

# “LET GO AND LET GOD”

1 Peter 5:7

**Main Idea:** Cast all your cares upon the Lord, for He cares for you.

## **The Assumption: We All Have “Cares”**

The meaning of “care”

Two kinds of “cares”

## **The Root: “Cares” are the result of pride**

The context of verse 7

Self-reliance/self-sufficiency

## **The Solution: Cast your “cares” on God**

Relinquishing personal control

Entrusting it to One Who has control

**The Reason: He Cares**

Our God is different!

Our God is interested and loves us immensely!

# Family Life Groups

## “Let Go and Let God”

1 Peter 5:7

**Main Idea:** Cast all your cares on the Lord, for He cares for you.

1) Do you have a tendency to worry? If so, what do you worry about? Why do you worry? Can you discern how your worry might be related to pride (5:6)?

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2. The word “cast” means to throw. How do you “throw” your worries on the Lord? Describe the process using a specific worry in your life.

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3. Sometimes we “throw” a worry on the Lord, but then take it back a little later and hold on to it again. Why? What can you do to release it once and for all?

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Questions? Feel free to contact Pastor Stan Myers at [stan@ebcsalem.com](mailto:stan@ebcsalem.com)