

Improving Your Spiritual Posture
Matthew 6:1-18

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1. I'd like to talk about a different kind of posture--your spiritual posture.
 - a. Have you checked your spiritual posture recently?
 - b. When you read **Matthew 6:1-8** you realize there are all kinds of spiritual postures.
2. Let me raise a few questions this morning to help us have a greater understanding of healthy religion, a stand-tall-and-straight posture before God and the world.

I. What Is Poor Spiritual Posture?

- A. Jesus is speaking out against self-centered, hypocritical religion.
 1. **“Be careful not to do your 'acts of righteousness' before men, to be seen by them. If you do, you will have no reward from your Father in heaven.” Matthew 6:1**
- B. The antics of the almsgiver.
 1. **Matthew 6:2-4**
- C. The parody of the prayer.
 1. **Matthew 6:5-6**
 2. **Matthew 6:7**
- D. The farce of the faster.
 1. **Matthew 6:16-18**

II. How Do You Correct Your Spiritual Posture?

- A. The way to correct your spiritual posture is to give the proper perspective on your faith.
- B. Jesus stressed the eternal in this prayer.
 1. **“Our Father in heaven, hallowed be your name, your kingdom come, your will be done.” Matthew 6:9-10**

III. What Is The Quality Of A Correct Spiritual Posture?

- A. First, correct spiritual posture has the quality of humility.
 1. **“Let your light shine before men, that they may see your good deeds and praise your Father in heaven.” Matthew 5:16**
- B. Second, correct spiritual posture has the quality of sincerity.
- C. Third, correct spiritual posture has the quality of radiance.