

# RE-GENERATION *Devotionals*




## The Baggage Problem

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**Devotional 2 - Written by Jo Mcfarlane**



**"CAST ALL YOUR ANXIETY  
ON HIM BECAUSE HE  
CARES FOR YOU  
- 1 PETER 5:7**



**MY GOD IS  
FIGHTING FOR  
ME EVERYDAY!**





## HAVE YOU EVER BEEN ON A HOLIDAY?

Maybe you have been to the seaside...there is so much to pack and take ...buckets and spades, sun cream and swimming costumes. If you have been abroad, there is even more to take. Airports are full of people with lots to carry, and once they have returned home from their break, they unpack their things and put the suitcases away. Imagine if you had to keep carrying all these things around with you....it would be exhausting!

The fact is, sometimes we do end up carrying things around a bit like this. Instead of suitcases and baggage, it can be worries, fears and even disappointments. We can become anxious about what is going on around us. Maybe we have seen things on the news, or heard things that have frightened or upset us. If we bottle these things up, it can make us anxious and sad. Can you think of anything that may be that extra baggage for you right now? Do you have anything that may be making you anxious?

Jesus Loves you so much that He wants to take the things from us that weigh us down. He wants you to be free from any frightening or anxious thoughts. We have all heard the song in church... "cast your burdens (boom boom!!) onto Jesus (boom boom!!) because he cares for you" This, my Friends is true! So.....how do we do this?

## HOW DO WE 'CAST OUR BURDENS'?

Look up in your Bibles: Philippians 4:6 (keep this page open as you will need it again soon)

### FILL IN THE GAPS:

**"Do not be anxious about anything, but in everything, by ..... and petition, with ....., present your requests to God."**

*Here God has given the keys to our baggage problem! God has given us some things we need to do....did you fill in the gaps? What are they?*

**Yes....Prayer and Thanksgiving!**

Prayer is talking to Jesus and sharing our hearts with Him. Remember the story yesterday? Just as Jesus was in the boat with His friends, He is with you also. Jesus wants to hear about everything, the things you may be finding difficult right now. It may help to share things with a parent or older brother or Sister...sometimes things can feel difficult to put into words, and we may need a big hug. Our parents can help turn our cares into prayers, by praying things through with us.

With this, we Thank God for who He is, for being our Saviour, and for loving us so much that He listens to us. When we feel like everything is wrong, talk to God...He can make things right...

The God that we share our cares with, is the Awesome God who created the universe!! He can answer our prayers....HE IS ABLE!!

## Look at Philippians 4:7

**What does God promise to us when we share our hearts with Him?  
P....CE**

## WHAT DOES THIS PEACE FEEL LIKE?

To me, peace feels like that calm sea in Galilee, with the sun shining and the gentle waves. The world around us can be stormy and uncertain, but peace lives in our hearts, and it is a gift from our Lord Jesus. Praise you

## ★ ACTIVITY ✎

### NOW IT'S YOUR TURN...

\*Ask a parent to help with the drawing if you need to!



Take a few moments to think of some of the things you would like to share with Jesus (If you still have your makeshift den from yesterday, maybe you could spend some quiet time here). Are there are some people you would like to pray for? Are there any situations you would like to invite God into? Write these down as they come into your mind. Draw a tree on a sheet of paper with a trunk and branches (colour it in if you like). Write each prayer request as one of the branches. Each day you can pray for each person and situation, and Thank God that He is able to answer your prayers, and that you are able to leave your cares with him. You could even create a family Prayer Tree.....



For This Activity You  
Are Going To Need  
The Following Things:

