

## A KOSHER HEART – PART 2

-Ryan Parsons-

Hear the waves lap against the shore as Jesus continues his famous sermon on a hillside outside Capernaum. As he lovingly guides them along the way, he exposes a major flaw concerning their day-to-day lives. As is common for mankind in all ages, God's people had become preoccupied with the nuances of everyday life to the point that they seemed to have lost touch with the heart of God. With all of their concerns about life and survival, it is fair to say that their hearts were anxious and distracted.

### **Matthew 6:25-34**

**25** “Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? **33** But seek first the kingdom of God and his righteousness, and all these things will be added to you. **34** “Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

Jesus pointed out that a distracted heart is not a “kosher” heart. When man tries to shoulder all that burden, he simply cannot prioritize God's kingdom and righteousness. The fundamental problem is forgetting that God is in control of all things. However, Jesus reminded them that the heavenly father is capable and can handle any circumstance.

Paul echoed the same sentiments to the church in Philippi.

### **Philippians 4:6-7**

**6** do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. **7** And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Not only did he tell them that prayer and thankful supplication are the solution for the anxious distractions, but he shared a promise that the incomprehensible peace of God will stand guard duty over the soul of man. Not only is man called to have a kosher heart, but the heavenly father promises his help and empowerment so that man can avoid having a distracted heart.

### **Psalm 94:19**

When the cares of my heart are many,  
your consolations cheer my soul

How's your heart? Are there any distractions causing your heart to be ill prepared and clean before God? Take some time to pray and ask help from God for what you are consumed with today. Let him guard you from worry and anxiety. Spend some time recognizing your blessings, and see how God's provision can bring your soul great joy and cheer.