



CASTING CARES

Week 5 | Casting Cares Discipleship Groups

As you start your discipleship group, pray for each other. Pray that God would continue to teach and transform us as we go through these Spiritual practices. Pray that your group would feel the freedom to be honest about where you have grown this week and where you have faced difficulties.

- **How is casting your cares on Jesus natural for you? How is it difficult?**
- **In what areas do you feel that your soul is not "quiet"?**
- **What did you think of the idea of noise coming from: competence, control, and comparison? Which of these do you find yourself struggling with most often?**
- **Did you gain any insight or hear anything in particular from God through the exercises this week?**
- **How do you think you could incorporate this idea of "casting cares" into your daily rhythm? Is it important that it is part of your daily rhythm?**