



# Gospel Light®

HOME DISCUSSION GUIDE  
for Elementary

FALL D  
Lesson 1

## Safe & Secure

***“Cast your cares on the Lord and he will sustain you;  
he will never let the righteous fall.”***

Psalm 55:22

Worrying is so easy! But God wants us to take our cares to Him and to cast them onto Him. That’s not just telling Him about what worries us; casting our cares on Him is more like throwing them to Him as if we were pitching a fastball—throwing them away with all our might! One of my favorite ways of dealing with worry is to write out our prayers about the situation. Then we can read our prayers again later and record how God has answered our prayers. This is a great way to remember the good things that God has done for us!

### Try This:

Practice giving cares and worries to God. Have each person write or draw about a problem or a concern. Put all your cares and worries together and repeat Psalm 55:22 aloud together. Then send the papers through your paper shredder, or work together to rip the papers into tiny pieces. Mix the shredded paper into some potting soil and plant some flowers! **God promises to help us and care for us, no matter what we are worried about!**