

Do Not Worry

Jesus taught his followers not to worry because God takes care of everyone and everything. “Look at the birds, look at the flowers—they do not worry,” Jesus said.

“God takes care of them.” We can put God first in our lives and trust God to take care of us.

What do you worry about? What helps you to stop worrying?

Key Verse

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:34

GOD, help us not to worry. You take care of us wherever we go. Amen.

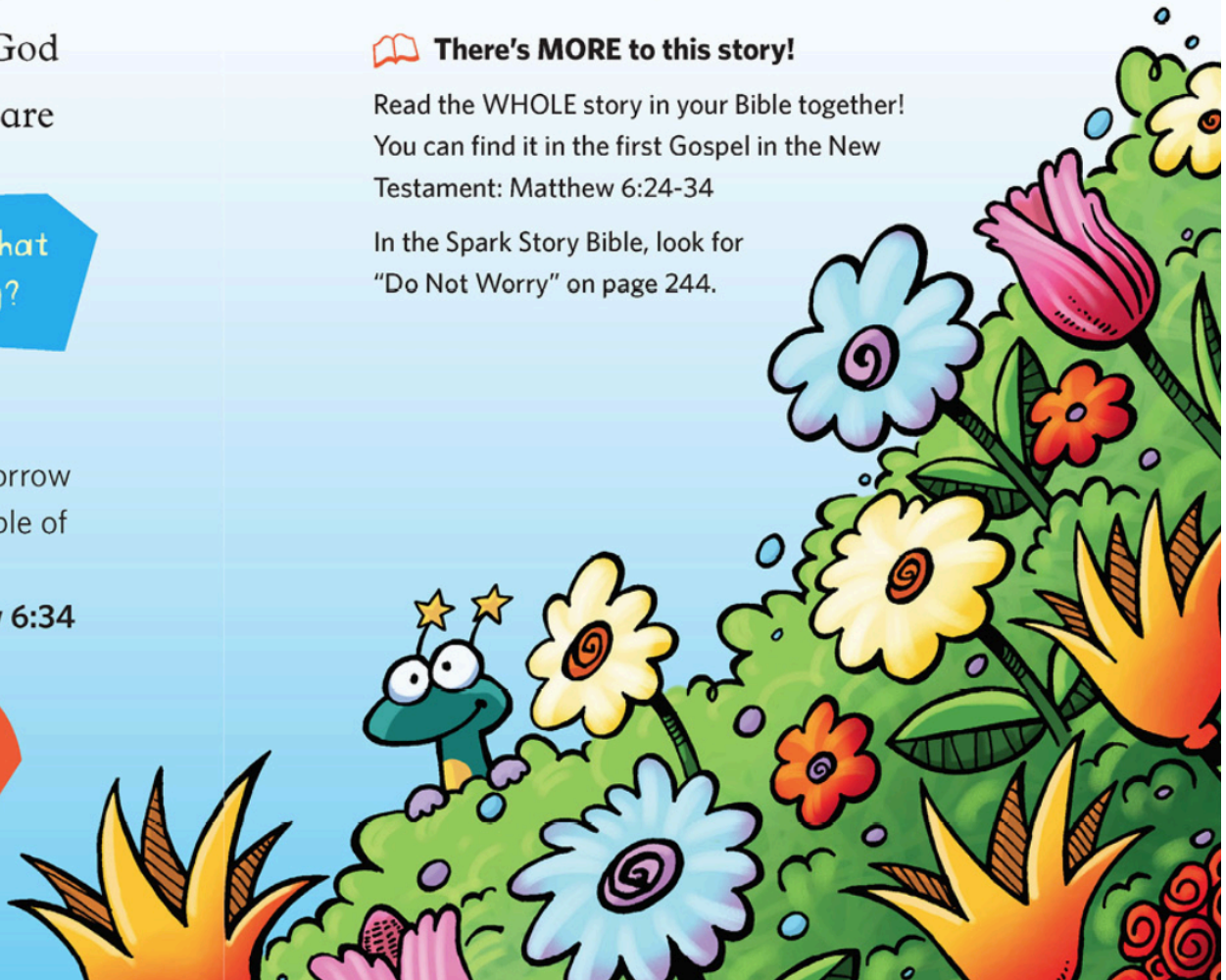
Try this!

Help birds not to worry about where they will get their food by making a simple bird feeder. With an adult, find a pinecone or empty toilet paper roll and a length of yarn or ribbon. Cover the pinecone or paper roll with a nut butter or honey and roll it in birdseed until it is covered with seed. If you use a pinecone, tie the yarn to the pinecone and then tie off a loop with the remainder. If you use a paper roll, thread the yarn through the tube and tie a knot. Hang it outside and watch what happens!

There's MORE to this story!

Read the WHOLE story in your Bible together! You can find it in the first Gospel in the New Testament: Matthew 6:24-34

In the Spark Story Bible, look for “Do Not Worry” on page 244.



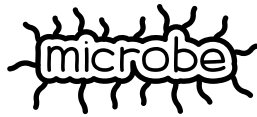
HOLY GOD

YOU ARE WITH US

from the spinning planets in our



to the



that lives on the tiniest paw
of the tiniest **mouse**.

you care for the

CREATION

&

you care for

US

Whether we are out in the

WORLD

or tucked
inside our

Home,

we know that You are as **CLOSE** as the

AIR THAT WE BREATHE.

Thank You for being our friend and comforter.

Amen

Into your spacious

heart

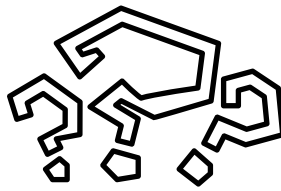
AND LOVING HANDS

dear God

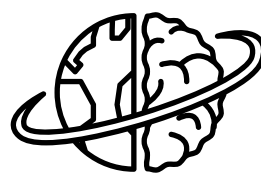
I place



my fears,



my "what ifs,"



my spinning world and mind

Comfort me with the

TRUTH

NO FEAR

is too big for the

GREAT ONE

who is always with me.



am never alone.

