

Saturday, May 23, 2026 | Turn Your Worries Into Prayers

SCRIPTURE

Cast all your anxieties on him, because he cares for you. — 1 Peter 5:7

DEVOTION

Here is a simple practice for a worried heart. The moment anxiety begins to rise, turn it into a prayer. Do not push it down. Do not let it run wild. Speak it, briefly and honestly, to your Father. Something like this: “Lord, I am beginning to worry about this. Help me to trust You. I know You care for me, because You gave me eternal life in Jesus Christ. Amen.” That is the whole practice.

This is what Peter means by casting. It is active and deliberate. Like a fishing line, you aim it at God and you let it go — and you do not reel it back in. You leave it with Him.

Look back at the week. You named your anxieties. You found that Jesus answers the deepest question of life. You learned that He prayed for you before He died for you. You stood at the empty tomb and heard, “It is finished.” You took your place under the mighty, fatherly hand of God. Today the invitation is simple: live in that as a daily habit of prayer.

God cares for you. Not because you have managed your anxieties well. Not because your faith has been strong every day. He cares for you because He is your Father, Jesus is your Savior, and His love for you was decided long before your worries began. Cast all your cares on Him today, and again tomorrow, and the day after that.

DISCUSSION QUESTIONS

1. What is one anxiety you want to give to God in prayer right now, before this week ends?
2. What truth about God’s care from this week has meant the most to you and why?
3. How will you keep “turning worries into prayers” as a regular habit in the weeks ahead?

CLOSING PRAYER

Lord God, thank You for Your Word this week. You are not a distant deity. You are the Father who hears every prayer and holds every worry. Teach us to turn our anxieties into prayers, day by day. Keep our eyes on Jesus, the answer to every question and the anchor in every storm. In His name we pray. Amen.

FAMILY ACTION ITEM

Close the week with a family prayer time. Let each person name one worry they want to give to God. After each one, have the whole family say together: “Cast it on Him — He cares for you.” End by reading 1 Peter 5:7 aloud in unison.