

Do Not Worry — Look to the Heavens (Luke 12:22-34)

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Guidelines: Protect confidentiality and follow the leader's prompts

Lectio Divina Rhythms/Process (Repeat three times):

- (a) Read the Scripture passage ("Lectio")
- (b) Reflect on the focus question below ("Meditatio")
- (c) Respond in quiet prayer/journaling ("Oratio")
- (d) Rest in God's invitation for you then pray/share out loud if you want ("Contemplatio")

Introduction: We all struggle with worry, but not when we're enjoying birds and flowers! Jesus says the birds and flowers draw our attention to our loving Father in the heavens. Striving for more provisions or a better image generates anxiety, but loving God stockpiles eternal treasure in the heavens, which we can draw on and share with others, even today.

Opening Prayer: With Jesus touch your ears and pray, "Be opened!" (Mark 7:34)

Read Scripture: Luke 12:22-34 (paraphrase)

Do not worry about your life, your provisions and how people view you. Real living is not in getting what you want or looking good. Look at the birds: they're not straining to gather and store up their food, yet God feeds them. Don't you think you're more valuable than birds!

Besides, do you think all you're worrying could add even a single hour to your day? Since you can't even do that, why worry about so many things?

Look at the flowers. They're not stressing or overworking to make a good impression. Yet, not even Solomon in all his worldly splendor looked as lovely as them! If God so beautifully adorns the grass that lives such a short time, how much more will he grace you with his glory! My dear "Little Faith Friends" I hope you're listening to me.

Do not set your heart on your provisions or your public image; don't worry about these things. Worldly people chase after what's fleeting, but you can stand and trust your Father, right here in the secret place of the heavens. Seek first his kingdom and he'll provide all that you need.

Do not be afraid my little flock of sheep, for my Father and yours has already been pleased to give you the resources of his kingdom. You don't need to hold on tight to all your stuff, but can share with those in need. When you stockpile treasure in the heavens it's safe forever and anytime you can draw on it for yourself and other people. For your heart is formed by the world or the heavens depending upon where you put your treasure.

1st Reading: What is one word or phrase the Holy Spirit impresses on you? Meditate on that.

2nd Reading: Enter into the Scripture passage. What do you feel? What specific situation in your life today relates? Write down a prayer or pray quietly.

3rd Reading: What is God's personal invitation for you from the Scripture? You can write down what God may be saying to you or a prayer of thanks. Or rest quietly in God.