

# 5-DAY BIBLE STUDY PLAN: HOW 'BOUT THEM BIRDS?



## Day 1: Trusting God's Provision

Title: God Cares for You

Scripture: Matthew 6:25-34

### Context:

In the Sermon on the Mount, Jesus addresses common human worries—food, clothing, and the future. He draws attention to how God provides for birds and flowers, reminding us that if He cares for them, how much more will He care for us?

### Devotional:

Worry can feel all-consuming, but Jesus invites us to shift our focus. Instead of obsessing over temporary needs, He calls us to seek first His kingdom and trust Him for everything else. Worry doesn't add to our lives; it takes away from our peace. Trusting God is not denying challenges but recognizing that He is greater than our struggles.

### Reflection Questions:

What needs or concerns are you tempted to worry about right now?

How does Jesus' reminder about God's care for the birds and flowers encourage you to trust Him?

### Action Step:

Write down one worry you're holding onto. Pray and surrender it to God, asking Him to help you trust Him fully with that concern.

## **Day 2: Replacing Fear with Faith**

Title: Faith Over Fear

Scripture: 2 Timothy 1:7

“For God gave us a spirit not of fear but of power and love and self-control.”

### **Context:**

Paul writes this letter to Timothy to encourage him in his ministry. Fear and worry can paralyze us, but God has not called us to live in fear. Instead, He empowers us with His Spirit, equipping us with love, strength, and a sound mind to face life's challenges.

### **Devotional:**

Fear often feels like a natural response to uncertainty, but God reminds us that fear is not from Him. Instead, He gives us His Spirit, enabling us to approach life's challenges with courage, love, and clarity. Faith doesn't ignore fear but confronts it with the confidence that God is with us and has equipped us for every situation.

### **Reflection Questions:**

What areas of life feel dominated by fear right now?  
How can remembering that God has given you power and love help you overcome those fears?

### **Action Step:**

Memorize 2 Timothy 1:7 and repeat it every time worry or fear begins to creep into your thoughts this week. Let it remind you of the power God has given you.

## **Day 3: God's Faithfulness in the Past**

Title: Remember His Faithfulness

Scripture: Psalm 77:11-15

"I will remember the deeds of the Lord; yes, I will remember your wonders of old."

### **Context:**

The psalmist writes during a time of deep distress but finds hope by recalling the faithfulness of God in the past. Remembering God's works is a powerful way to restore trust and confidence in His provision for the future.

### **Devotional:**

When we're caught in worry, it's easy to forget how God has been faithful in the past. The same God who carried us through yesterday's struggles is with us today. Looking back at His faithfulness strengthens our faith for what lies ahead. Remembering His deeds is an act of worship and a way to combat fear with gratitude.

### **Reflection Questions:**

What are three specific times in your life when you saw God's faithfulness?

How can remembering those moments give you hope for today's challenges?

### **Action Step:**

Write a prayer of thanksgiving, acknowledging God's faithfulness in your past and asking Him to help you trust Him with your future.

## **Day 4: Casting Your Cares on Him**

Title: Give It to God

Scripture: 1 Peter 5:7

“Cast all your anxiety on him because he cares for you.”

### **Context:**

Peter writes to encourage believers facing trials and suffering. He reminds them of God’s loving care and invites them to surrender their burdens to Him.

### **Devotional:**

God’s invitation to cast your cares on Him is an act of love. He doesn’t want you to carry your burdens alone. Often, we hesitate to fully surrender our worries, fearing they’re too small, too big, or too personal. But God wants all of it because He deeply cares for you.

### **Reflection Questions:**

What is one worry you’ve been hesitant to give to God?  
How does knowing that God cares for you personally change the way you handle that worry?

### **Action Step:**

Spend time in prayer, giving your worry to God. Be specific, naming the concern, and trust Him to handle it. Leave it with Him.

## **Day 5: Living in Peace**

Title: Peace Beyond Understanding

Scripture: Philippians 4:6-7

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

### **Context:**

Paul writes to the Philippians from prison, yet he exudes peace and joy. His message is clear: peace is not the absence of problems but the presence of God in our lives.

### **Devotional:**

True peace doesn't come from solving all our problems but from surrendering them to God. Paul outlines a clear path: pray, be thankful, and trust God with your requests. As you do this, God promises a supernatural peace that guards your heart and mind. This peace surpasses human understanding because it's rooted in His presence, not in circumstances.

### **Reflection Questions:**

What are you most anxious about today?  
How can you shift your focus from your problem to God's promises?

### **Action Step:**

Start a gratitude list. Write down 5 things you're thankful for today and thank God for them. Add to this list each day, allowing gratitude to reshape your mindset.