Look at the birds. Really. Take a peak at them. Last week, I was in my front yard and I couldn't help but notice how the birds were singing, hopping through the grass, pecking at insects, and flying from place to place. At a time where most people were very - and rightly - concerned, the birds were going on as normal. They knew nothing of Coronavirus. Their little lives were unfazed.

It's interesting then, that Jesus twice used birds as an example for us, literally telling us to notice them, consider them, and learn.

One such occurrence is in Matthew 6, in which Jesus said "Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?" In this passage, the Lord instructed His disciples to consider our Father's watchcare and provision over birds, and take heart that He will also take care of us.

The other is in Matthew 10, in which Jesus said "Are not two sparrows sold for a farthing? and one of them shall not fall on the ground without your Father. But the very hairs of your head are all numbered. Fear ye not therefore, ye are of more value than many sparrows." The lesson in this example is that God is intimately aware of even the birds, and His omnipresence is such that a bird doesn't even fall to the ground without God's presence and oversight. What can we learn from this? God is aware of what you're going through. God is with you. God cares for you. You, friend, are not alone.

So consider the birds, chirping and singing away, as an encouraging example of how we should frame our thoughts as we cautiously and wisely respond to this very real covid-19 threat. As
Jesus instructed His disciples directly prior to His crucifixion, “let not your hearts be troubled.” You're worth infinitely more to God than the birds, which He also cares for.