

Become a Bird Watcher

Scripture Reading — Matthew 6:25-34

“Look at the birds of the air ... your heavenly Father feeds them. Are you not much more valuable than they?”

—Matthew 6:26 —

It's tough to learn from a bird if you never go outside and look at one. When Jesus says, “Look,” he uses a word that means “concentrate.” God's creation has much to teach us, and it can bless our soul.

Justin was going through a terrible time. Some of his own sins caught up with him. Then some bad circumstances smashed like a meteor into the orbit of his life. Everything broke apart, and his money was gone.

One day, after a deep conversation and prayer time together, I suggested to Justin that he walk out in the woods, climb a hill, find a rock, and sit for a while. He looked at me like he thought I might be crazy! But he did it.

It was autumn in Michigan, and the fall colors were in full glory on the trees. Justin texted me that afternoon: “Have found that rock. View is awesome; life is grand...”

Sometimes the best thing to do in times of trouble is to go out into God's creation. Concentrate on the beauty around you. Let God's greatness settle on you.

Even if you live in a city, find time to sit outside in a park, and maybe feed a pigeon. Learn Jesus' lesson from that bird: You are of eternal value; God is watching over your soul. It doesn't fix everything, but it will likely help to raise your happiness level.

Prayer

Heavenly Father, watch over me; I need you every hour. Help me to trust you, and please keep me strong. Thank you. In Jesus's name, Amen.

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