CALMING GOD, BRING COURAGE

TENDER SPIRIT, BREATHE PEACE

GENTLE JESUS, BE CLOSE

Amen

GOD

OF

PRESENCE & STRENGTH

Help us feel you
here with us...

...when we are
anxious and afraid

WHEN THE FUTURE FEELS

UNWIELDLY

AND

UNCERTAIN

WE KNOW NOTHING IS UNKNOWN TO YOU

WOW GOD

WE KNOW YOU ARE OUR ROCK

AND OUR COMFORT IN TIMES OF

TROUBLE.

Give us WISDOM and COURAGE...

...to make CHANGES that will help...

THINGS GET BETTER.

Amen.



Make your own bird feeder!

Want to take a close-up look at the birds in your neighborhood? Follow these simple instructions to make a bird feeder that birds won't be able to resist!

What you will need:

- An empty toilet paper roll
- Some string
- Peanut butter
- Bird seed

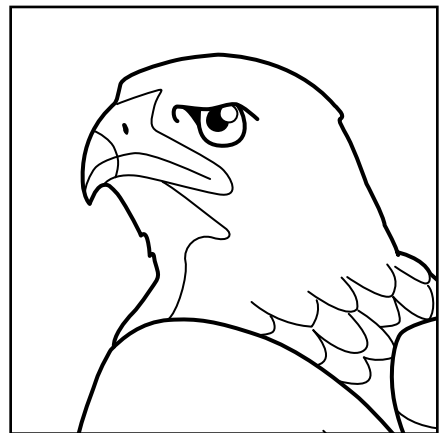
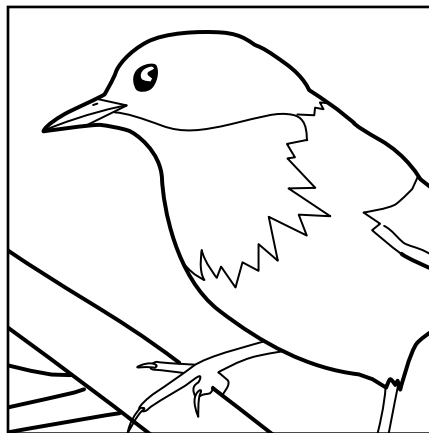
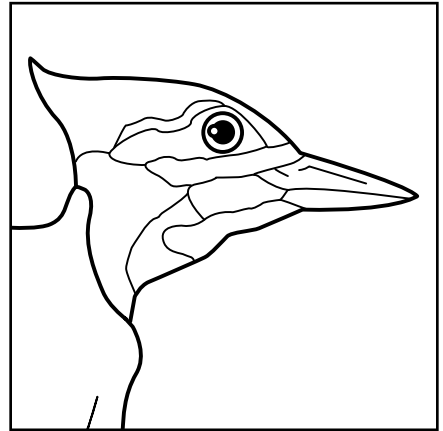
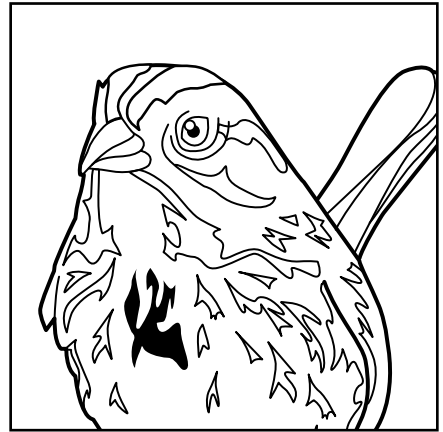
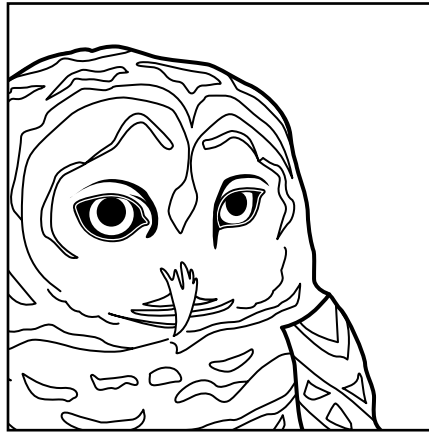
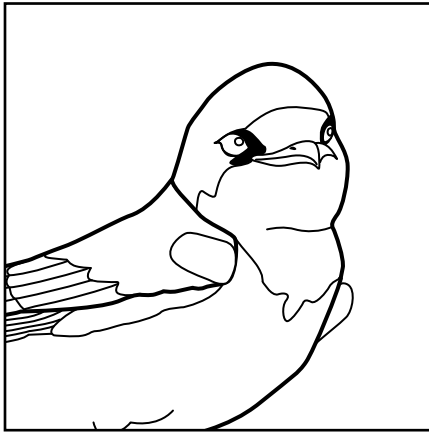


1. Punch two holes on one end of the toilet paper roll using a pencil. Make sure the holes are across from each other so that you can put a string through it.
2. Put a string through both holes. Tie the loose ends of the string together (so that you can hang it later).
3. Spread peanut butter all around the outside of the toilet paper roll.
4. Pour the bird seed onto a plate or other flat surface.
5. Roll the toilet paper roll in the bird seed. Make sure the seeds stick to the outside!
6. Hang your new bird feeder outside near a window so you can see it from inside.
7. Wait for birds to come and feast on your fancy new bird feeder!



The peanut butter helps the seeds stick to the feeder.

