things...

When we view things with the tinted glasses of lust and evil then we will fill our lives with darkness and evil

If we view things with the tinted glasses of the word of God than our eye will be single and pure....

THE BIBLE SAYS:

Luke 11:35 Take heed therefore that the light which is in thee be not darkness.

No one can properly invest in eternity and prepare for eternity unless he/she controls and limits what they gaze at.....

We need to guard our eyes...

Some things that we need to avoid looking at:

Nakedness, forbidden things, useless things, wrong entertainment, avoid viewing things that make light of sin and God's people, reading wrong materials, viewing wrong T.V. shows.. which promote promiscuity, adultery, fornication, nakedness, cursing.

So the first step to Spiritual Health and Wellness is to inspect what you value, and where your heart is..

The second step is to guard your eyes and what you let entice you by what you look at..

I think one of the greatest commentaries of a man of God is found in the book of Job. Job's accusers accused him of some hidden sin for the reason he was suffering. Read what he said,

Job 31:1 I made a covenant with mine eyes; why then should I think upon a maid?

Job 31:2 For what portion of God is there from above? and what inheritance of the Almighty from on high?

Job 31:3 Is not destruction to the wicked? and a strange punishment to the workers of iniquity?

Job 31:4 Doth not he see my ways, and count all my steps?

Job 31:5 If I have walked with vanity, or if my foot hath hasted to deceit;

Job 31:6 Let me be weighed in an even balance that God may know mine integrity.

Job 31:7 If my step hath turned out of the way, and mine heart walked after mine eyes, and if any blot hath cleaved to mine hands;

Job 31:8 Then let me sow, and let another eat; yea, let my offspring be rooted out.

Job 31:9 If mine heart have been deceived by a woman, or if I have laid wait at my neighbour's door;

Job 31:10 Then let my wife grind unto another, and let others bow down upon her.

Job 31:11 For this is an heinous crime; yea, it is an iniquity to be punished by the judges.

Job 31:12 For it is a fire that consumeth to destruction, and would root out all mine increase.

### **III. THE THIRD STEP TO SPIRITUAL WELLNESS IS TO PREPARE AND INVEST IN ETERNITY BY TAKING HEED WHO YOU SERVE**

Matthew 6:24 No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.

Mammon comes from the Aramaic or Syriac word, Mamona which signifies "Wealth or Profit...."

"EGOCENTRIC COVETOUSNESS WHICH CLAIMS THE HEART OF MAN...."

Gain of this world..... LUST EYES, FLESH PRIDE OF LIFE... = MAMMON

Why do we work hard.... is it not to please Christ.... The Bible says

**Col. 3:22 Servants, obey in all things your masters according to the flesh; not with eyeservice, as menpleasers; but in singleness of heart, fearing God:**



**Col. 3:23** *And whatsoever ye do, do it heartily, as to the Lord, and not unto men;*

We do not work hard to gain wealth and profit in this world...

We work to please Christ and He gives us the rewards of our labor... and provides for us....

NO ONE CAN INVEST IN ETERNITY WITHOUT SACRIFICING SOMETHING IN THIS WORLD....

MAMMON CAN BE ANTHING IN THIS WORLD THAT YOU TREASURE MORE THAN OBEYING CHRIST AND HIS WORD.....

DO YOU WORK FOR GAIN IN THIS WORLD  
OR  
DO YOU WORK FOR CHRIST?

IS YOUR GOAL IN LIFE TO PAY YOUR BILLS AND HAVE GOOD THINGS...

or

IS YOUR GOAL IN LIFE TO SERVE CHRIST AND WATCH HIM PROVIDE YOUR NEEDS THROUGH BEING A GOOD EXAMPLE AND OBEYING THE COMMAND IN THE BIBLE TO:

I Thessalonians 4:11 And that ye study to be quiet, and to do your own business, and to work with your own hands, as we commanded you;

I Thessalonians 4:12 That ye may walk honestly toward them that are without, and that ye may have lack of nothing.

II Thessalonians 3:7 For yourselves know how ye ought to follow us: for we behaved not ourselves disorderly among you;

II Thessalonians 3:8 Neither did we eat any man's bread for nought; but wrought with labour and travail night and day, that we might not be chargeable to any of you:

II Thessalonians 3:9 Not because we have not power, but to make ourselves an ensample unto you to follow us.

II Thessalonians 3:10 For even when we were with you, this we commanded you, that if any would not work, neither should he eat.

WHEN WE WORK WE DO NOT SERVE MAMMON

WHEN WE WORK WE ARE IN THE SERVICE OF THE KING OF KINGS....

YOU CANNOT SERVE GOD AND MAMMON!!!!!!

So everything you do to serve mammon will go up in smoke....

#### **IV. THE FOURTH STEP TO SPIRITUAL HEALTH IS TO TAKE HEED HOW YOU THINK AND WHAT YOU MEDITATE ON**

Matthew 6:25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

Matthew 6:26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?

Matthew 6:27 Which of you by taking thought can add one cubit unto his stature?

Matthew 6:28 And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:

Matthew 6:29 And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.

Matthew 6:30 Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?

