

Look at the birds

Jesus is the One who encouraged people to *look at the birds*. Maybe there is something God wants to speak to you about this weekend through birds.

Are not five sparrows sold for two pennies?
Yet not one of them is forgotten by God.
Indeed, the very hairs of your head are all numbered.
Don't be afraid; you are worth more than many sparrows.
(Luke 12:6-7)

Look at the birds.
They don't plant or harvest or store food in barns,
for your heavenly Father feeds them.
And aren't you far more valuable to him than they are?
Can all your worries add a single moment to your life?
(Matthew 6:26-27)

A girl on a retreat became aware of God's love and care for her through the help of thinking about birds. Here is her journal entry;

As I sat there drawing a bird I felt God was inviting me to rest. I practiced letting go of small worries, and felt free to just enjoy the beautiful things all around me. When my picture was finished I wrote these words beside it – "Birds don't worry, they sing!"

What is God speaking to you through birds, or through something else that he has brought to your attention?