

Free As A Bird

WEEK 4

Imagine a bird with an injured wing. He tries everything he can to fly on his own, but no matter what he does, he can't do it alone. It will take time to heal. But imagine someone helps the bird. They provide love, food and shelter, doctor his wounds, and release him back to the sky. What glorious freedom that bird will feel! No longer burdened by pain or weakness. But made fully whole and able to soar in the clouds again.

The same thing happens to us when we accept Jesus into our hearts. When we stop trying to do everything on our own, like the bird did; and finally surrender to God, our Helper, Healer, and Friend; He makes us fully whole. All the hurt and pain we feel—all the injuries of our hearts that need healing—they are all made new and we are set free because of Jesus.

The Book of Isaiah, in the Old Testament, talks about how our hope in the Lord will renew our strength. The writer says that having hope in God is like soaring on the wings of eagles. So, our bird friend made it into the Bible! If we put our hope and faith in God, He will give us the strength to fly again like the bird. We just have to believe.

You know what else birds do? They sing. When things are tough, singing out to God about who He is and how special He is to us helps more than anything. When we sing we are celebrating the God whose love is greater and stronger than any other power on earth. This should wake us up and motivate our hearts to worship. Pray, thanking God for always renewing your strength and for His presence in every circumstance and sing to the One who gives eternal hope.

MEMORIZE

Isaiah 40:31 - "But those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

FAMILY

Talk with your family about your favorite worship songs. Do you remember the words? Sing together as a family remembering that worship can happen at home too!

SHARE

Is there someone you know who is sick or in need of help? Find a way to visit them this week. Make them a card or some cookies. Let them know Jesus loves them...and you do too!

CHALLENGE

Paper Airplane Race! Everyone make a paper airplane using the same kind of paper. Fold however you like and see whose goes the furthest!