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## A Formula for Life

**“Seek first His Kingdom and His righteousness; and all these things shall be added to you.” (Matthew 6:33)**

**We live in a very anxious society. Many of us are more worried about tomorrow than today. We bypass all of today’s contentment because of what might happen tomorrow. In Matthew 6:31 we read that the early Christians asked the same basic questions we do:**

- What shall we eat?
- What shall we drink?
- What shall we wear?

**Jesus tells them in verse 34, “Do not be anxious for tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.” The formula Jesus gives for establishing the right priorities of life is in today’s verse. Emilie and I have used this verse as our mission verse for the last 42 years. Each day we claim these two instructions:**

- Seek His Kingdom
- Seek His righteousness

**Often we are overwhelmed by having too many things to do. Life offers many good choices on how to schedule our time. But we all have only 24 hours a day. How are we to use these hours effectively?** When we seek these first, God’s Kingdom then His righteousness, we find that our day takes shape, and we can say “yes” we will do that or “no” we will not do that. When we begin to set priorities, we determine what is important and what isn’t, and how much time we are willing to give each activity. The Bible gives us guideline:

- Our personal relationships with Him (Matthew 6:33; Philippians 3:8).
- Our time for home and family (Genesis 2:24; Psalm 127:3; 1 Timothy 3:2-5).
- Our time for work (1 Thessalonians 4:11, 12).
- Our time for ministry and community activities (Colossians 3:17).

We cannot do all the things that come our way. Emilie and I have a saying that helps us when we have too many choices: “Say no to the good things; say yes for the best”.... **AMEN.**

Bob Barnes

*“And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth. Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world. Amen.” Matthew 28:18 – 20*

