**Tuesday 9th June**

Matthew 6: 33

But seek first his kingdom and his righteousness,

and all these things will be given to you as well.

I’m going to own up – I sometimes find it rather difficult not to become distracted! I see something beautiful or interesting, it captures my attention, I lose my train of thought…I can’t count the number of times in one day that I will be standing in front of the cupboard having completely lost sight of what I went there for in the first place!! It can be very difficult not to become distracted. And in the world in which we live today, it is especially tricky I think. We live in very complex times. Many issues facing us which can form a tangled, interconnected web. How can we make sure that we maintain focus in this? The Word of God regularly exhorts us to ‘keep the main thing the main thing’, to understand what comes first in God’s eyes. In this verse from Matthew’s gospel, Jesus is teaching us not to worry about the many things that confront us each day, including our basic needs. If we seek Him first, if we make His presence and His reign our priority, then everything else finds its proper place. There will be many distractions today, for your time, your attention and your affection. Like a compass needle pointing North, let’s perpetually return to Jesus.

*Lord, there are so many things that vie for our attention, so much that might lead us to fear and anxiety, and so many good things that we might give ourselves to. In all of it, helps us to seek you first knowing that everything else will then fall into place. Lord you are worthy of all our worship. We praise you, sovereign Lord of all for your goodness, your holiness and you love that is from everlasting to everlasting! Father, we pray for our world. Thank you that you created it and that you fully understand it. Thank you that you are uniquely able to fathom even the complexity of the human heart. We ask you to lead us in your ways. Guide our leaders – give them wisdom and grace. Strengthen those who feel overwhelmed today. Fill the earth with the knowledge of Jesus. Amen*

