

# 1 PETER 5:7

Cast all your anxiety on him because he cares for you.

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## THINK

Reread the verse and replace the underlined words with your name. How does it feel to know that God cares for you?

What are some things you are anxious about right now?

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## PRAY

Jesus, thank you for caring about me. Help me not to be anxious about \_\_\_\_\_.

Thank you for the doctors and nurses who care for other people. Thank for the people who care for me.

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## DO

Be thankful. It's easy to focus on things that worry us. Let's focus on what we are thankful for. Make a list or draw some pictures of what you are thankful for (on paper, outside with chalk, or use whatever you have). Say thank you to God for each thing. Add to it throughout the week.

THE GOOD SHEPHERD CARES

IN THE WORD  
Tuesday, April 14