Minnesota Bird Coloring Book



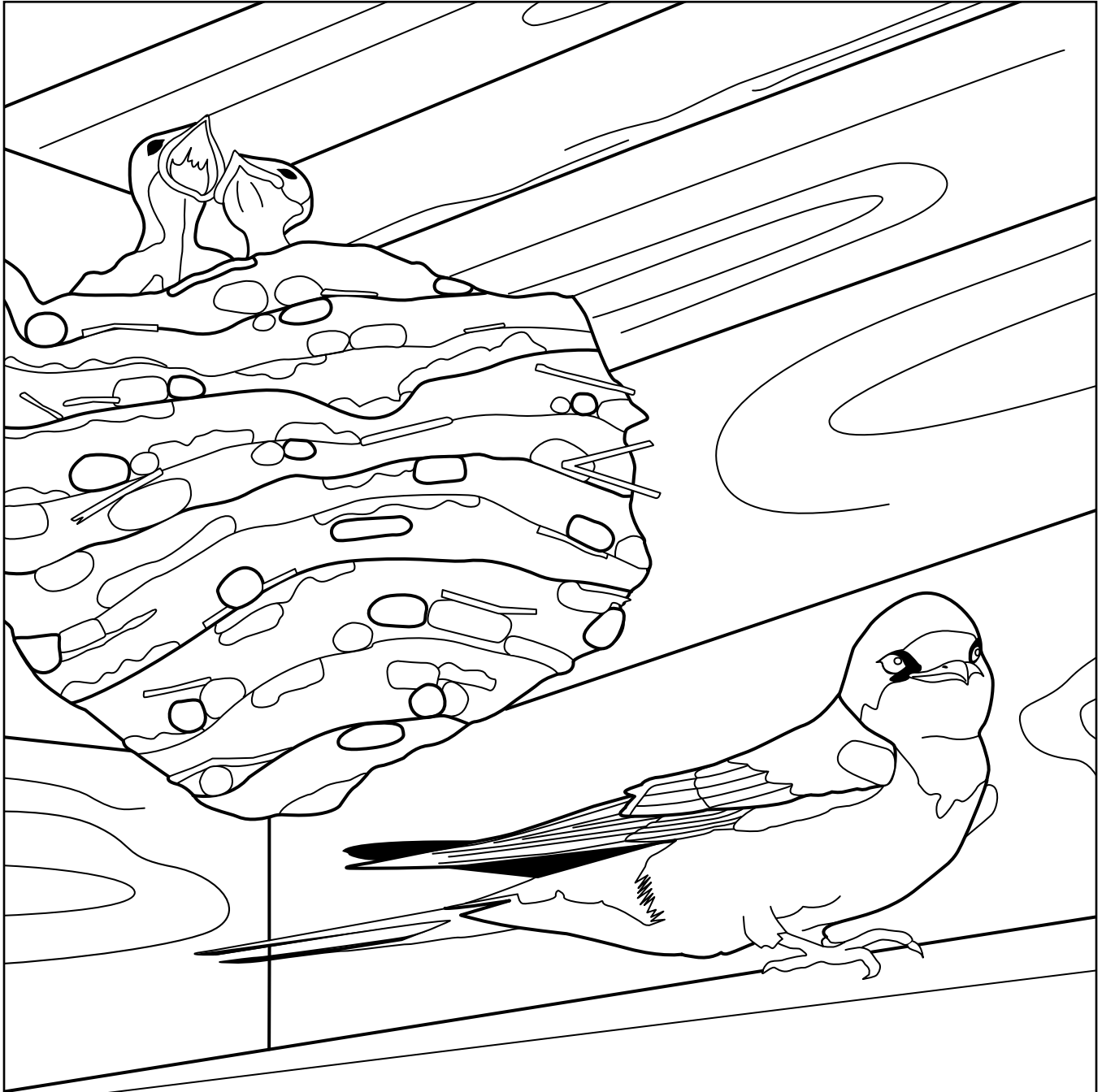
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NATURAL RESOURCES

Check out these links:
[How to look for birds!](#)
[What's in a Bird Song?](#)
[Listen to bird songs.](#)
[State Park Bird Checklists](#)

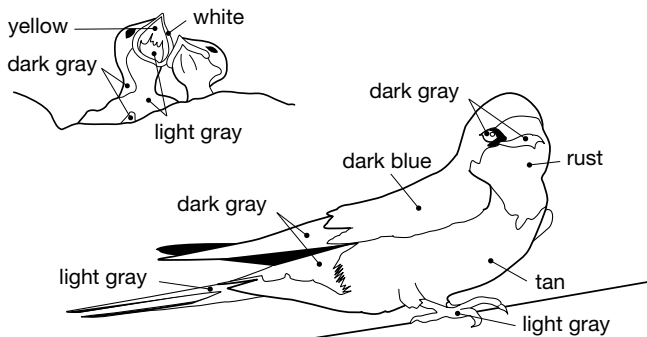
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Barn Swallow



Color guide

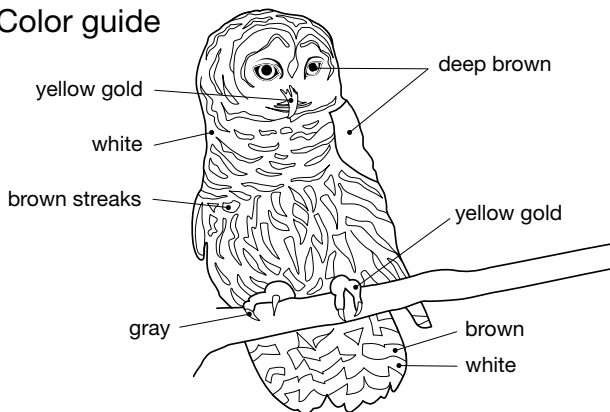


If you see a small, fast, low-flying bird with a forked tail it is probably a barn swallow. Barn swallows hunt in open areas and over water, catching insects in flight. They build their nests of mud under edges of structures such as barns or park shelters.

