

## **Care Casting**

### **Ready:**

... casting all your care upon Him, because He cares about you.

1 Peter 5:7

### **Set**

As an athlete your job is fairly simple in some ways – just listen to the coach and do what he or she tells you to do. But this doesn't guarantee success because the coach does make mistakes and will at times fall short in his or her instruction.

Of course a driven athlete would never be completely satisfied with what only one coach has to say. The driven athlete may go to a better coach and seek advice or read a book for additional input, or even watch a video to gain some direction.

God, on the other hand, is the perfect Coach. You can go to Him and get the perfect advice, input, or direction anytime. And you can go to Him with all of your cares too! If you are having an issue or problem, take it to God – He wants to hear about it. He will give you some great coaching, and He will give you perfect answers.

### **Go**

1. What cares do you have that you haven't given to God yet?
2. Take some time today and write out descriptions of a few of these cares and give all these details to God. Then pray that you don't take them back!

### **Workout**

Psalm 46

### **Bible Reference:**

1 Peter 5



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