★ A PEN OR PENCIL

★ PAPER

★ COLOURING PENS OR PENCILS

★ GLUE STICK / BLUETAC

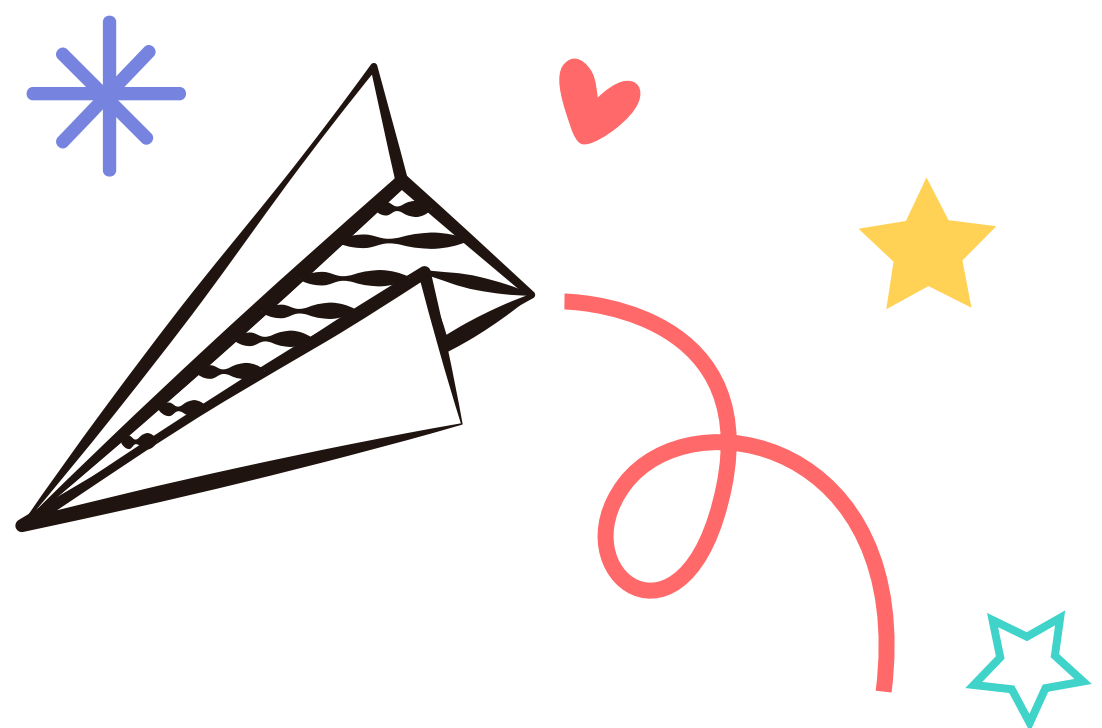
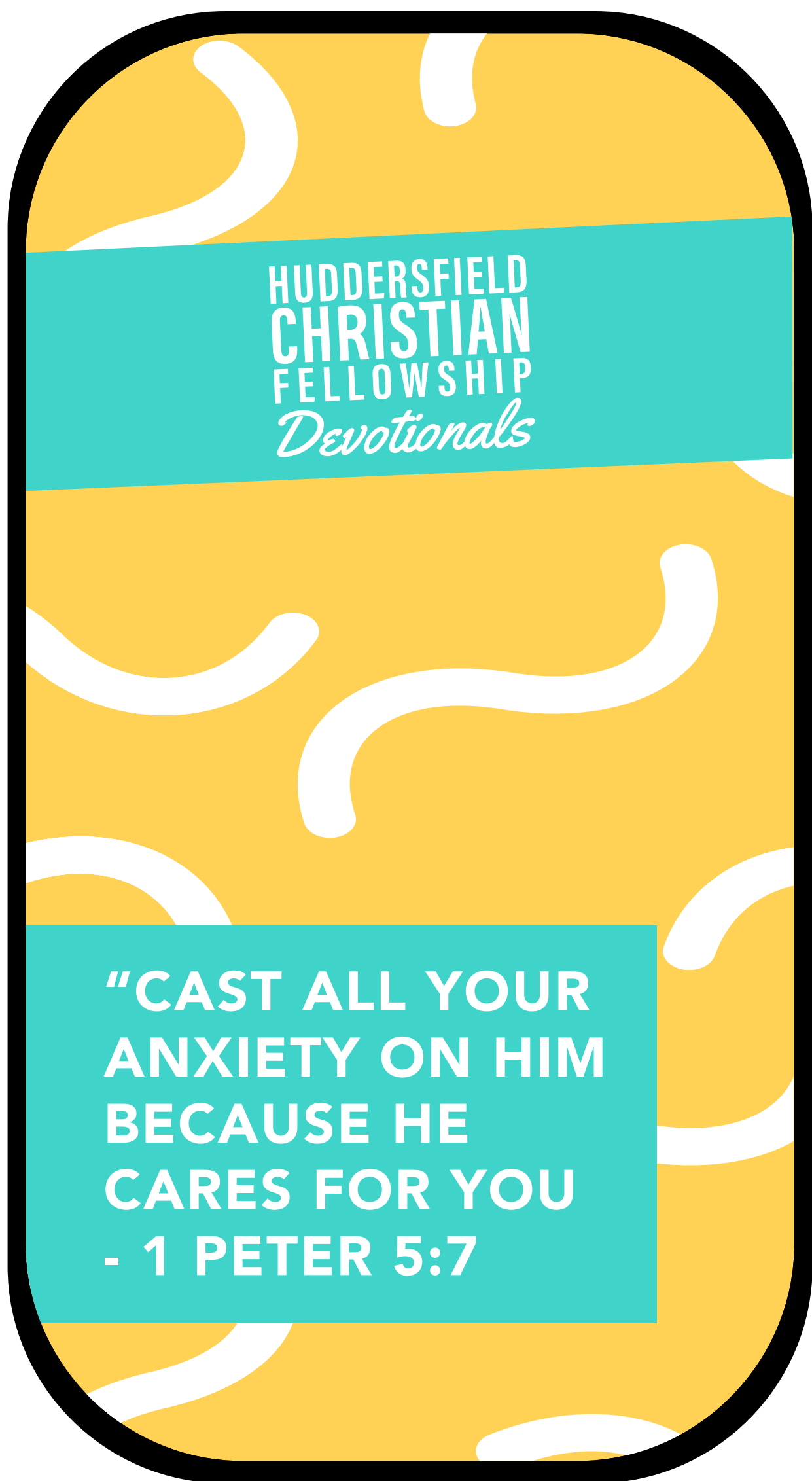
## ★ PRAYER ✎

