

GOD LOOKS ON THE HEART

Family Devotion — Lesson 46

MEMORY VERSE — 1 PETER 5:7

“Casting all your care upon him; for he careth for you.”

- We are encouraged to take all of the things we care about, even our worries and problems, and give them to the Lord. We can do this because God cares about us—even the things we are going through.
- When we “cast our care upon him” we are completely depending on Him to help us. To cast something is to throw it and completely let go. We do this by faith.
- Just as we carry our possessions in a suitcase, we carry things in our hearts. These things can be worries, concerns, troubles, and fears. We can put a smile on our face and pretend like everything is ok, but in our heart we are hurting and worried.
- God sees your heart and knows what you are going through. He wants to help you! If we don’t cast our care upon God, our hearts will grow very heavy. This is why Jesus said, *“Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light”* (Mt. 11:28-30).
- Isn’t it a blessing to know that God cares about us and wants to take care of us! The more we come to Him, the more He will comfort us.
- *“Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God”* (2 Cor. 1:3-4).

QUESTIONS TO DISCUSS

- What are some consequences of not bringing your cares to God? (a heavy heart, fear, depression, anxiety)
- Why wouldn’t someone give their problems and worries to God? (no faith, no prayer life, not saved, they want to take care of it themselves)
- According to 2 Corinthians 1:3-4, what are we to do after God comforts us?

PRAYER TIME

- Search your heart for any worry, problem, or care, and then give it to the Lord—letting go of it.
- Thank God for His care.

CHALLENGE

- Find someone who needs comfort and care and show them God’s love.