



**Jehoshaphat Trusts God for Victory**—2 Chronicles 20:1-30

► **Bible Point**—God helps us with our problems.

**Key Verse**—“Cast all your anxiety on him because he cares for you” (1 Peter 5:7).

## DIGGING DEEPER

## Daily Challenges

Choose one or more of these activities to do this week.

- Find other verses in the Bible that remind you that God wants you to turn to him when you're afraid or worried. Commit them to memory this week, so you'll remember them the next time a tough situation comes along.
- Write down the anxieties you're facing. Take your list and throw it away, and then ask God to help you keep those anxieties “thrown away” and not take them back. If any other anxieties come to mind this week, write those down and throw them away, too.
- If there's a friend or family member who's anxious right now, share with him or her how God loves us and wants us to cast our cares upon him. Offer to help in that situation, if you can, and keep that person in prayer.

## Through the Week

Use the following passages to explore additional biblical perspectives on relying on God for help with problems.

### Monday: Psalm 112:7

- How does trusting God help us when we're afraid?

### Tuesday—Psalm 56:4

- What can you do to remember this truth the next time you're experiencing anxiety?

### Wednesday—Matthew 8:26

- How does faith help us not to fear?

### Thursday: Luke 12:4

- Why is it important for you to not be afraid of what people can do to you?

### Friday—Luke 12:32

- How can knowing this help us with daily anxiety?

### Saturday—Psalm 94:19

- How has God consoled you when you've felt anxious?

## Talk Topics

- Talk about tough situations and times when you've trusted God. What were the benefits of trusting God? What things prevented you from trusting God? How were you able to trust God through the difficult moments?
- Discuss the Key Verse, 1 Peter 5:7. What does it mean to “cast all your anxiety on him”? What happens when we do this? Does God always help in ways we can see and understand?
- Talk about someone you know well who has faced tough moments, but has trusted God through them. What is this person like? How has trust in God shaped who he or she is?

! **OK**  
■ **TO COPY**