



Week 3: Jesus & Our Emotions

Notes include work from John Mark Comer, and Bethany Allen from www.practicingtheway.org

"Cast your cares on the **WORD** and he will sustain you he will never let the
righteous fall."
Psalm 55:22

Table Talk:

READ: 1 Peter 5v7

Psalm 62:5-8

Philippians 4:6

1. In 1 Peter 5v7 we are told to cast all of our anxiety on him (Jesus) because he cares for us. Share something that you are currently anxious about. Do you ever question God's concern for you? If so, why?
2. Psalm 62 tells us we are to "pour out our hearts to God". What do you think the writer means by this? Have you tried this before? What was it like?
3. We are told over and over that God wants to take our anxiety and bear our burdens. For many this is hard to do. Do you find it easy or difficult to release burdens to God? Why?

Spiritual Practice: Casting Cares

1. Create for yourself a quiet space to meet with God.

Set aside a modest time on a particular day (we estimate this will take 1-2 hours) to be alone with God. Find a time and place that is quiet and distraction free.

2. Invite the Holy Spirit to come.

Ask Him to show you areas of personal or relational fear/anxiety.

Next, ask him to show you areas of fear/anxiety associated with the present or future.

Ask the Father to reveal any areas of unbelief in your life where you don't believe the Father will care for you.

Take your time and wait on the Holy Spirit. It may feel uncomfortable or exposing. This may be where the enemy tries to attack with condemnation or doubt. Don't get discouraged. Press through. Exercise faith.

3. Write

Jot down and list these anxieties/fears on a piece of paper. Take a few minutes to reflect on what you have written.

4. Pray

Pray and visualize yourself with the Father, and then, one by one, imagine giving (handing) each anxiety to Jesus.

This exercise should create a mental snapshot of Jesus doing exactly what He says He will do (Ps. 55:22; Matt. 6:25-26). By handing Jesus your anxieties you are expressing your trust in His ability to take care of you.

5. Release

Once you've given all of your anxieties to Jesus in prayer, rip up each anxiety you wrote down and throw it away. This symbolizes that the anxiety has been given to Jesus and that you are now released from the weight and responsibility of the burden.