

SPIRITUAL TASK —THE KINGDOM OF GOD (Matthew 6)

by the Rev. David Roth at the New Church of Boulder Valley

Story The Lord reminds us not to worry about things because He is constantly providing us with what we need. We are asked to seek first the kingdom of God and all else will be added. Another way of looking at it is to build our house upon the rock, not the sand.

Meaning We are taught that the angels of the higher heavens have little concern over things past or things in the future, and that this is the cause of their happiness. This is called living in the present. When we feel regret about the past or have anxiety about the future we can ruin a perfectly good and pleasant “now”.

Task Whenever you feel regret or anxiety, observe any connection with the past or future, let go, and bring yourself into an awareness of something positive in the here and now. Say to yourself, “This present moment is eternity—I am in the perfect place at the perfect time.”