

# Uncluttered — Week 3

## A FOCUSED MIND (MATTHEW 6:22-23)

**This Week's Focus:** When we seek God's kingdom first, our anxious hearts can finally find rest.

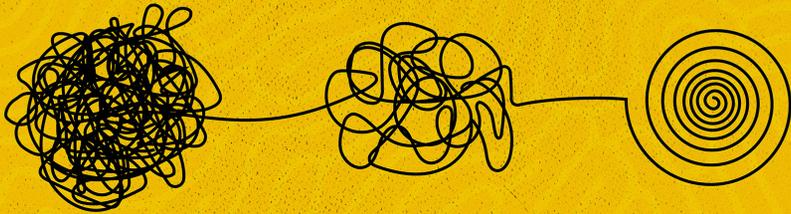
**Reflection:** Anxiety often grows from the feeling that everything depends on us. In this passage, Jesus speaks tenderly to worried hearts, reminding us that God knows our needs and can be trusted with our future. Seeking God's kingdom first doesn't remove responsibility, but it does release us from the burden of self-reliance. Lent draws this journey to a close by inviting us to reorder our lives around trust—believing that when God is at the center, everything else finds its rightful place.

**One Question to Reflect On:** What am I carrying right now that Jesus is inviting me to entrust to God?

**A Simple Practice for the Week:** Each day this week, name one worry and intentionally place it in God's care. You might write it down and pray over it. You might speak it aloud and release it. You might pause and repeat Jesus' words: "Seek first the kingdom." This practice isn't about ignoring reality. It's about choosing trust over fear.

**For Families:** Discuss "What's something we've been worrying about?" Pray simply, asking God to help your family trust Him together.

**A Short Prayer:** God, I place my worries in Your hands. Help me trust You with what feels uncertain. Teach me to seek Your kingdom first and rest in Your care. In Jesus' name, amen.



## UNCLUTTERED

MAKING ROOM FOR WHAT MATTERS

"But seek first his kingdom and his righteousness, and all these things will be given to you as well."  
Matthew 6:33