Matthew 6:31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

Matthew 6:32 (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.

## **1. BE CAREFUL THAT YOU ARE NOT CONSUMED WITH THE NECESSITIES OF THIS LIFE:**

Matthew 6:25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

When we have to live our lives in such a way that we are continually worried about taking care of our necessities, then we are not living the life that the Lord wants us to live...

This is a rebuke to those who have an inordinate care for the necessities of life....

The root cause of this is a lack of faith. Faith believes God. If we are obeying the Lord we need to trust Him. If you are living the life the Lord commanded you and you are following the Bible you can say with King David:

***Psalms 37:25 I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread.***

***I Peter 5:7 Casting all your care upon him; for he careth for you.***

## **2. JESUS GIVES ILLUSTRATIONS OF NATURE TO HELP US IN THIS AREA:**

Matthew 6:26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?

Matthew 6:27 Which of you by taking thought can add one cubit unto his stature?

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Matthew 6:29 And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.

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Matthew 6:31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

### **A. BEHOLD THE FOWLS OF THE AIR: ARE YOU NOT MUCH BETTER THAN THEY ARE:**

Matthew 6:26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?

Why do we think that our life is in our own hands...  
Why do we think that it is our own labor that provides for our needs...

We work to obey Christ...

We do not work because God cannot provide for us apart from work...

The birds of the field are an example of this....

BERRIES IN THE FIELD.... DESSERT TIME...  
WIFE SAID THIS PIE DIDN'T COST US A PENNY EVERYTHING GREW IN THE WILD....

Doesn't matter how much money you make you're always just barely getting by it seems....

## **B. CONSIDER YOUR INABILITY TO CONTROL YOUR OWN GROWTH**

Matthew 6:27 Which of you by taking thought can add one cubit unto his stature?

The most important things of this life we are absolutely helpless to control..... Our physical well being..

My health, before I was 50 I would go in to see my doctor and he would ask me what I eat. I asked why, he said everything is excellent. I guess he wanted to see if I was a vegetarian or ate a special diet. I said I eat anything and everything I want. After 50 everything was bad, now the doctor says, you need to watch this and watch that. What did I do different? Nothing!

The difference is not something I did.. just like your physical growth how tall you are:

Matthew 6:27 Which of you by taking thought can add one cubit unto his stature?

When I was young, ages 5 - 11 I was tall for my age, when I turned 13 I became short. None of that was under my control.

So it is that we have people who say they were really a woman in a man's body, or a man in a woman's body. The whole issue is that they say God made a mistake when they were made.. Acceptance of God's lot for your life is the real issue.

It is the old sin of the garden .. where the devil said to mankind eat the forbidden fruit and be a god determining good and evil for yourselves. So it is that our society is wholesale buying into the lie!

What is the lesson Jesus is trying to teach us?

He is saying.... learn the lesson on how to be content with what God has done in your life... Why will you frustrate yourself with things you cannot change?

**C. CONSIDER AND MEDITATE ON THE GLORY OF THE GRASS AND LILLIES AND TREES**

Matthew 6:28 And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:

Matthew 6:29 And yet I say unto you, That even Solomon in all his glory was not arrayed like one of these.

Matthew 6:30 Wherefore, if God so clothe the grass of the field, which to day is, and to morrow is cast into the oven, shall he not much more clothe you, O ye of little faith?

Viewing the trees they are alive they do not struggle..

They are not in turmoil..

They grow and prosper by the hand of God...

So too the lilies, the grass etc....

In the Bible when men would build an alter to the the Lord they were forbidden to use any human cut stones.. This is a picture of the fact that we have no part in our redemption. Not by our works, efforts, our thoughts, our ingenuity can we gain merit or favor with God.

So we try to offer to God things we conjure up in the flesh...

Illust. All human efforts are temporary...

All our human works are corrupt...

Illust. Think... God made the Word and it maintains itself..

Everything we make we have to maintain...

The greater works are the works of God...

We build a house... the day after it is built things start getting older and falling apart. Remember moving into our house and there was a fitting on the heating system that broke loose. Caused a leak on the second floor and it messed up the beautiful spackle job in the kitchen ceiling. It did not take long for there to be need of repairs.

We need to learn to the lesson of Solomon...

He built great cities he had great riches and after all that he did he looked at it all and said everything is vanity and vexation of spirit....

WHERE ARE THE GREAT BUILDINGS OF SOLOMON

WHERE IS THE WEALTH OF SOLOMON?

BUT DO YOU KNOW WHAT IS STILL WITH US TODAY...

THE BEAUTY OF THE LILLIES...

THE BEAUTY OF THE GRASS AND TREES....

GOD STILL FEEDS THE FOWLS OF THE AIR...

**D. LEARN THE LESSON WELL THAT YOU ARE POWERLESS TO CONTROL EVEN THE MOST BASIC ELEMENTS OF YOUR LIFE AND EXISTENCE**

Matthew 6:31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

It is God who controls the food supplies..

People learn how helpless they are when an ice storm or some natural catastrophe breaks our electrical lines

Take heed what you think....

