

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)

I Care For You

Do you want me to lift you up? Do you want me to relieve you of your anxieties? You've noticed? **Yes, I have noticed.** My life is filled with anxiety. I have been living under heavy burdens. **Do you know why you are filled with anxiety and living under heavy burdens?** Life is tough. There is a lot to worry about in life. Life is filled with anxiety. There are a lot of heavy burdens to carry in life. **That is true if you decide to carry them by yourself.** What do you mean by that? **What have you done with your anxieties?** I'm not sure what you are asking of me. **Have you turned all your anxieties over to me? Have you cast all your cares on me? Have you turned every one of your anxieties into a prayer to me? When anxiety and stress has begun to weigh you down have you drawn near to me in prayer? Have you asked me to lift you up? Have you asked me to take any burdens off of you?** No, I have not. That has been a huge mistake, of that I am sure. **That's right.**

Why is it that you have not asked for my help? Why have you not turned your anxieties and worries into prayers to me? Why have you not asked me to lift you up and remove heavy burdens from your life? Do you think I will not listen? Do you think I cannot hear? Do you think that I am not able to relieve you of your anxieties and remove your heavy burdens? No, I think none of those things. **You must be thinking something else.** Yes, I am afraid so. **Tell what you have been thinking?** I have been thinking that I can handle my anxieties and worries and burdens by myself. I have thought that I can and should be able to solve all my problems by myself. **Has that been true?** No, just the opposite has been true. Trying to solve my own problems has only caused me more anxiety and worry. The weight of my own burdens has only grown heavier under my own efforts. **I've noticed.**

Is there something you would like to do differently with your anxieties, worries and burdens? Yes, there is. **What's that?** I want to humbly admit that I need your help. I will let go of my pride. I will draw near to you in prayer. I will come to ask for your help. I will cast all my anxieties, worries and prayers on you. I will rely on your help. **That will be very good. You can be sure that I will hear and answer your prayers when you cast all your anxieties and worries and burdens on to me. Do you know why that is?** Yes, you care for me. **Yes, I care for you far beyond what you can think or hope or even imagine.**

Lord, my life has been filled with anxiety. My pride has made me slow to turn my anxieties over to you. I have foolishly tried to work my own way out of my anxieties. My efforts have made me more anxious. No more. Instead, I will cast all my anxieties on you. Amen

Prayer *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

Prayer *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

Prayer *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

Prayer *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

Prayer *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

Prayer *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

Prayer *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

Prayer *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

Prayer *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

Prayer *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 (NIV)

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 (NIV)

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

Lord, my life has been filled with anxiety. My pride has made me slow to turn my anxieties over to you. I have foolishly tried to work my own way out of my anxieties. My efforts have made me more anxious. No more. Instead, I will cast all my anxieties on 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 made you slow to be willing to cast your anxiety on the Lord?

When have you pridefully tried to work your own way out of your anxieties?

When has trying to work your way out of your own anxieties only made you more anxious?

When are you most likely to develop anxieties that you will need to turn over to the Lord?

When have you been relieved of your anxieties because you turned them over to the Lord?

How is it becoming your daily prayer practice to turn your anxieties over to the Lord?

What anxieties are you currently turning over in your prayers to the Lord?

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

Make it your daily practice in prayer to turn all your anxieties over to the Lord.

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

Have faith that you can cast all your anxieties on 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 an anxiety that you have given to the Lord.

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 cast all your anxieties on the Lord because He cares for you.

Prayer To Carry

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

Lord, I will cast all my anxieties on you because I know 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, what anxieties can I cast on you today?
