



Outside Prayers

“Birds & Back-up Plans”

Monday, January 25th

□ 10 minutes. Go on a walk, sit outside, or look out a window. Simply watch the birds.

Jesus says,

*“Therefore, I tell **y’all**, do not worry about **y’all’s** life, what **y’all** will eat or drink; or about **y’all’s** body, what **y’all** will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet **y’all’s** heavenly Father feeds them. Are **y’all** not much more valuable than they? Can any one of **y’all** by worrying add a single hour to **y’all’s** life, or add an inch to your height?” (Matthew 6:26-27)*

Notice how often Jesus frames worries as belonging to a community rather than to individuals. As you watch the birds, reflect on how often you’ve felt that you had to shoulder the responsibility of your worries alone. In what ways are the birds on their own? In what ways are the birds in community? Think about the “back up plans” you have made over the years. How often are you developing a “Plan B”, a “contingency plan”? Think about the ways you have tried to be prepared. Insurance, 401K’s, saving accounts, first aid kits. What kind of emotional and physical energy you have invested in developing your back-up plans? Is it possible to be prepared for every potential disaster?

What are the birds telling you about God? Think, journal, or pray as you watch.

“Worry does not empty tomorrow of its sorrow; it empties today of its strength.”

— Corrie Ten Boom

