

**A Thought  
for the Day**

## **Cast your Anxieties on Jesus**

### **The Bible says:**

CAST ALL YOUR ANXIETY ON HIM BECAUSE HE CARES FOR YOU (1 PETER 5:7 NIV).

### **Think on this:**

IT IS NORMAL TO FEEL ANXIOUS, FEARFUL, OR NERVOUS ABOUT SOME OF THE THINGS YOU FACE OR DO IN YOUR LIFE. LET'S SAY YOU HAVE A SCHOOL ASSIGNMENT OR PROJECT COMING UP THAT YOU DON'T FEEL CONFIDENT YOU CAN DO. IF YOU FEEL THE "BUTTERFLIES" IN YOUR STOMACH, OR IF SOMETHING IS PREVENTING YOU FROM RELAXING OR EVEN FALLING ASLEEP AT NIGHT, IT IS TIME TO CAST YOUR ANXIETIES, OR WORRIES, ON JESUS.

YOU CAN DO THIS BY PRAYING WHENEVER YOUR THOUGHTS BECOME TROUBLED. YOU MIGHT ALSO WANT TO ASK YOUR PARENTS TO PRAY WITH YOU. MAYBE YOU HAVE A FRIEND WHO IS ALSO NERVOUS ABOUT THE VERY SAME PROJECT, AND TOGETHER YOU CAN PRAY AND ASK JESUS TO FILL YOU WITH THE CONFIDENCE AND COURAGE YOU NEED TO FACE YOUR DIFFICULTY. JESUS LOVES AND CARES FOR YOU AND WANTS TO HELP YOU CARRY EVERY LOAD. YOU ARE NOT ALONE.

