



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

The jungles of Central America are full of fruit and insects, the food of the Black-cheeked Woodpecker pictured on the front of our Visible Verse™ card. This bird, photographed near Gallon Jug, Belize, was enjoying juice through a hole it had made in the side of an orange. With a diet like that, the Black-cheeked Woodpecker does not spend any time worrying about where its next meal will come from!

Jesus instructs us to release ourselves from the worries of this world. These worldly cares weigh us down and disrupt our joy in God. How do we find release from worry over lost jobs, unpaid bills, health concerns, and our children's well being? Jesus directs our attention to the birds of the air and how God provides for them daily to make a powerful point. Birds are a fraction of our value in God's eyes and His provision for them is to be a reminder to us that He will take care of our most critical needs. Trusting God in this way allows us to release our tight grasp on the things of this world and frees us from worry.

May you be reminded of God's provision with every bird you see!

Photo: Black-cheeked Woodpecker; Gallon Jug, Belize

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