

## Free Like a Bird

*“The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!*

*“No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money. “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?*

*“And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. 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 6:23-34*

### How Can I Feel Free as a Bird?

1. Depends what I **L**\_\_\_\_\_.

*But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness! – Matthew 6:23*

2. Depends on what I **L**\_\_\_\_\_.

*“No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money. – Matthew 6:24*

3. Depends where my thoughts **L**\_\_\_\_\_.

- a. Worry over your necessities.

- b. Lusts (def. a consuming desire for something that is wrong.)

*For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world. The world and its desires pass away, but whoever does the will of God lives forever. – 1 John 2:16-17*

- i. Lust of the **F**\_\_\_\_\_ (e.g., sexual sins, gossip, physical violence, drug use, and more)

- ii. Lust of the **E**\_\_\_\_\_ (e.g., pornography, desiring others’ material possessions, status, appearance, etc.)

- iii. Pride of **L**\_\_\_\_\_.

Take a **L**\_\_\_\_\_ of faith!

*But seek first his kingdom ...*

- Prioritize God’s Agenda (profit)

*and his righteousness,...*

- Do things God’s way

*and all these things will be given to you as well. – Matthew 6:33*

- He will grant you everything you need for life.

Don’t worry! Take each day as it comes.