Barred Owl

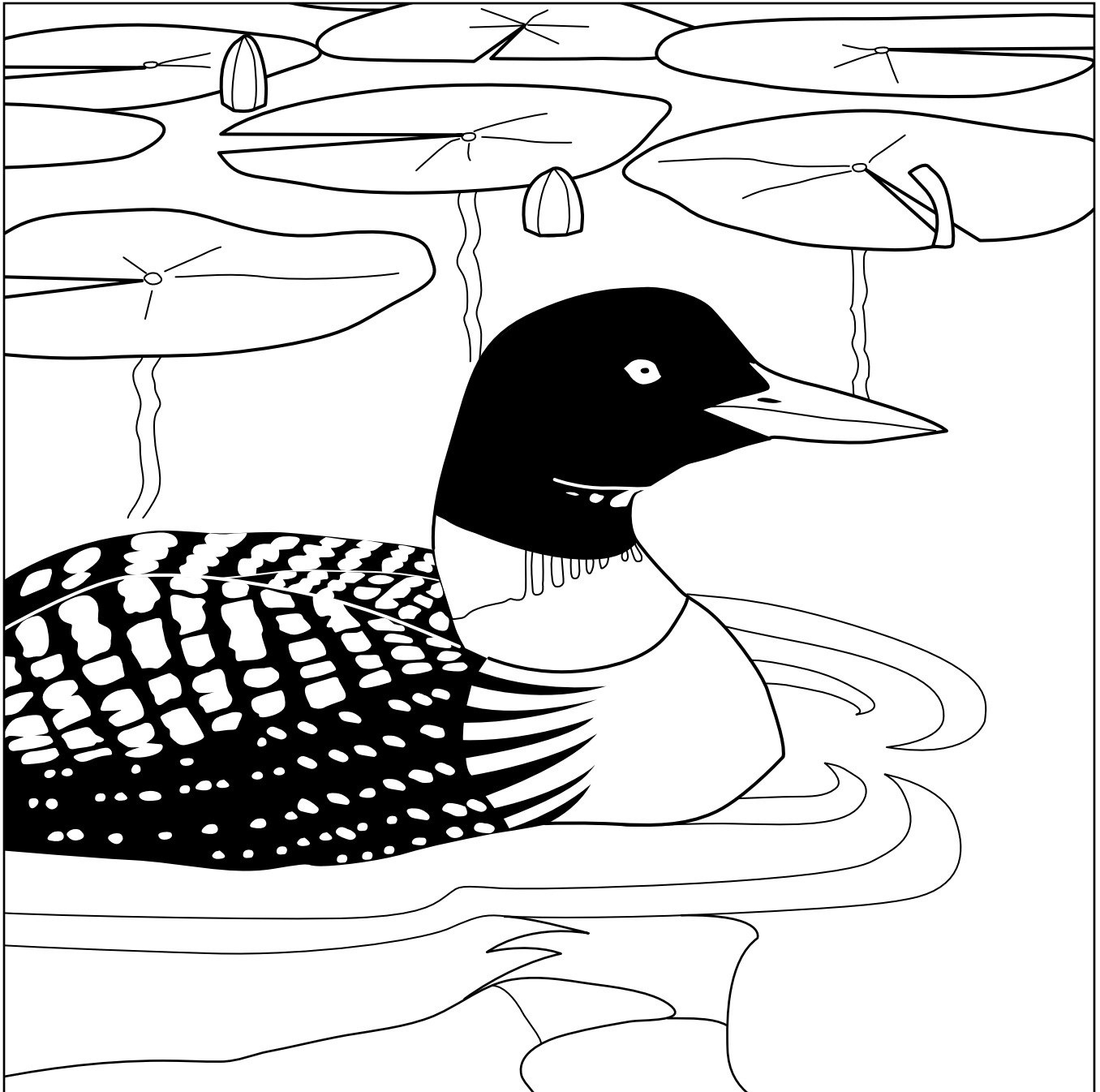


Color guide

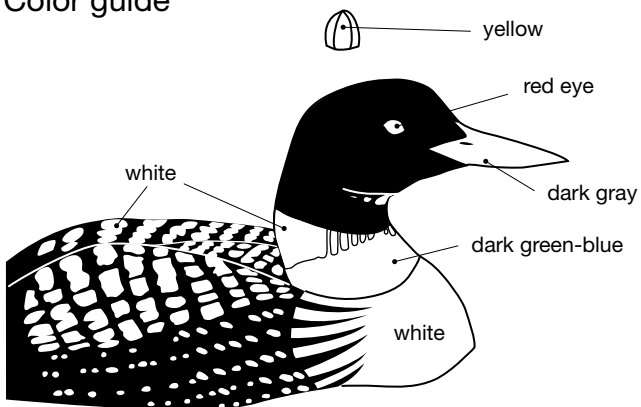


The barred owl lives in large, mature forests, often near water. Its nighttime hoot resembles the phrase “Who cooks for you? Who cooks for you all?” It hunts from a perched position, intently listening for a variety of small animals scurrying below on which it feeds.

