

MAIN POINT

God cares about our burdens and calls us to bring them to Him.

INTRODUCTION

What in life makes you feel most anxious or weighed down with burdens? Where do you turn to for help in these times?

People have always been anxious; yet, it seems as if the reasons for anxiety are greater today than ever before. We have the ability to know more than ever about the world, yet we fear more in the world than ever before. Anxiety often leads us to feeling alone, abandoned, and wondering if God cares about us. If you ever wonder if God cares about you, the Bible answers with a resounding “yes!” through the person of Jesus.

DISCUSSION

> READ JOHN 2:1-4.

Had you been in Mary’s place, how would you have responded in this situation (i.e., afraid, stressed, skeptical)?

Why did Jesus respond to His mother the way that He did? Why did He go ahead and produce the wine in spite of His initial objection to getting involved?

How does this account show Jesus’ concern for our daily cares in life?

> READ JOHN 11:32-37.

How do these verses help you understand Jesus’ involvement in your pain?

Do you find it hard to believe that Jesus experienced emotional pain? Why or why not?

> READ 1 PETER 5:7.

What does the word “cast” mean in this verse? What does it mean to cast our cares on the Lord?

When has the Lord lightened your cares as you have given them to Him? How did that experience shape and build your trust in Him?

APPLICATION

Where are you currently facing anxiety or pain? In what specific ways can you cast your cares upon the Lord, who cares for you?