



WEEK 2

LOOK TO GOD'S CREATION.

So often, when we are stressed, we obsess over the bills stressing us out. When we are worried about the state of our country, we stare at the news. When we are hung up on a relationship, we fixate on all the ways it could play out. Instead of fixing our eyes on the issues, the problems, and the stresses, we ought to fix our eyes on God. In fact the Bible tells us to go outside and be in creation when we are worried.

Jesus tells us what to do when we are worried and concerned, “*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.*” **Matthew 6:26-28** Go outside, the Bible suggests, and look for the birds and the lilies. There is something about being in creation that reminds us we have a Creator.

Ruminate

Read the following Scriptures. Highlight, circle or underline the things God made in creation.

Ah, Sovereign Lord, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you. **Jeremiah 32:17**

“But ask the animals, and they will teach you, or the birds in the sky, and they will tell you; or speak to the earth, and it will teach you, or let the fish in the sea inform you. Which of all these does not know that the hand of the Lord has done this? In his hand is the life of every creature and the breath of all mankind. **Job 12:7-10**

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The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day they pour forth speech; night after night they reveal knowledge.

Psalm 19:1-2

He makes clouds rise from the ends of the earth; he sends lightning with the rain and brings out the wind from his storehouses. **Psalm 135:7**

Through him all things were made; without him nothing was made that has been made. **John 1:3**

When we are worried, we tend to look at everything that worries us. We immerse ourselves in the surmounting to do lists. We stare at our messy house. We drop a Google search and every symptom points to cancer. We binge watch the markets to get the doomed forecasts. Sometimes the very best thing we can do is walk outside. Literally. That sounds so simplistic but go outside and look at the majesty of the mountains. Sit long enough to see a hummingbird. Drive to the ocean and dip your toes in the sand. Hold a baby and stare at this new arrival fresh from heaven. Go on a hike. The forest with trees three times your age will put things into perspective. Go sit on a park bench and watch the sparrow feed in the grass. Their delicate wings and the provision from which they eat will set you straight. Go walk alongside a beach and be reminded that the God who made all of this, the trees, the birds, the ocean, He also made you and not only did He make you, but He is mindful of you.

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Reflect

When did you last spend time outside?

Think back to that moment whether it was an hour ago or last week, what did you see and experience?

When we spend time in creation, we are immersed in the works of a Creator. And when we remember there is a Creator, we remember we are His creation.

Ruminare

Read the following verses that speak about humans being God's creation

So God created mankind in his own image, in the image of God he created them; male and female he created them. **Genesis 1:27**

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. **Psalms 139:14**

...everyone who is called by my name, whom I created for my glory, whom I formed and made." **Isaiah 43:7**

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For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. **Ephesians 2:10**

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. **Matthew 6:26-28**

Reflect

If God made you, is He also able to take care of you?

We have a Father who knows what we need. What do you need right now?

What does it look like for you to trust your Father right now?

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Psalm 121:1- 2 says *“I will lift up my eyes to the mountains. Where will my help come from? My help comes from the Lord, Who made heaven and earth.”*

The Psalmist knew that when we looked to the mountains, our eyes would be immediately drawn to One who is bigger than us. Our eyes would see there's One who tells the storehouses of snow to fall. Our eyes would see there's One who created the seed that grew an evergreen that seeded forests full of evergreens. Our eyes would see that though God made mountains, God also made you and God also made me. Where then shall our help come from? Our help should come from the One who made us. Because if He made us, certainly He can take care of us.

Reflect

Take time to think upon this. If God made you, what can you conclude?

If He made us, certainly He can _____.

If He made us certainly He can _____.

If He made us, certainly He can _____.

If He made us certainly He can _____.

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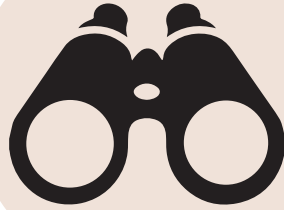
Reflect



As you looked at the character of God, what did you see? List some of God's characteristics:

gracious

END OF WEEK 2



Respond

Dear God, I look to creation. I see such beauty, such detail, such care. Where does my help come from? My help comes from you, Maker of Heaven and Earth. Maker of the birds and the lilies. Maker of the labradoodle and the Chihuahua. Maker of the sunset and the sunrise. Maker of my life. I look to you to care and provide for me. I look to you to guide me. I look to you and I trust you are already looking at me.

Amen.