

## QUESTIONS FOR STUDY AND DISCUSSION

1. For many Christians their greatest struggle is with anxiety. Their lives are often gripped by a lingering sense of fear and uncertainty. Sleepless nights, wandering thoughts down dark trails and a lack of peace are common. Read Matthew 5:24-34. In this passage our Lord gives a number of reasons why we should not worry. What are the reasons He gives? How can these be applied?
2. As Peter writes his letter, believers are under a severe persecution (1:6,7) by the Roman Empire. The daily uncertainty and violence were enormous. What would it have been like to be a Christian disciple, a father, mother, child or church leader during this time?
3. What does Peter instruct us to do with our cares in verse 7? How do we do this? What does the word "casting" imply? What areas of worry have you cast away? Why is it so very hard to truly cast our cares away?
4. Verse 6 gives us a very clear reason why we should cast our cares away. What is the reason? What does it mean that God cares for us? Name at least seven characteristics of God, (His attributes) that help us understand why His care is unlike any care we have ever experienced elsewhere.
5. The context of this call to cast our care is in the context of a passage on humility (vs 6)? How is casting our care on God an act of humility and worship?
6. Paul helps us in considering how we are practically to cast our care on God. Read Philippians 4:6,7. In these verses, what should be a trigger for prayer? What is God's promise if we seek His face in this way? Have you ever known this in your life? How could this one passage if applied turn a chronic worrier into a dedicated prayer?
7. Read Psalm 46:10,11 and turn it into a prayer of thanksgiving and supplication (asking for help).

## LIVING HOPE: Studies in I Peter "Casting Care" (I Peter 5: 6,7)

### I. *Why Shouldn't I Worry?*

1. D \_\_\_\_\_
2. D \_\_\_\_\_
3. D \_\_\_\_\_

### II. *Fighting Worry*

1. Recognize worry as a \_\_\_\_\_ .
2. Surrender to God's \_\_\_\_\_ .
3. Cast your care \_\_\_\_\_ .
4. Use worry to \_\_\_\_\_ .

### III. *He is Worthy*

1. He \_\_\_\_\_ .
2. He \_\_\_\_\_ for you \_\_\_\_\_ .
3. He \_\_\_\_\_ for you \_\_\_\_\_  
for your \_\_\_\_\_ .