

## **SPIRITUAL TASK – THINKING ABOUT ETERNITY**

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*How great are his signs, how mighty his wonders!  
His kingdom is an eternal kingdom.*

(Daniel 4:3)

**Introduction** Everyone is created to live to eternity. Indeed, we are perfected to eternity in the Lord's wonderful, eternal kingdom of heaven. Yet how often do we feel anxious and bound by the circumstances of time and space? Life can seem so full of duties, obligations and just plain busyness. How do we break free from this cycle of worldly preoccupation?

**Task** For one day, whenever you experience the pressures of time and space, think of a loved one who has departed. Know that they can be with you in affection. Picture them actively doing things they love to do that are useful to others. Then try to imagine facing your pressures from the perspective of eternity. Be patient with yourself and others in the understanding that in this world we look on the outward appearance but the Lord looks upon our hearts.