

SESSION 3: CONSIDER THE BIRDS



PURPOSE

Girls discover that God faithfully cares for His creation and can be trusted to care for them.



SCRIPTURE

Matthew 6:25–27

LEADER SNAPSHOT

In this session, girls will:

- Learn that God is both Creator and Caregiver
- Notice how God cares for many different creatures
- Reflect on Jesus' words about God caring for the birds
- Be reminded that they matter deeply to God

Leader note:

This session should feel wonder-filled, reassuring, and faith-building.

SUPPLIES

- Bibles (one per girl and leader)
- Writing utensils: pencils, pens, and/or markers
- GEMS Outdoors Journals or notebooks (optional)
- Printable reflection cards or index cards (optional)

WELCOME & AIM (10 minutes)

SAY:

Welcome to _____ [name of your club] GEMS Outdoors. I am so glad you are here. *(Look around.)*
Our club wouldn't be the same without each of you!

At GEMS, we start each club meeting with prayer. Prayer is how we talk to God.

PRAY:

(Take one minute to thank God for your girls and ask Him to bless your time together.)

SAY:

Every time we get together, we say the GEMS Girls' Clubs Aim. When we say this Aim, Micah 6:8, we join with thousands of other girls around the world who begin their GEMS gathering in the same way.

ASK:

[Name of your club] GEMS and GEMS Leaders, what does the LORD require of us?

(Leaders and girls respond): "To act justly and to love mercy and to walk humbly with our God" (Micah 6:8)

SAY:

Today we're going to talk about God as our Creator and our Caregiver. God didn't just make the world and walk away. He is still caring for it—and for us—every single day.

SCRIPTURE & WONDER (10-15 minutes)

(Invite girls to open their Bibles if they have them.)

SAY:

Please open your Bibles to Matthew 6:25–27. *(Read the verses or ask one of the girls to do so.)*

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 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?” (Matthew 6:25–27).

SAY:

Jesus points to something very ordinary—birds—and reminds us that God feeds them every day. They don't plant crops or store food, and yet God still takes care of them. Then Jesus says something amazing: we matter even more to God than birds do.

WONDER TOGETHER:

- Why do you think Jesus used birds as His example?
- What does this tell us about what God is like?
- How does it make you feel to know God cares for you even more than for the birds?

Send them to the Activity Experience(s) with this reminder:

God is not only powerful enough to create the world; He is loving enough to care for it every day. Since He cares for the birds, we can trust Him to care for us.

ACTIVITY EXPERIENCE(S)

Choose one or more activities from the **Activity Experience Options** section at the end of this session. Select what best fits your time, space, and group.

Today we chose:

- Option A: Bird Discovery Walk
- Option B: Care for the Birds Project
- Option C: Visit Animal Care Site

Supplies we'll need:

REFLECT & SHARE (10 minutes)

(Bring the group back together.)

ASK:

- What did this activity show you about God's world?
- What does it tell you about God's care?
- If God cares for birds and animals, what does that say about how He cares for you?

SAY:

If God cares for even the smallest creatures, we can trust Him to care for us.

QUIET TIME WITH GOD (10-15 minutes)

(Invite girls to spread out and find a quiet spot.)

They may use one or more of the following:

- GEMS Outdoors Journals or notebooks
- Printable reflection cards
- Index cards

SAY:

This is our quiet time with God. It's a chance to pause, notice, and quietly talk with God.

ASK:

- What is one part of God's creation you are grateful for today?
- What is one worry or need you want to trust God with?

Optional prayer prompt:

"God, thank You for caring for Your world and for caring for me. Help me trust You."

(Girls may keep reflections, or leaders may collect cards to pray over during the week.)

PRAYER & SENDING (3-5 minutes)

Close with a simple prayer thanking God for:

- His creation
- His faithful care
- His love for each girl

Send them with this reminder:

God is a faithful Creator and a loving Caregiver. You matter deeply to Him.

ACTIVITY EXPERIENCE OPTIONS

Choose one or more activities that best fit your time, space, and group. They are listed at the end of the session. You do not need to do all of them. Select what works best for your setting and energy level.

OPTION A: BIRD DISCOVERY WALK

WORKS WELL FOR: Church grounds, park, or neighborhood

SUPPLIES:

- Optional: Merlin Bird ID app or bird guidebook
- Optional: Phones
- Optional: Binoculars
- Optional: Notebooks

HOW IT WORKS:

1. Walk together and look and listen for birds.
2. Use an app, book, or printed guide to identify what you see or hear.
3. Keep a simple list of the different birds you find.

FAITH CONNECTION:

Notice how many kinds of birds exist—and that God cares for all of them.

OPTION B: CARE FOR THE BIRDS (HANDS-ON PROJECT)

WORKS WELL FOR: Groups that want a service or take-home project

SUPPLIES:

- Pinecones
- Birdseed
- Peanut butter or shortening
- String
- OR simple birdhouse materials

HOW IT WORKS:

1. Make bird feeder pinecones, or
2. Build or decorate simple birdhouses.

FAITH CONNECTION:

Caring for God's creation reminds us how much God cares for what He has made—including us.

ACTIVITY EXPERIENCE OPTIONS (CONT.)

OPTION C: VISIT ANIMAL CARE SITE (IF AVAILABLE)

WORKS WELL FOR: Nature center, farm, zoo, or sanctuary

SUPPLIES:

- Provided by facility

HOW IT WORKS:

1. Observe how animals are fed, sheltered, and protected.
2. Talk about what it takes to care for living things.

FAITH CONNECTION:

Human care for animals reflects God's even greater care for His creation and for us.

Optional Resources (For Leader Prep)

These are for background and ideas. You do not need to use all of them.

MERLIN BIRD ID (CORNELL LAB OF ORNITHOLOGY)

merlin.allaboutbirds.org

Leader tip: Use this to spark awe at how many different kinds of birds exist—and that God knows and cares for each one.

ALL ABOUT BIRDS (CORNELL LAB)

allaboutbirds.org

Leader tip: Look up one bird you're likely to see and share one fun fact as a reminder of God's creativity.

NATIONAL AUDUBON SOCIETY — AUDUBON FOR KIDS

audubon.org/get-outside/activities/audubon-for-kids

Leader tip: Great for simple games, scavenger hunts, and nature-based activities.

SCRIPTURE

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 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?” (Matthew 6:25–27).

JOURNAL PROMPT

What is one part of God's creation you are grateful for today?

What is one worry or need you want to trust God with?

PRAYER PROMPT

God, thank You for caring for Your world and for caring for me. Help me trust You.