



Devotional Study Guide Journal

January 6th

God Cares for You

Adapted from: Good News in Times of Trouble

Especially when it comes to difficult relationships, it is easy to start to feel that no one is concerned at all about what we are going through. Financial struggles, too, can bring about these thoughts of no one caring. Please be encouraged to know that God does care. We are instructed to weep with those who weep and mourn with those who mourn, and we know that when Jesus saw the pain of Mary and Martha, He wept. **God will not be less toward us than He asks us to be toward others.** He is compassionate toward us. We are told to cast all of our cares upon Him because He cares for us. Say this out loud: “Father, thank You for caring about me.”

God isn’t in heaven apathetically looking down on our demise. Still, it’s easy to think He’s on His throne with His arms folded waiting for *us* to fix things. We cry out for help and picture Him too busy even to listen, or we imagine Him turning away in disgust. Maybe we hear “him” saying, “You made your bed, now lie in it.”

This couldn’t be further from the truth. He sees you. He hears you. He cares about you. When you feel that you can’t go on, take a minute to remind yourself that *God cares for you personally*, and He cares about what you care about.

My mom told me about something she did when she was worried about my brother and me which is an illustration of casting your cares upon the Lord. She said that, in her mind, she took a napkin in her hands and put my brother and me inside. Then she folded it up and handed us to Jesus. She said that once in a while, she’d check inside the napkin, but then she’d give us right back. So many times in life this has helped me—just to take whomever or whatever it is that’s overwhelming me, place it in a napkin, and hand it to Jesus.

“Lord, I can’t bear this situation. It’s just too much for me. So, I place this in Your hands because I believe that You care for me, and I believe you will help me.”

1 Peter 5:6-7

Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, ⁷casting all your care upon Him, for He cares for you.



What a powerful truth it is when we remember that God cares about what we care about. God is not an unfeeling or neutral God sitting in heaven somewhere casually listening to us as we pour our breaking hearts out before Him. God sincerely cares for us. He weeps with us. He mourns with us. How does believing this change our perspective?

If you'd like think of how you might explain this truth to a child, a friend, or a family member.

