**In Matthew chapter 6 Jesus speaks about the importance of putting God first in our lives and encouraging us to trust Him for all of life’s necessities.**

‘Start by doing what is necessary; then do what is possible; and suddenly you are doing the impossible.’

(Quote often attributed to St. Francis of Assisi)

* 1. Find some time and read through Matthew 6.25-27 and think about how it applies to your life.
	2. Make a list of what you actually need during the next week and resolve to buy only those things. What could you cut down on? Think about what you throw away each week, how could you waste less?
	3. At the end of the week think about the difference it has made focusing on necessity rather than luxury. What lessons have you learned?
	4. Additionally, why not look at all the things you have in your home? What do you need? What haven’t you used for years? What could you donate or throw away to reduce clutter?