



# FAMILY DISCUSSION

THE CULMINATION OF OUR HOPE

## READ AND CONSIDER ...

1 Peter 5:6-7 (NLT2) So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. Give all your worries and cares to God, for he cares about you.

# DISCUSS

- Consider the following spiritual disciplines

Spiritual conversations

Reading the Bible

Serving others

Prayer

Fellowship

Worship

Fasting

Journaling

- Discuss how participating in these activities helps you “cast” your cares on God. How do they help you let go of burdens and cares and surrender them to God?

# PRAY

- List some cares and burdens of your family and of other people you know
- Pray together and surrender them to God's power, God's authority, God's love.