

God doesn't want you grabbing the newspaper first thing in the morning and reading all the bad news in the world. He knows that if you do that, your soul and spirit will be full of worries, anxieties and even fears. When you are reading the newspapers, magazines, medical journals, economic reports, watching movies or surfing the Internet all the time, then you are getting your 'nourishment' from these sources instead of God's Word. If you constantly 'feed' only on Earthly things which cannot satisfy, you will fill your mind with worries, anxieties and fears.

Jesus doesn't want you to end up worrying about your life, ie what you will eat, drink or wear, as these are the things that the Gentiles (people of the world) seek. He says that your Heavenly Father knows very well that you need these things. (Matthew 6:31-32) That is why He promises you that if you would seek first His Kingdom and His righteousness, all these things that the world seeks after will be added to you. It will not just be given, but *added*, which means greater in quantity and quality! If you are faced with lack, don't pursue material goods. Pursue God your provider. If you are sick, don't pursue the 'cure'. Pursue God your healer.

So, don't allow your faith to be contaminated by the bad news of the world. Instead, open your Bible and read all the good news God has for you. Then, as you seek first the Kingdom of God and His righteousness, all the things that the world is so focused on will be added to you!

Matthew 6:33 "...seek first the Kingdom of God and His righteousness, and all these things shall be added to you."