God knows our thoughts and when we fail to trust him we will find ourselves worrying and fretting about things that we are powerless to change and only He can control.....

**V. SPIRITUAL HEALTH IS GAINED AS WE INVEST IN ETERNITY BY TAKING HEED TO WHAT YOU SEEK**

Matthew 6:33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Matthew 6:34 Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

Seek first the Kingdom of God....

What is our heartbeat in life..

What are we pressing towards...

What is our ambition and desire..

It should be the pursuit of the Kingdom of God...

SEEK YE FIRST THE KINGDOM OF GOD....

We are citizens of a heavenly Kingdom.....

**1. HOW DO WE SEEK THE KINGDOM OF GOD FIRST?**

Matthew Henry puts it this way

**"THE BEST WAY TO BE COMFORTABLY PROVIDED FOR IN THIS WORLD IS TO BE MOST INTENT UPON ANOTHER WORLD....."**

**A. WE NEED TO REMEMBER THOSE WHO ARE TRULY HEAVENLY MINDED WILL INDEED BE EARTHLY GOOD.... HEAVEN IS OUR DESTINATION NOT THIS EARTH....**

**B. WE NEED TO BE LEARNING THINGS THAT WILL HELP PREPARE US TO BE CITIZENS OF HEAVEN....**

PRINCIPLES OF HOLINESS...

PRINCIPLES OF BIBLICAL LAW...

THE ATTRIBUTES AND CHARACTER OF GOD

THINGS THAT PLEASE AND DISPLEASE GOD....

I Corinthians 6:1 Dare any of you, having a matter against another, go to law before the unjust, and not before the saints?

I Corinthians 6:2 Do ye not know that the saints shall judge the world? and if the world shall be judged by you, are ye unworthy to judge the smallest matters?

I Corinthians 6:3 Know ye not that we shall judge angels? how much more things that pertain to this life?

I Corinthians 6:4 If then ye have judgments of things pertaining to this life, set them to judge who are least esteemed in the church.

I Corinthians 6:5 I speak to your shame. Is it so, that there is not a wise man among you? no, not one that shall be able to judge between his brethren?

Psalms 8:4 What is man, that thou art mindful of him? and the son of man, that thou visitest him?

Psalms 8:5 For thou hast made him a little lower than the angels, and hast crowned him with glory and honor.

Someday we will be greater than the angels...

Went to the air show one year and the audience was awed by the appearance of the Stealth Bomber.... However, it couldn't make a second pass  
Afraid he would run out of fuel...

Bird flew by with greater engineering ability...  
When it needs fuel it stops and picks up a worm....

Someday I will be able to fly... My Kids when they were young used to beg me to go to Dorney park for the excitement of the rides.

The flying I am going to do in heaven will make steel force look like a ride in a baby stroller....

Jesus was taken up to heaven

Revelation 1:7 Behold, he cometh with clouds; and every eye shall see him, and they also which pierced him: and all kindreds of the earth shall wail because of him. Even so, Amen.

Jude 1:14 And Enoch also, the seventh from Adam, prophesied of these, saying, Behold, the Lord cometh with ten thousands of his saints,

I will have a body that will be able to live in outer space as well as on earth.....

The resurrected body will be a body that will be incorruptible..

Maybe indirectly this is where men like Hitler got the idea of the Super race. The concept of a millennial rule with Jesus on earth with his glorified saints may have been the motivation for this idea.

John 14:1 Let not your heart be troubled: ye believe in God, believe also in me.

John 14:2 In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you.

John 14:3 And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also.

Revelation 21:2 And I John saw the holy city, new Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband.

Revelation 21:10 And he carried me away in the spirit to a great and high mountain, and shewed me that great city, the holy Jerusalem, descending out of heaven from God,

Revelation 21:11 Having the glory of God: and her light was like unto a stone most precious, even like a jasper stone, clear as crystal;

Revelation 21:12 And had a wall great and high, and had twelve gates, and at the gates twelve angels, and names written thereon, which are the names of the twelve tribes of the children of Israel:

Revelation 21:22 And I saw no temple therein: for the Lord God Almighty and the Lamb are the temple of it.

Revelation 21:23 And the city had no need of the sun, neither of the moon, to shine in it: for the glory of God did lighten it, and the Lamb is the light thereof.

Revelation 21:24 And the nations of them which are saved shall walk in the light of it: and the kings of the earth do bring their glory and honor into it.

Certainly it is glorious thing to see New York city all lit up at night but the New Jerusalem will make this look like the Ghetto

Conclusions:

A formula for a healthy spiritual life is given in this sermon on the mount. If we follow it we will be the spiritual children the Lord wants us to be.

- I. IT STARTS WITH TAKING HEED TO WHAT WE TREASURE (Where you heart is..)**
- II. WE NEED TO CONTROL - TAKE HEED WHAT WE LOOK AT (WHICH FEEDS THE HEART)**
- III. WE NEED TO TAKE HEED WHO WE SERVE (can't serve two masters)**
- IV. WE NEED TO TAKE HEED HOW WE THINK (Take no thought)**
- V. WE NEED TO TAKE HEED WHAT YOU SEEK (seek ye first)**