**Sunday, 30 April 2023**

**Give Your Worries to God**

God wants you to be free of worry and anxiety, and He tells us how in the Bible. To live without worry, you must “*Give Our Worries to God.”* Today we will learn why we should and how to give our worries to God. 1 Peter 5:6-10

1. Why should we give our cares to the Lord?
   1. Worry will lead to evil - Psalm 37:8
   2. Worry causes the Word to be ineffective in our lives - Mark 4:19
   3. Worry does not help, so why worry - Matt. 6:25-27
2. How can we give our worry to God? 1 Peter 5:6-10
   1. Humble yourself under the mighty hand of God - 1 Pet. 5:6
   2. Believe God cares for you – 1 Pet. 5:7, 1 John 4:18
   3. Control your thoughts – 1 Peter 5:8, 2 Corinthians 10:4-5
   4. Use your faith to resist worry - 1 Peter 5:9, 10

Conclusion: we now know why God wants us to give our worries to Him and how we can give them to God. So the choice is yours. Do you want to live a life free of worry? Humble yourself before God, believe He cares for you, control your thoughts, and resist worry in faith.

Discussion Questions:

* + - 1. Why should we give our worries to God?
      2. How can we give our worries to God?