

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?

“And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?...

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Matthew 6:25-30, 33

Monday: What do you tend to worry about? Think about those things in the context of thanking God for the life he has given you.

Tuesday: Watch some birds and ponder how intricately they are designed. Observe the ways God meets their needs, so that they thrive in the world, though they are small and delicate.

Wednesday: Meditate on the truth that you are worth so much to God that Jesus died for you. Now think about your worries in the context of his care for the birds and your great value to him.

Thursday: Look at and enjoy some wildflowers today. Thank God for creating such color and beauty on something so transient; thank him for his abundant provision for you, his beloved child.

Friday: What do your actions reveal about what you pursue above all else? Examine yourself to see if you are truly seeking God’s kingdom and righteousness before everything else.

Saturday: Ask God to open your eyes to see evidence of his love and care in the world and to grow your faith to trust him with all your needs.