



Do you ever feel worried about something? Like a homework assignment coming up. Or maybe how you'll talk to a friend after a fight. When you feel worried, what do you do? Do you squeeze a favorite stuffed animal really tight? Or ask a parent for a hug?

When I get worried, I like to walk outside. And you know what I hear when I do? Beautiful birdsong. It's so pretty and so peaceful that I can take a deep breath and calm down. But I don't just feel better because it sounds so calming – I feel better because I remember Jesus' words.

Did you know that Jesus taught about birds? When he was giving a really big, famous sermon, Jesus knew he was speaking to some people who were worried. Some were even worried they wouldn't have enough food to eat.

But Jesus loved them and wanted them to live worry-free. So he told them about birds! Here's basically what he said: Even though birds don't farm or store groceries in their

houses, they have enough to eat. How? Because God takes care of them.

And here's the amazing part: Jesus told the people that God cares for birds – but that we're much more important to him. His point? That if God takes care of the birds, he'll be even more careful to take care of us.

God knows what we need. He knows when you need help with your homework. Or when you don't know what to say to your friend. And he loves you so much, and watches over you so carefully, that you can be sure he'll give you what you need when you need it.

And because he's taking care of you, you don't have to worry! Instead, learn from the birds. Step outside and see how they're picking up and eating seeds that God provides for them. And trust that he's even more carefully taking care of you!

Read

- Matthew 6:25-26

Act

- Next time you're worried, listen to birdsong (outside or a recording!). Then close your eyes and say, "God takes care of the birds, so I know he'll take care of _____." And fill in the blank with what you're worried about.
- Talk with your parents about ways your family can provide for someone in need.

Pray

- Thank God for watching over you so carefully that he always knows what you need and takes care of you.
- Tell God right now about anything you're worried about. Then say, "I know you already know, and I trust you to give me what I need."