

Family Special Time  
Teach Me to Pray

## Casting Cares

You will need  
Something you can throw

TELL your child that you are going to throw an item to them and you want them to catch it and throw it back. Do this several times.

ASK: ***What does it mean to “cast” something?*** (“Casting” is another way of saying “throwing.”)

SAY: We are going to read about something that God wants us to throw His way.

*Read 1 Peter 5:7 from your Bible.*

### Big Questions

***What does God want you to “cast” on Him?*** (Your cares.)

***Some of your cares or all of your cares?*** (All your cares.)

***Why can you cast all your cares on God?*** (Because He cares for you.)

TOSS the item back and forth but each time you throw it, say a care or worry that someone might have.

### ***What are some cares or worries that you have?***

Take turns praying and let each member of your family tell God about a care or worry (something that concerns them)—something they are throwing God’s way and trusting Him with. For example, “Dear Lord, Grandma is sick. Please help her to get better. I give this to you. In Jesus’ Name—Amen.”