Common Loon

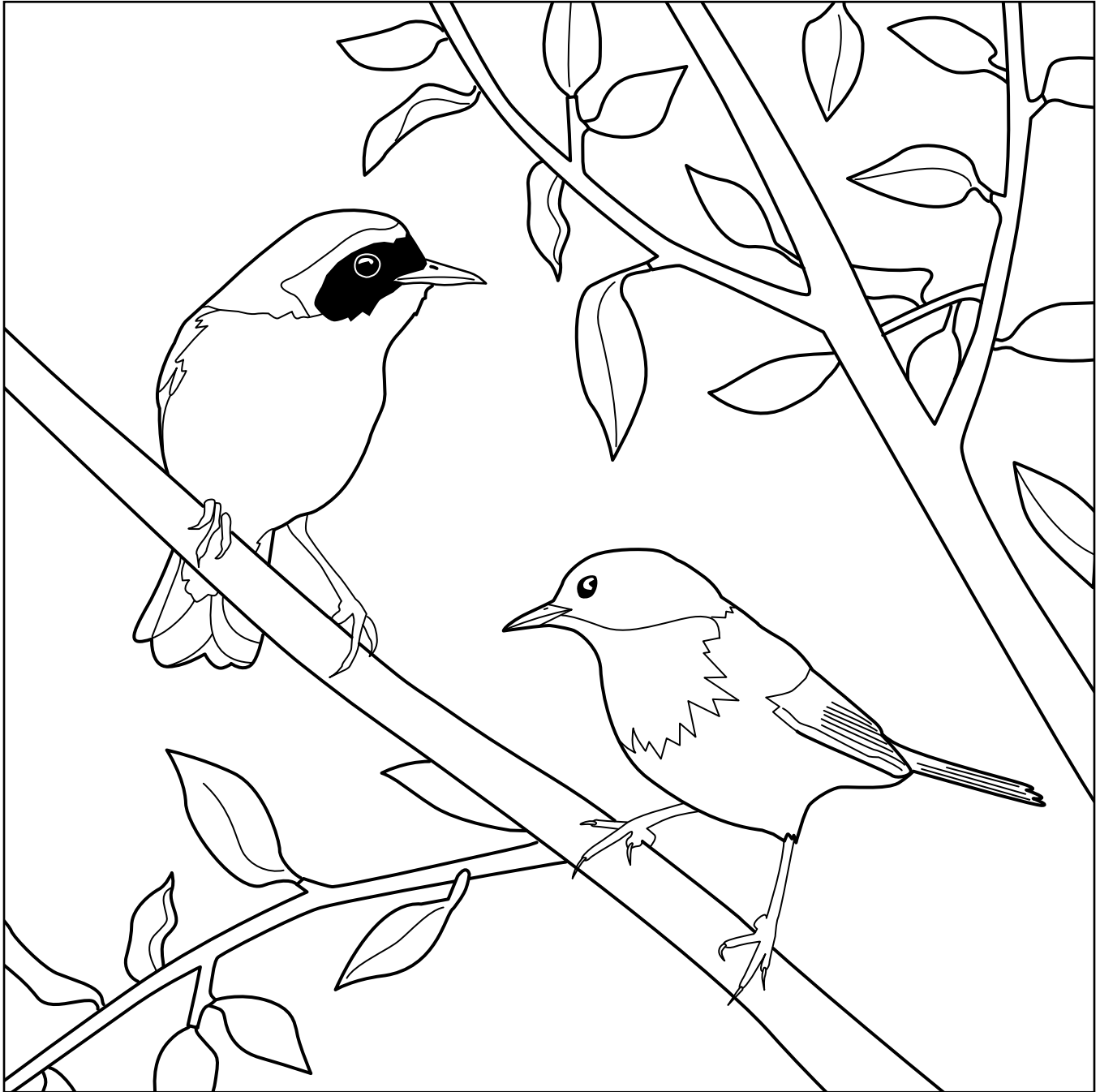


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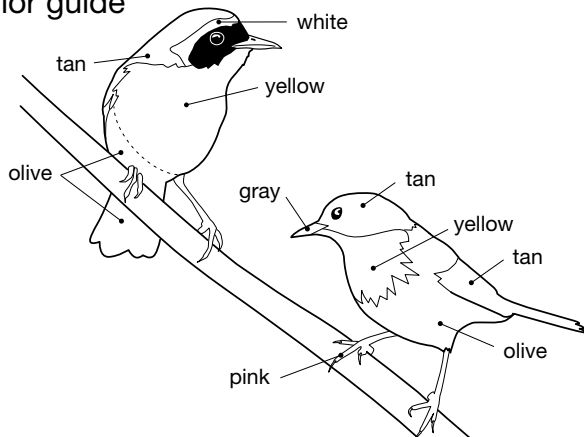


The common loon is Minnesota's state bird. You can hear its tremolo call on clear lakes. Loons summer (breed) here and winter along the Atlantic, Pacific, and Gulf of Mexico coasts. Loons dive easily under water to catch fish but have difficulty walking on land.

