

Read: 1 Peter 4:12-17; 5:6-11

We Have Hope for Future Glory

1 Peter 5:7

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

In the name of the Father and of the Son and of the Holy Spirit. Amen.

What brings you worry or stress in life? Stress can be caused by any number of things: homelife, homework, job, our future, whether a friend likes you or not, something you did wrong, confusion, sadness . . . the list goes on and on.

How do you get rid of worry and stress? That's a tough thing to do, isn't it? We can try to forget about it or not deal with it, but it is still there.

Peter gives the solution for worry. Think about what he says this way. When you are sick and your parents can't help you, who do they call? A doctor! When you have a clogged pipe or broken sink that no one can fix, who do you call? A plumber! When you can't fix something, you turn to an expert to fix it.

When you have spiritual problems, like worry, anxiety, or stress, who do you turn to? You need an expert, and the expert is Jesus. Jesus is the expert at removing worry and stress. He removed the stress when you sin and feel guilty. How could you ever pay for them all? You can't, but Jesus did! Sin's stress and anxiety was on him, not you! That's why you need not worry. Jesus fixed it by his death and guaranteed heaven by his resurrection.

Jesus showed just how much he cares for you Now, Jesus wants you to come to him with any worry or stress you may have in life. He promises you can leave them all with him. He will take care of them.

If you are worried about your future, trust Jesus' promise that he has a plan for you. If you worry about your friends and whether they care for you, trust Jesus' promise that he is your best friend no matter what. If you worry about anything in life, Jesus invites you to give them all to him. Then go and live your life in peace. Jesus has it under control because he cares for you, and he's the expert.

The questions below are to help families discuss this devotion. The questions are divided by age group as suggestions, but anyone could reflect on any of the questions as they desire.

Questions for Younger Children

- What is something that worries you?
- Why can you give Jesus that worry?

Questions for Elementary Age Children

- 1 Peter 5:7 says “(Jesus) cares for you.” Name some ways Jesus shows us he cares.
- Identify two practical ways we as a family can regularly give our worries to Jesus.

Questions for Middle School and Above

- Why is it so easy for us to hold onto our worries and not give them to Jesus?
- In what ways could we as your parent(s) better learn your worries and help you bring them to Jesus?

Closing Prayer:

Lord Jesus, here and now I am giving you all these things I worry about. (Encourage everyone listening to share what they're worried about out loud or silently). I humbly ask you to deal them for me and I know you will, because you care for me so much!

Hymn: CW 173: 3 – On Christ's Ascension I Now Build

Oh, grant, dear Lord, this grace to me, recalling your ascension,
That I may serve you faithfully, adorning your redemption;
And then, when all my days will cease, let me depart in joy and peace
In answer to my pleading.