



## MATTHEW 6:25-34 WEEK 4

This week our theme within this great passage is

*"All these things"*

Several times throughout this passage Jesus refers to "*all these things*" that worry us so. The exercises listed below will give you time and space to discuss these things with Him.

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

#### 1. Read Out Loud to Yourself

Read Matthew 6:25-34 "Out Loud" 3x this week, inserting your name in the verses as if Jesus were speaking directly to you. \*Example from verse 1, "For this reason, I say to you, (insert name), do not be anxious about your life..."

#### 2. Memorize Matthew 6:31-32

Make sure to review Matthew 6:25-26 and Matthew 6:33 that you have already memorized as well.

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

#### 3. Phrase Search and Find

- Search through the verses to find where Jesus uses the phrase "*all these things*"
- Copy those verses in your journal.

#### 4. Pondering Page & Playlist (this may take some time so don't rush, it is fine to spread out these exercises over several days)

As you listen to the February Soul Pilates playlist from our YouTube channel (or your own worship music of choice) complete the following exercises:

- On the coloring page provided, write out a list of "*all these things*" that tend to bring you into places of worry and anxiousness.
- On that same page, write out the Truths you have gleaned from Matthew 6:25-34. These should include the declarations about our Heavenly Father from week 1, the instructions/commands of Jesus from week 2, and the questions of Jesus from week 3. Feel free to also include other revelations that you have received from your study time, the teaching videos and discussing with others. The idea is to cover "*all these things*" that you worry about with Truth!
- Color the word image on the page as you worship, giving "*all these things*" to the care of your Heavenly Father.

#### 5. Letter to Self / Letter to a Friend

- Write a letter to yourself based on Matthew 6:25-34, encouraging yourself not to allow worry to have a place in your soul (your mind, will and emotions). Make sure to include details from the passage. Once you are done, put the letter in a place where you will see it often.
- Also write a letter to a friend, encouraging him/her not to allow worry to have a place in their soul either. As you write, make sure to include details from the passage. Send him/her the letter. (if you would rather call or share with your friend face to face, do that instead)

#### 6. Final Prayer Stretch

Using this week's Scripture Prayer Image along with the others previously shared, pray your way through our Soul Pilates passage of Matthew 6:25-34... praying for yourself, and for others too.

**Please note:** This last workout in Matthew 6:25-34 should cover this whole week for you. We will share the Soul Pilates March passage on Friday, March 1<sup>st</sup>, but the first Workout for our March passage will be sent on Monday, March 4<sup>th</sup>.