Common Yellowthroat

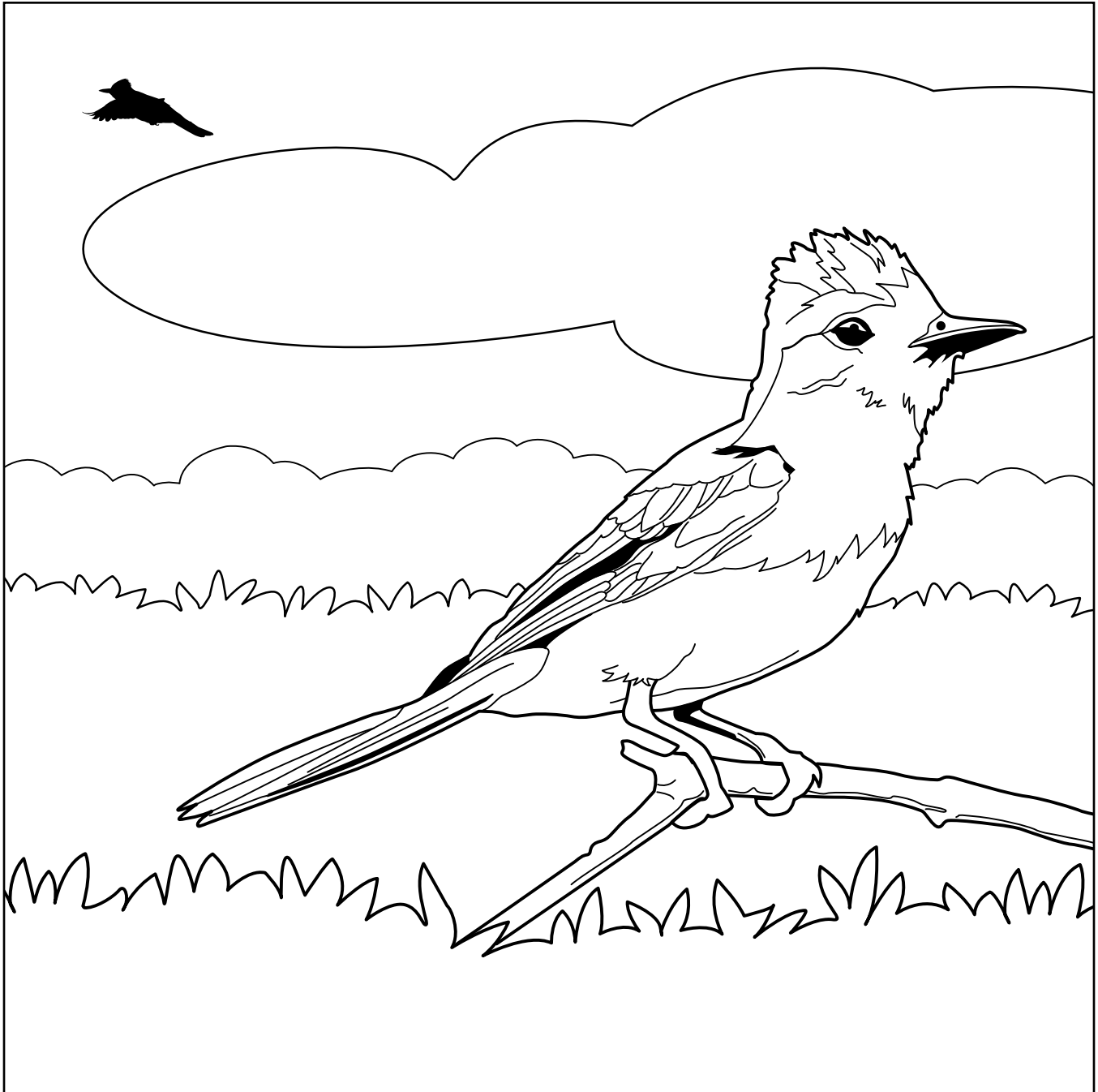


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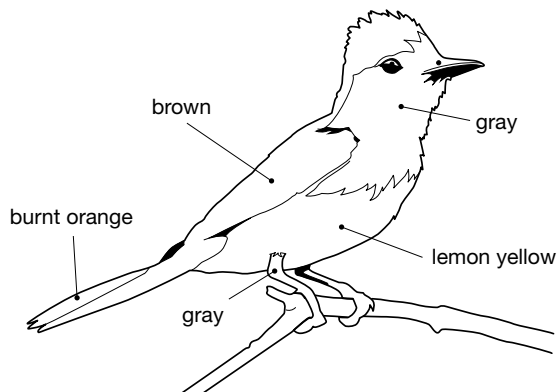


The common yellowthroat warbler is often seen low to the ground in heavy vegetation. They feed on insects and nest in shrubs, preferably near marshes. They winter in the southern United States and Mexico. The male's markings include a mask similar to a raccoon's.

