

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)

Problems

Problems. Whose got problems? I'm kidding of course. It is one of those terrible, no good days. I feel like I'm under attack. It was a day in which I was bruised and battered. I stood alone, or so it seemed. I know that you are with me. You will help me. You are for me. You are on my side. By that, I don't mean that you have chosen sides and I am on the winning side. There were no winners today. In conflict, there are only losers. And I was a big loser, at least in my opinion. I have only one way to turn. I have only one thing to do. I will come to you. I will take refuge. In this storm, you are my refuge. I will take shelter in you. **That is a very good decision.**

Do you find it a little ironic that your verse for today so closely matches your experience? This was your verse, before your day even began, isn't that true? Do you find that unusual? Do you find that a bit odd? Not at all. **Why is that?** You have gotten my attention. You are no doubt trying to teach me something. **What am I trying to teach you?** You want me to humble myself before you. You want me to learn to humbly rely on you. You want me to put all my faith and hope and trust in you. You want me to stop trying to solve all my problems by myself. You want me to ask you for your help. You want me to cast all my anxieties on you. **Why would I want you to learn these things?** You love and care for me. **Yes, I love and care for you.**

How would your life change if you did cast all your anxieties on me? I would have far less stress and anxiety. I would be happier and enjoy life much more as I did cast all my anxieties on you. I would be more joyful and be a brighter witness for you if I did cast all my anxieties on you. My life would bear more fruit for your kingdom and glory to your name if I did cast all my anxieties on you. **Will you turn your life over to me? Will you humbly rely on me for my help?** Yes, Heavenly Father, I will. **That will be very good. Today's lesson will be a very small price to pay if you truly do cast all your anxieties on me.** I agree. **That is very good.**

Heavenly Father, I have been proudly determined to solve all my own problems. I have been foolishly relying on myself. Forgive me. I will now bring all my problems and anxieties to you. I will rely on your help. Thank you that you love and care for me. Amen

The Prayer Filled Life *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

The Prayer Filled Life *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

The Prayer Filled Life *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

The Prayer Filled Life *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

The Prayer Filled Life *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

The Prayer Filled Life *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

The Prayer Filled Life *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

The Prayer Filled Life *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

The Prayer Filled Life *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

The Prayer Filled Life *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 All Your Anxiety On Him

Year _____ Week _____ Day _____ Date _____

The Prayer Filled Life – 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?)

Heavenly Father, I have been proudly determined to solve all my own problems. I have been foolishly relying on myself. Forgive me. I will now bring all my problems and anxieties to you. I will rely on your help. Thank you that you love and care for me. Amen

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

When have you proudly been determined to solve your own problems all by yourself?

When has proudly relying on yourself to solve all your problems filled your life with anxiety?

Why were you not designed to be able to solve all your own problems without relying on God?

When has foolishly relying on yourself created even more problems and anxieties in you?

When have you brought all your problems and anxieties to God to ask Him for His help?

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

How has God helped you through your problems and relieved you of anxiety?

Living It Out:

(What action step is God guiding your heart to take?)

Give your problems and anxieties to God so you can rely on Him for His help.

Seeing It Happen:

(What are you trusting God for in your heart?)

Have faith that God will help you with your problems and relieve you of anxiety when you bring them to Him.

Get Ready To Share:

(What can you share with others from your heart?)

Share with another person or your small group how God has helped you with problems and relieved your anxieties.

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 rely on your Heavenly Father to carry your burdens and relieve your anxieties.

Prayer To Carry

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

Heavenly Father, thank you that I can rely on you to carry my burdens and relieve my anxieties.

What Do You Want To Remember About Today?

A Question To Ask God

(What Would You Like To Ask God?)

Heavenly Father, what burden and anxieties do I need to give to you today?
