

Heart Moments Bible Studies, #3, Casting Your Cares Away!

What worries are you carrying around right now? What fears and burdens are weighing you down? Are you anxious about a situation?

1. List	t some of the iss	sues that are c	ausing you	to worry, be fear	ful, and/or anxid	ous.
it. Accor		ry.com, the de		I can't sleep, or i he verb "worry" i		
make yo	u more likely to	have high bloc	od pressure	an also affect you e, a heart attack, nd breathing pro	or stroke. Worry	
	nds and feeling re tells us quit			and lose sleep,	but the truth	of
2. Wh	at does <u>1 Peter</u>	5:7 tell us to d	o with our	worry, fears, and	l anxiety?	
"Give	your	and	to	, for he	about	
of their f	-	e tells them no	t to worry.	re suffering perse The NIV translat "		
significa: direction	nt amount, ever and place all o s. Why should	y different one f our disturbin	e, any and e g thoughts	d. All means all, reverything. We ar , fret, cares, anxidart of 1 Peter 5:7	re to look in God eties, and uneas	's iness into
Read th	at again: God	cares for you	. He is cor	ncerned and loo	ks out for you.	He

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3. Is there a situation that you attempt to give to God but instead continue to worry or

watches over you and is responsible for you.



My husband is a fisherman. He's known as the "bigeyecra crappie in our area lakes. Sadly, I do not share his ability Nevertheless, I've been with him a few times, and one tim nto the dark, murky lake water. It never reached the wat orush. I yanked and tugged with no success. The more I t messier it got. But as I remember my experience, I can re	or passion for fishing. ne I tried "casting" a fishing pole er because it got hung up in some ried to reel the line back in, the
God tells us to cast or give all of our worries or anxiety to God never tells us to reel them back in. How often do we away, then get hung up in our worry and try to bring our back to us?	try to cast them or give them
fust like that fishing line, the more we try to pull, tug, and worse it becomes. Worry becomes an obsession, leading t	
4. Read Psalm 55:22. What is the command?	?
What is the promised result?	?
5. Look up <u>Matthew 6:25-34</u>. How many times does Jes6. From this passage, what do you think are some of the	-
V26	
J27	
V30	
V32	
7. Zoom in on V33. What should our focus be on instea	
The time we spend worrying would be be	tter spent in prayer.

fret over? _____

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How do we cast or give our cares to God? Philippians 4:6-7 tells us how!

8.	Did '	you notice th	ie "instri	actions"	in vs	6 and	7?	Write	them	below:

•				
•				
•				
•				

9. What is the promised result?

God promises peace. More than we can understand, guarding our hearts and minds in Christ Jesus. Prayer acknowledges that God is the One who can handle the situation that worries us. Prayer releases the issue into His hands and leaves it there.



Thankfulness takes our eyes off ourselves and places them onto God, Sovereign over all, and the giver of good things. Gratitude changes our focus and our perspective.

What worries you today? What causes you to be anxious and lose precious sleep? Are you trying to handle it yourself? Are you refusing to cast the line of worry, cares, and anxiety away and let it remain there? Don't try to reel it back in! Remind yourself that God cares for you and has invited you to give it ALL to Him!



Will you apply	what you've	learned?	Write a	prayer	giving	all your	worries t	o God	using	the
principles from	n Philippians	4:6-7.								

Picture, if you will, God is standing in front of you with his outstretched hand, waiting for you to place your worry and anxiety there. Trust that He is more than capable of handling what you give Him! When you do, be ready to receive back the peace that only God can give you.

"Peace I leave with you; my peace I give you.

I do not give to you as the world gives.

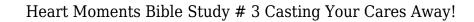
Do not let your hearts be troubled and do not be afraid."

John 14:17 (NIV)

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Sparrows by Cory Asbury

I hope that you will catch a glimpse of the heart of God and delight in, and hunger for, the life-changing, transforming power of the Word. – Robin





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