



# CASTING CARES

## Week 5 | Casting Cares

### Gospel Community Leaders Guide

#### Pray

As you begin, pray with your group. Pray that you would each be empowered by the Spirit to lay your cares at the feet of Jesus. Pray that God would identify your burdens, and replace them with His peace. Pray that God would transform your cares into trust in His goodness in your story, and that a habit of worry in your souls would be replaced with reliance on Jesus.

#### Discuss

Discuss this week's sermon and the following questions with your group.

*"O Lord, my heart is not lifted up; my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me. But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me. O Israel, hope in the Lord from this time forth and forevermore." - Psalm 131*

- **How does this passage affect how you think about casting your cares on God?**
- **What is the importance of acknowledging/naming your anxieties and giving them to Jesus?**
- **How could you incorporate this practice into your day-to-day rhythm?**
- **We are told over and over that God wants to take our anxiety and bear our burdens. For many this is hard to do. What are some reasons this is difficult for you?**

# Encourage

A large portion of the Gospel Community time this week will be spent in prayer instead of teaching or discussing. Break up into your discipleship groups (or small groups of 3-4, same gender). Give each person a few minutes to share some ways that their soul is not quiet right now. There are no wrong answers here. These could be cares they have identified through the exercises this week, or stressors that they notice keep coming up in their lives. Have the groups pray for and encourage one another.

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