

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. 1 Peter 5:6-7 (NIV)

Come To Me

I worry a lot. I have a lot of anxieties. I carry a very high level of stress. I know that worry and anxiety have been harming me physically, emotionally and spiritually. My energy and joy in life has been dragged down and diminished by worry and anxiety. How can I let go of worry? Even when I think I have cast my worries and anxieties on to you I seem to find a way to reel them back to me. How can I cast all my anxieties on to you? **That's a good question. Let me ask you a question.**

Do you believe that I love you? Yes, of course I believe that you love me. **Do you believe that I can and will help you with what causes worry and anxiety in you?** Yes, I believe that you can and will help me with whatever causes me worry and anxiety. **Are you sure about that?** Why are you asking me if I am sure about that? **If you believe that I can and will help you wouldn't it make sense for you to come to me to ask for my help? You hardly ever ask for my help when you are worried and filled with anxiety.** That's a problem, isn't it? **Yes, it is.**

There are only two possible reasons why you wouldn't come to me to ask me for my help. What are the two possible reasons for me not asking for your help when I am filled with worry and anxiety? **You either don't believe that I can and will help you or you think that you can handle all your worries and anxieties by yourself. Would you like me to be even more clear?** Yes, I would. **Your two reasons for not asking for my help when you are worried and filled with anxiety are either unbelief or pride.** Maybe it's a combination of both. **You got that right.** I am sorry about this. I want to live a life of faith in you. I want to rely on you for your help. I don't want to be filled with either unbelief or pride. What do you suggest? How can I live a life of faith that is reliant on you?

Come to me. Make it your practice to come to me to ask me for my help. Turn every one of your worries and anxieties into a prayer to me. Trust that I will hear and answer your prayers. As you keep coming to me your faith in me will grow. As you keep asking me for my help your reliance on yourself will decline as your trust in me will grow. You will see that I do hear and answer your prayers. You will know that you can trust in me. As you pray and trust in me your worries and anxieties will be replaced with my peace. Would you like that? Yes, Lord, I would like to be filled with your peace. **Come to me. Turn every one of your worries and anxieties into a prayer to me.** Yes, Lord, I will.

Lord, I have pridefully thought I could handle my worries and anxieties. I have held on to my worries and anxieties as I worked harder to try and solve them. This has been no way to live. Forgive me. I will now turn all my worries and anxieties into prayers to you. Amen

Peace *Cast All Your Anxiety On Him*

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

NIV 1 Peter 5:6-7

Peace *Give All Your Worries And Cares To God*

So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. Give all your worries and cares to God, for he cares about you.

NLT 1 Peter 5:6-7

Peace *Cast All Your Anxiety On Him*

Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you.

NRSV 1 Peter 5:6-7

Peace *Casting The Whole Of Your Care On Him*

Therefore humble yourselves [demote, lower yourselves in your own estimation] under the mighty hand of God, that in due time He may exalt you, Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately *and* cares about you watchfully.

AMP 1 Peter 5:6-7

Peace *Casting All Your Anxiety On Him*

Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you.

NASB 1 Peter 5:6-7

Peace *Casting All Your Anxieties On Him*

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.

ESV 1 Peter 5:6-7

Peace *Casting All Your Care Upon Him*

Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you.

NKJV 1 Peter 5:6-7

Peace *Live Carefree Before God*

So be content with who you are, and don't put on airs. God's strong hand is on you; he'll promote you at the right time. Live carefree before God; he is most careful with you.

MSG 1 Peter 5:6-7

Peace *Let Him Have All Your Worries*

If you will humble yourselves under the mighty hand of God, in his good time he will lift you up. Let him have all your worries and cares, for he is always thinking about you and watching everything that concerns you.

TLB 1 Peter 5:6-7

Peace *Give All Your Worries To Him*

Be humble under God's powerful hand so he will lift you up when the right time comes. Give all your worries to him, because he cares about you.

NCV 1 Peter 5:6-7

Cast Anxiety On Him

Year ____ Week ____ Day ____ Date ____

Peace – 1 Peter 5:6-7

In Context: Read 1 Peter 5

Begin With Prayer:

Here I am Lord. I Am Listening.

Meditating On God's Word: ***(What is God speaking to your heart?)***

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you. 1 Peter 5:6-7

Considering The Words: ***(What words speak to your heart?)***

Humble yourselves, | therefore, | under God's mighty hand, | that | he may | lift you up | in due time. | Cast | all | your anxiety | on him | because | he cares | for you. 1 Peter 5:6-7

Praying The Scripture: ***(What prayer from your heart will you write?)***

Lord, I have pridefully thought I could handle my worries and anxieties. I have held on to my worries and anxieties as I worked harder to try and solve them. This has been no way to live. Forgive me. I will now turn all my worries and anxieties into prayers to you. Amen

What It Means: ***(What questions speak to your heart?)*** *(Suggested questions for small group discussion are in bold)*

When has your own pride prevented you from giving all your worries and anxieties over to God?

How has your own pride made you think you were capable of handling your own worries and anxieties?

What worries and anxieties would you like to give over to God right now?

When have you been released from worry and anxiety because you gave them over to God?

How has the Lord solved problems over which you were carrying worry and anxiety?

How are you making it your daily practice to turn all your worries and anxieties into prayers to God?

How has the Lord clearly demonstrated to you that He loves and cares for you?

Living It Out: ***(What action step is God guiding your heart to take?)***

Make it your daily practice to humbly turn all your worries and anxieties into prayers to the Lord.

Seeing It Happen: ***(What are you trusting God for in your heart?)***

Have faith and humility to turn all your worries and anxieties into prayers to the Lord because He cares for you.

Get Ready To Share: ***(What can you share with others from your heart?)***

Share with another person or your small group how turning your anxieties over to God has released you from worry.

Close With Prayer:

Quiet Yourself Before The Lord

Pause And Offer Prayers Of...

With An Attitude Of Faith Listen To What The Lord Wants To Say To You

Adoration... _____

Thanksgiving... _____

Confession... _____

Intercession... _____

Petition... _____

Journal

As You Quiet Yourself Before The Lord

What Do You Want To Say To Me Lord?

What Prayers Are You Praying Today?

Prayer Of Blessing

(What Prayer Of Blessing Can You Pray For Another?)

May you humbly cast all your anxiety on the Lord because He cares for you.

Prayer To Carry

(What Prayer Would You Like To Carry Throughout Your Day?)

Lord, I will humbly cast all my anxieties on you because you care for me.

What Do You Want To Remember About Today?

A Question To Ask God

(What Would You Like To Ask God?)

Lord, how can I humbly cast all my anxieties on you today?