### ★ LET'S TALK TO GOD...❤

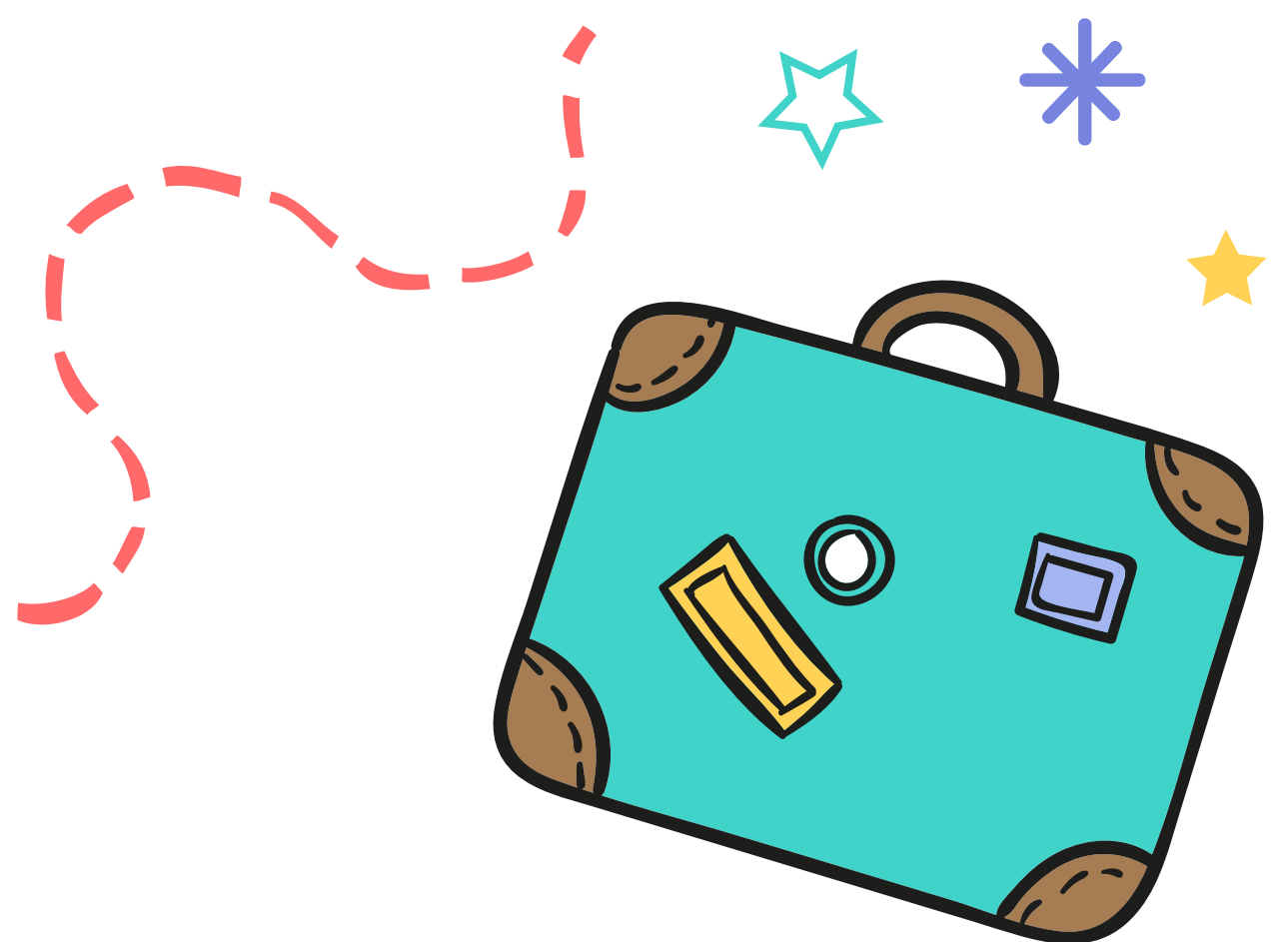
Thank you Lord that You care so much for us, that You want to take our burdens from us, and give us peace in exchange.

Thank you that You have the power to answer our prayers. ★

# Devotional Downloads



*Download this new cover image for your phone or tablet to remind you that God cares for you and He will take all your anxiety & burdens!!*



★ To download simply click the image above and save to your photos. ✨



**HUDDERSFIELD  
CHRISTIAN  
FELLOWSHIP**

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