Great Crested Flycatcher

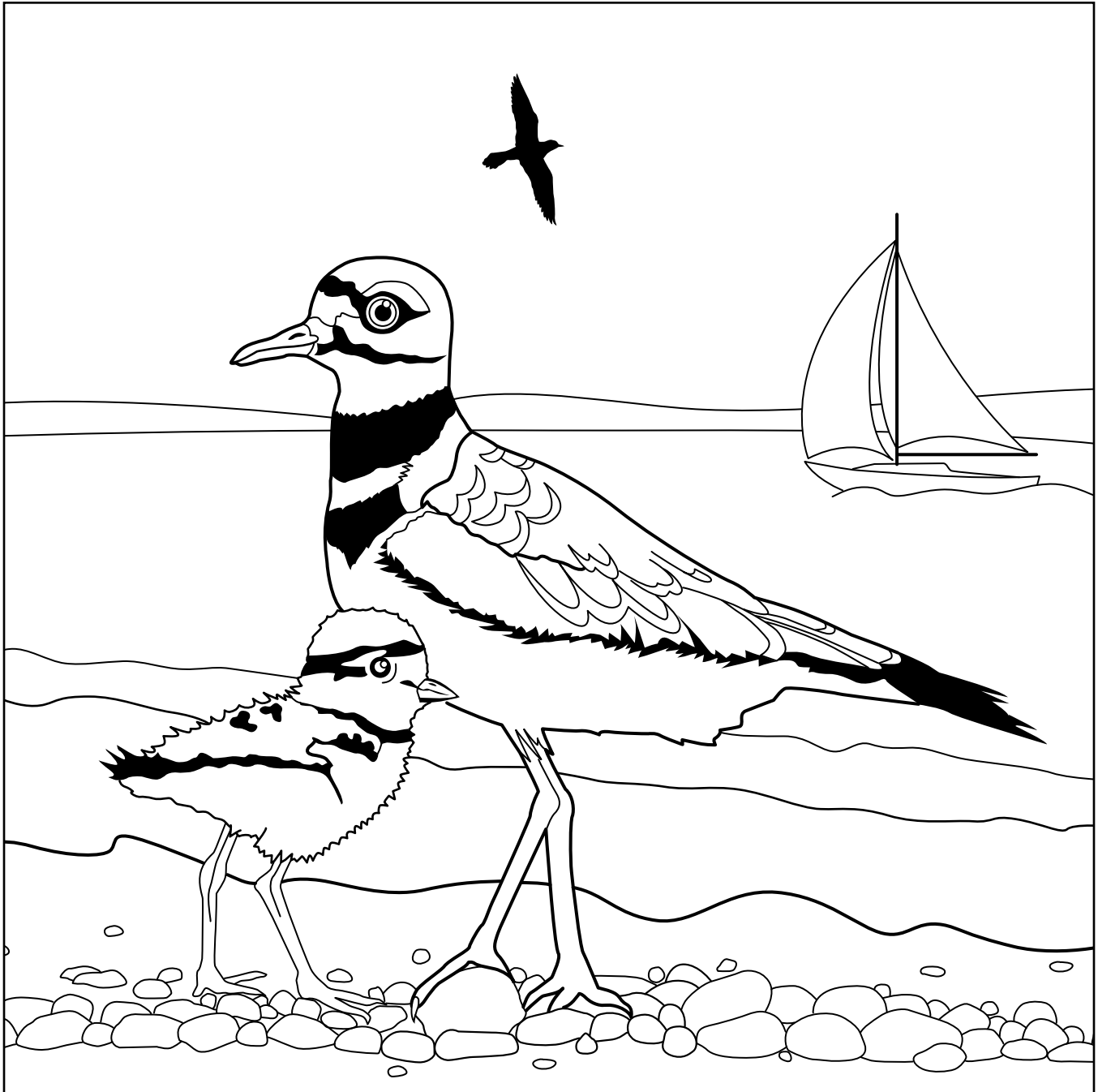


Color guide



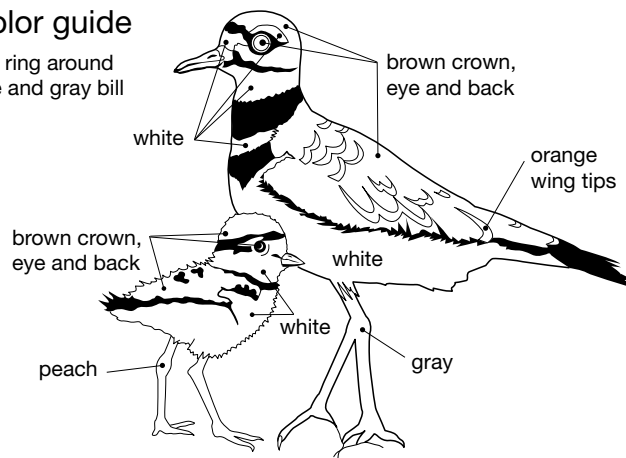
You may hear (but probably not see) great crested flycatchers high in the top branches of hardwood trees in summer. This bird likes to swoop down and eat insects in midair. These flycatchers will nest in nest boxes.

Killdeer



Color guide

red ring around eye and gray bill

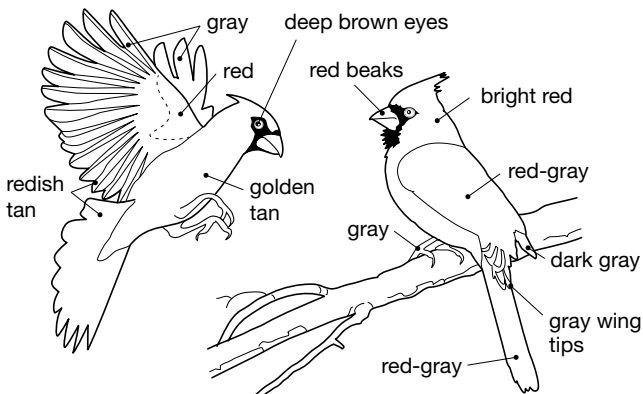


Killdeer are shorebirds that are more often seen in lawns, golf courses, or harvested fields than in wet areas. They hunt on the ground by running and stopping to pluck up worms, grasshoppers, and even seeds. An adult killdeer will pretend its wing is broken to draw predators away from its nest.

Northern Cardinal



Color guide

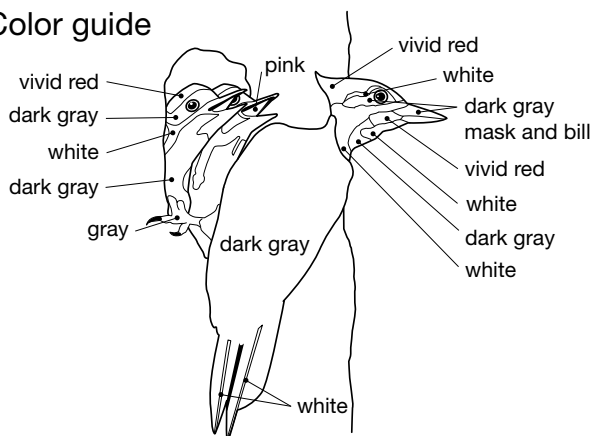


Northern cardinals live in Minnesota year-round. Males are mostly red and females are tan with hints of red. They have many songs—one is a two-part whistle followed by a trill, and another sounds like “birdie, birdie, birdie.” Listen for cardinals early in the morning in spring.

Pileated Woodpecker



Color guide

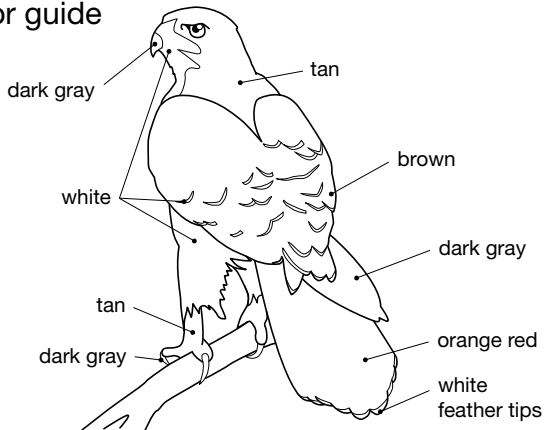


Pileated woodpeckers are very large and unmistakable. They drill nesting cavities into standing dead trees, which many other birds will continue to use for shelter and nesting in following years. Their favorite meal is carpenter ants.

