

# Family TableTalk

Conversation 03

## Handing Anxieties to the Lord

read

*1 Peter 5:6-11*

think

We all face many anxieties. Anxiety simply says, "Something bad is going to happen to someone or something I care about." Of course, our concerns are not all bad. It is right to not want bad things to happen to people we care about, for example.

Sometimes, though, our anxieties drive us to the wrong places.

This passage recognizes our anxieties and tells us what to do with them. We must cast our anxieties on the Lord. We must be watchful in prayer, recognizing that the adversary wants to convince us we are alone in our suffering. We must be forward-looking, knowing that our suffering and anxieties are not the end of the story.

But the passage doesn't stop there. It gives us reasons to do these things - truths that stand behind the commands. Why cast our anxieties on the Lord? Because he is mighty and cares for us. Because to do so is to humble ourselves under his hand, rather than proudly trying to take things into our own hands. Why resist the devil's lies? Because we are part of a worldwide brotherhood of believers who share in suffering together. Why look toward the future? Because God will exalt us at the proper time. Because he will restore, confirm, strengthen, and establish us. His grace is abundant, and eternal glory in Christ is the end of the story for all in him.

Doesn't that motivate you to hand your anxieties to the Lord rather than handling them yourself?

apply

- What anxieties have come to the surface for you lately, and where have you turned to with those anxieties?
- Consider the truths behind the commands in this passage. Which of these are most comforting to you?
- Brainstorm together how you can actively cast your anxieties on the Lord this week.

pray

Father, you are gracious, caring, and mighty. We confess we often doubt these truths and therefore take our anxieties into our own hands. Thank you for the unchangeable hope of eternal glory in Christ. Thank you for adopting us into your family, so we can trust you to care for us as a loving and good Father. Help us to hand our anxieties to you and trust you to do all things at the proper time.

**by Linda Oliver**

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