



TRANSFORMED

DEVOTIONS CONNECTING TEENS TO CHRIST

“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 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 your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

Matthew 6:25-27, 33-34

Freedom from worry

Well that was quick! Just like that, summer is over and the school year is starting back up. I remember when I was in school, I always felt overwhelmed at the beginning of the year. New classes, new expectations for homework, new people in class. What if homework is going to dominate my life this year? What if I can't keep up? What if the new kids aren't very nice? What if I don't fit in? What if I don't make the team? What if...?

And “what ifs” lead to worry and stress. It is worry that keeps you up at night. It is worry that distracts you so that you can't concentrate. It is worry that makes you feel like you're walking on thin ice every day. It is worry that makes you question everything so that you're sure of nothing. How can you be free of that this year?

Think about what Jesus is telling us.

Does a bird work to provide and prepare food for itself? No. But does it still eat? Yes! God makes sure that the worm comes up at just the right time. He makes sure that there are seeds on the ground for it to eat. And does a flower get up in the morning and worry about what to wear? Does a flower dress itself? No. But God dresses it in more splendor than King Solomon.

Here's his point: God takes care of the birds of the air and the flowers of the field. And if he does that (which he always does), then he is also going to take care of you. Actually, he values you far more than he values the grass of the field or the birds of the air. Did he send his own Son into the world to live perfectly for the birds or the flowers? No. But he did send his Son for you. Did he sacrifice his own Son to save the birds from their sin or the flowers from their sin? No. But he did sacrifice his Son for you. Your Heavenly Father values you so much that he gave up his only Son to have you! Isn't that amazing? God values you that much.

So this school year seek God's kingdom and his righteousness first. You'll quickly realize that when you do, he then also provides for the things you're most worried about.

Prayer: Dear Heavenly Father, thank you for valuing me so much that you sent Jesus to live and die for me. Be with me this school year. Free me from worry and anxiety, and replace it with trust in you. Amen.