Red-tailed Hawk



Color guide

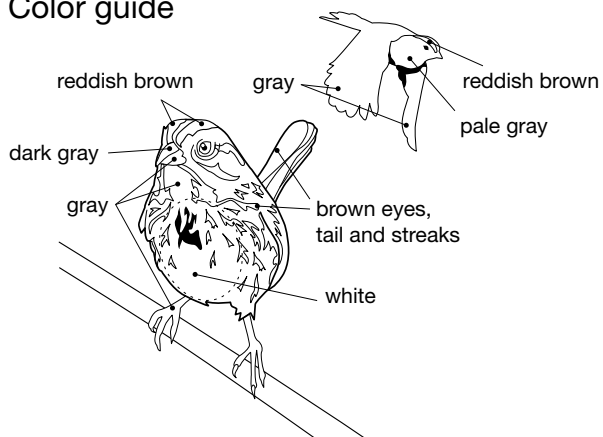


Red-tailed hawks are among the largest hawks in Minnesota. They have a white chest, dark belly band, and orange red tail but color varies in each individual. They like to soar in large circles when hunting and can hover when facing into the wind. They perch near open lands and eat small mammals.

Song Sparrow

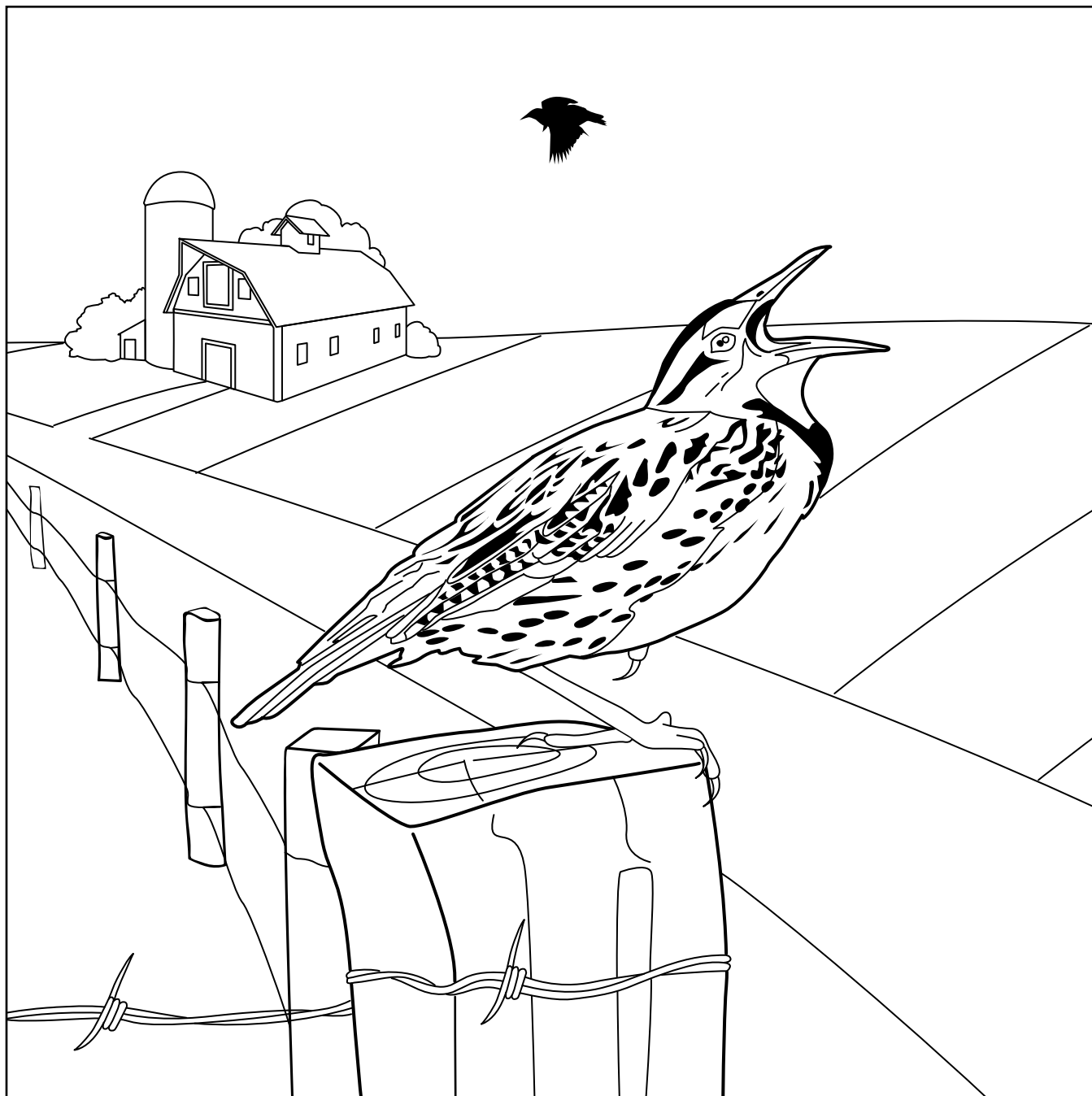


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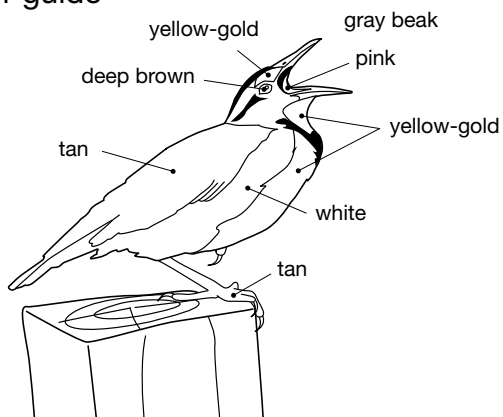


The song sparrow is abundant throughout the United States. Identify them by their dark breast streaking with a large central spot, as well as their habit of pumping their long tails up and down in flight. These sparrows will visit backyard bird feeders.

Western Meadowlark



Color guide



The western meadowlark's remarkable song sounds like bubbly high notes from a whistle. They prefer prairie and farmland habitat, and eat insects and seeds on the ground.