

He Points to Birds to Reframe Your Faith

"Look at the birds of the sky, they don't sow seeds, or reap crops or store them in barns. Yet your heavenly Father feeds them. Aren't you worth much more than birds?"

MATTHEW 6:26

Written by Bill Perkins

In Matthew 6:26–30,
Jesus invites anxious listeners
to look up —
not at their problems,
but at birds.

"They do not sow seeds,
or reap crops
or store them in barns,"
He says,
"and yet your heavenly Father
feeds them."

Then He asks:
"Aren't you worth
much more than birds?"

He doesn't stop there.

"See how the flowers
of the field grow," He adds.
"They do not labor or spin.
Yet not even Solomon
in all his splendor
was dressed like one of these."

You may not know this about Jesus:
He uses creation
not just as metaphor —
but as a mirror.

Not to minimize your needs,
but to magnify your worth.

Birds don't worry about harvest.
Flowers don't stress about fashion.
Their beauty and provision
come from dependence, not control.

And Jesus says —
you're worth more.

If the Father clothes wild grass
and feeds winged creatures,
how much more will He care
for those made in His image?

Father, let me look up.
Reframe my faith today.
Amen.