

"Do not worry about your life.
Look at the birds of the air.
They neither plant seeds nor harvest,
yet God feeds them.

Consider the lilies of the field.
They don't labor or toil, yet there's
not a king on earth more beautifully
clothed than them.

Are you not more valuable
to God than these?

So don't worry. God knows
your needs."



We lie awake at night
overwhelmed with worry.

40% of Americans get less
than 7 hours of sleep a night

\$1000 per person per year is spent
on trying to stay awake

We feel like everything rides on
our shoulders.

GOOD NEWS. It doesn't.

Shift your sight
off the things worrying
you and take a look
at God's creation.

Cast your cares

-not your complaints-
onto God.

Then trust Him to handle it.

Breathe and Believe.

He keeps His word.

We get frustrated
at His timing,
but
He is who
He says He is.



If He cares so much
for the birds and flowers,
how much more
does He care for you?