



## Seeking the Kingdom of God

"Seek first God's kingdom and what God wants. Then all your other needs will be met as well" - Jesus, Matthew 6:33 NCV

### Ways You Can Seek God

Bible Reading, Prayer, Journaling About What You Read, Listening to Sermons, Reciting/Remembering Bible Verses, Devotional Lessons, Listening to Worship Music, Discussing What You Learn with Others, Family Devotionals, Giving Thanks

Seeking God doesn't have to be a complicated pursuit. God will meet you in your everyday moments. Seeking God could be reciting scripture while nursing your newborn or singing 'Jesus Loves Me' with your toddler. It could be listening to a sermon while folding laundry or letting your kids watch a TV show while you read the bible and journal. Perhaps it's listening to Christian music on your commute or memorizing scripture over your lunch break. The key is to make this doable and practical for **your** life.

### Step #1: Know Your Motive

#### Being clear on why you want to make a change will help keep you motivated

WHY do YOU want to seek the Kingdom of God. Take some time to think about this; How could seeking God impact your life? Write as many reasons as you can think of...don't hold back.

**My Why:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Step #2: Set a Goal

#### Set a specific & measurable goal

The best way to stick with a new habit is to set a specific and measurable goal. Examples of specific & measurable goals are: 'I will read my bible for 15 minutes four days each week' or 'I will pray 3 times each day'. The more specific the better.

#### My Specific & Measurable Goal is:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Step #3: Make Time

#### Making time for God: Add a 'when' to your goal

As a busy woman, this may be the most challenging part of keeping your new habit. Making time for God means you may need to re-work your schedule and rethink your priorities. It requires you to trust God's promise - you can take time away from other areas of your life to focus on Him and things won't fall apart. Adding a 'when' to your goal could look something like this: 'I will read my bible for 15 minutes *on Monday, Wednesday, Friday & Saturday* **when** I am eating breakfast'. Be specific!

#### My When:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_