

# Matters of the Heart

## February 22, 2026

Pastor Les Cool

### **Matters of the Heart**

Matthew 6:1 – 18

#### **Ponder this . . .**

1 Timothy 4:7b - 8 (NIV) . . . Train yourself to be godly. <sup>8</sup> For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

What exercises train your soul? What activities are the exercises that strengthen your soul?

Which exercises or activities might you consider adding to your daily life? When will you do this?

#### **Sermon Notes . . .**

Introductory comments . . .

Matthew 6:1 . . .

Practicing our righteousness . . .

Matthew 6:2 – 4 . . .

Deuteronomy 15:10 – 11

Almsgiving can become complicated . . .

Matthew 6:5 – 8 . . .

Public praying . . .

Prayer is not optional . . .

Prayer is learned . . .

Prayers do not have to be long . . .

The Lord's Prayer . . .

Matthew 6:16 (NIV) . . .

Fasting is normal . . .

Fasting is a private matter . . .

Review . . . almsgiving, prayer, fasting . . .

**How healthy is your soul? How do you measure the health of your soul? Is that enough?**

**What exercises might you add to your daily life that might strengthen your soul?**