

Lesson Notes:

## **Living with Hope**

We live in challenging times. If we don't maintain the right mind set and our lives are not built upon the foundation of Christ it is easy to become overwhelmed with Life's problems. In the **Matthew 6**, Jesus lays out seven principles to help us live with hope in difficult times. Each are listed below along with a brief discussion of what Jesus' intent was behind each of the principles.

### **Scriptural Principles**

#### **1) Charitable deeds should be between you and God**

In **Matthew 6:1-4** Jesus spoke of the Pharisees and how their deeds were performed in public. The Pharisees were more concerned about their own accolades and how they were perceived than the welfare of the needy and the poor. Jesus stressed that charitable deeds should be between the care giver and God and not for public display.

#### **2) Prayer should be genuine and from the heart.**

In **Matthew 6:5-7** Jesus spoke of the Pharisees and how they enjoyed praying in public and positions of honor at weddings, feasts and festivals. Prayer is our time with God and should be approached with humility and reverence. Prayer should be genuine and from the heart.

#### **3) Worship and Bible Study should be performed to bring you close to God**

Jesus tells us in **Matthew 6:16-18** that fasting and worship should not be performed to call attention to one's self but should be done in order to bring us closer to God.

#### **4) Our Hope should be in the Heavens and not upon Earthly Treasures.**

In **Matthew 6:19-21** Jesus tells us to lay up our treasures in heaven and not to be concerned with the material things of our world. How do we lay up treasures in heaven? By fasting, prayer, obedience and through good works.

#### **5) Avoid situations which may lead you to compromise your Christian principles.**

In **Matthew 6:22-23** Jesus tells us that the eye is the lamp of the body and to make sure you do not put yourself into a position where you are tempted by evil. Paul tells us in **2 Corinthians 11 :2-4** to avoid all occasions of sin. Paul also tells us in **Philippians 4:8** to meditate on good and not evil.

#### **6) You can't serve two masters.**

In **Matthew 6:24** Jesus reminds us that we cannot serve two masters. We either love one and hate the other or visa versa. Jesus is emphasizing here the importance of valuing the right things and not possessions and money.

**7) Do not worry over the things of this world.**

In **Matthew 6:25 -34** Jesus reminds us not to worry over the things of this world but to rest in the knowledge that our heavenly father will meet our needs. Paul tells us in **Colossians 3:2** to set our minds on the things above and not on the things of this world.