



## 1 READ THE SCRIPTURE

Cast all your anxiety on him,  
because he cares for you.

-1 Peter 5:7

## 2 CHOOSE AN IMAGE

What's something you can find  
in each of these images that you  
associate with someone who  
cares for you?

## 3 REFLECT Ask some or all of these questions, depending on your context and timeframe

- Thinking about the people who came to mind, describe how they made you feel cared for. What did they say or do?
- In what ways does Jesus' care for you show up in these images?
- In your experience, what happens when we "cast our anxieties on God"?
- Using what you see in one of the images as a basis, thank God for standing with you in anxious times.

**TOUGH TIMES**

**CARED  
FOR**

**(1 PETER 5:7)**