

Monday, May 18, 2026 | Name Your Anxieties

SCRIPTURE

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

DEVOTION

Everyone carries something. A test next week. A job that may not last. A diagnosis. A child who has stopped coming to church. Worry plants itself in the heart and refuses to leave on its own.

Peter's answer is striking. He does not say push the worry down. He does not say try harder. He says cast it — an active verb, a deliberate release — onto God. All of it. The small worries and the crushing ones together.

Anxiety is usually a sign that our trust in God is wavering. The problem starts to look bigger than the One who holds all things. But God's care for you is not occasional, and it is not earned. He has already proven it by giving His Son for you. He will not abandon you now.

So begin here: name the worries. Speak them honestly. Not to brood over them, but to hand them over to a Father who is waiting to receive them.

DISCUSSION QUESTIONS

1. What is one worry you have been carrying this week that you have not yet given to God?
2. Why is it sometimes harder to release a worry than to keep holding it?
3. How does the cross prove that God's care for you is real and personal?

CLOSING PRAYER

Heavenly Father, You see every worry we are carrying. Forgive us for trying to carry them alone. Teach us to cast our anxieties on You, trusting that Your care for us was settled at the cross of Your Son, Jesus Christ. In His name we pray. Amen.

FAMILY ACTION ITEM

As a family, write down one worry each on a small slip of paper. Place them in a bowl and pray together, naming each one aloud as you give it to God. Leave the bowl on the table this week as a quiet reminder that He is holding them.