

## **Worth More Than the Birds**

### **Ready:**

“Aren’t five sparrows sold for two pennies? Yet not one of them is forgotten in God’s sight. Indeed, the hairs of your head are all counted. Don’t be afraid; you are worth more than many sparrows.” – Luke 12:6-7

### **Set**

Going into senior year, my goal was to be the best leader and player on the team. I had worked hard all summer and thought that by then, I must have proved my worth. I was stronger, faster and sharper and had studied the game more than ever. Still, I found that I was less indispensable to my team than I thought.

Sometimes, I didn’t even start and found myself sitting on the bench as a senior. This was heartbreaking and made me start questioning my worth. I slowly sunk away into myself and stopped working out and pushing myself. My self-doubt led me to believe I didn’t add anything to my team.

A teammate saw me shrinking away and how disappointed I was after a game. They encouraged me that even though I might not be playing the part I thought I was, I was still an essential team member. They reminded me of my worth and how that wasn’t determined by how many minutes I played that day. This friend reminded me that my worth was found in Christ, not in the game’s results.

How wonderful an affirmation we have from Jesus in Luke of our worth to Him. Each hair we have on our head is counted and known, meaning our Father knows us to the most intimate detail. He reminds us that if a cheap bird is taken care of, how much more are we cared for as image-bearers of God?

We should take heart that no matter what happens here on earth that may or may not make us feel worthy, Christ always called us worthy in His eyes.

### **Go**

- Are you struggling with self-doubt? In what area of your life is the struggle the hardest?
- How do you think God views you?

### **Workout**

Psalm 139:13-15

Romans 5:8

## **Overtime**

“God, thank You for caring so deeply about Your children. Each day, You show us Your perfect love. Help us to know whose we are and to claim our worth in You. Amen.”



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