



MATTHEW 6:25-34 WEEK 1

This rich passage is a portion of Jesus' Sermon on the Mount and our workouts each week will center in on some themes we find throughout this section. For week 1, the theme is

"Relationship with our Heavenly Father"

So, we'll meditate on that through the exercises below.

Make sure to view our latest video on "Form" as you get started...

ENGAGE YOUR SOUL (YOUR MIND, WILL AND EMOTIONS) IN THE FOLLOWING EXERCISES THIS WEEK

1. Copy Matthew 6:25-34

2. Memorize Matthew 6:26

Tips for memorizing Scripture are available on our website under Women's Ministry/Resources/Memorization Projects

3. Search

This section of the Sermon on the Mount appears to be about anxiousness, and it is... but the deeper theme is our **"Relationship with our Heavenly Father"** and how that should impact us. So, search through the verses to find 3 declaration statements about your Heavenly Father's care for you. As you find them, highlight and write them down.

4. Mirror Moment

The Bible describes itself as a mirror (James 1). Look in the mirror of Matthew 6:25-34 and answer these questions:

- What things in my life cause me to be anxious?
- How could the 3 declaration statements in this passage of my Heavenly Father's care for me help calm my anxiousness?

5. Soul Pikes

Piking is a Pilates exercise that is done on a piece of equipment called a Pilates Reformer. The Reformer uses spring loaded tension to allow you to move fluidly from one position to the next. To pike, a person would begin in a plank position and then use their core strength to fold their body into a pike as they aim their hips toward the sky. It's an intense movement that requires a lot of core strength!

In Soul Pilates, we won't be Piking physically, but we will do Soul Pikes. Soul Pikes will be moments when we intentionally raise our souls upward. And, a word of warning, this exercise may get intense, but it will be worth it.

So, take some time this week to journal out some Soul Pikes. The movement of this exercise would look like this:

1. Remind yourself of truths you've already seen these verses declare about your Heavenly Father's care for you.
2. Then PIKE UPWARD to believe these Truths in your soul... in your thoughts, your will and your emotions.

Further Explanation... Many people struggle to believe and experience what God's Word says about Him as our Heavenly Father. And often it is things in our souls... our thoughts, our wills (past experiences, habits and patterns), and our emotions that hold us down. So, spend time journaling about things in your mind, will and emotions that may be holding you down. Then use these Truths to journal about how God would have you pull your thoughts, will and emotions upward to PIKE toward believing and experiencing His Truth about His care for you in these verses.

6. Pray

Use the Scripture Prayer Image shared this week to pray about these verses which highlight your Heavenly Father's care.



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