



## 1 Peter 4:12-14; 5:6-11

(Lectionary Year A Easter 7)

By Beth Barnett

Practical opportunity to pray, casting our cares onto Jesus	
You will need:	<ul style="list-style-type: none"><li>• Art images by Chris Booth, made into a large poster, laid flat on the floor</li><li>• Several different colours of plasticine, enough for each person in your gathering to have at least a golf-ball sized lump.</li></ul>
Time required:	5 minutes

---

### Connect

Our Bible reading today has some really great advice for the followers of Jesus who lived long after and far away Jesus did.

How's this for advice? "Throw at [Jesus] all your anxiety because it concerns him." You might notice that it's more than just advice – it's written like an instruction or a command. "Throw at [Jesus] all your anxiety because it concerns him." I think this is a command that we could follow today.

Do we have any anxieties?

Anyone with any anxieties at all?

Anxieties about their own life, anxieties that a friend has shared with them to help ease the load, anxieties about their neighbourhood, about the nation, about other places across the world?

Lots of us have anxieties, some of us even have anxieties about our anxieties.

This instruction in 1 Peter isn't just telling us to get over it. It acknowledges that life has many cares and worries.

If we look in the passage, we see the kinds of anxieties the writer thought might be a problem:

Can you call out any of the anxieties in the passage? (*put the passage up on the screen to prompt ideas. Difficult times, suffering, being picked on for following Jesus, etc.*)

But we are invited here to throw our anxieties at or on Jesus. Not hang on to them.

## Context

For our prayers today, we are going to throw our anxieties and worries at Jesus. You are invited to take a lump of coloured plasticene and to make something that causes anxiety for you or for others, or something that causes you concern.

Perhaps its:

- your work or school
- the weapons being built around the world
- the way news is shared
- your health or the health of someone you know

As you are making your object of concern or anxiety, you can talk to someone about it, or quietly pray, telling Jesus about it.

When you have finished making your object and speaking about it, turn it back into a round lump of plasticene and roll it in your hands for a bit, like a stress ball.

In a few minutes we will all gather with our stress balls and throw them down on to the image of Jesus hands.

You might want to take a quick snap of the thing you made on your phone as a reminder that you have thrown that anxiety on to Jesus.

*Give a few minutes of making time playing some music in the background.*

*At the conclusion of the song, call people together around the poster on the ground.*

## Content

### **Pray:**

Loving God,

We are not strangers to suffering, or surprised by suffering.

But we know that you are a suffering God too – seen so clearly in Jesus.

So we don't come ashamed of our fears and sufferings.

We come strangely rejoicing and glad.

But we don't come proud either.

We thank you for your hand resting upon us, blessing, protecting and guarding us, even in the midst of our sufferings.

We bring you our anxieties and cares and worries – because you invite us.

We throw all our worries on to you, knowing you can take them all.



Intergen

[www.intergen.org.au](http://www.intergen.org.au)

*Lead your gathering in throwing their plasticene down on the poster.*

Help us to resist fear, to resist evil, and to stand steadfast in our faith.

We stand with our brothers and sisters in all the world are undergoing all kinds of suffering.

We look to you, the God of all Grace to restore, support strengthen and establish us.

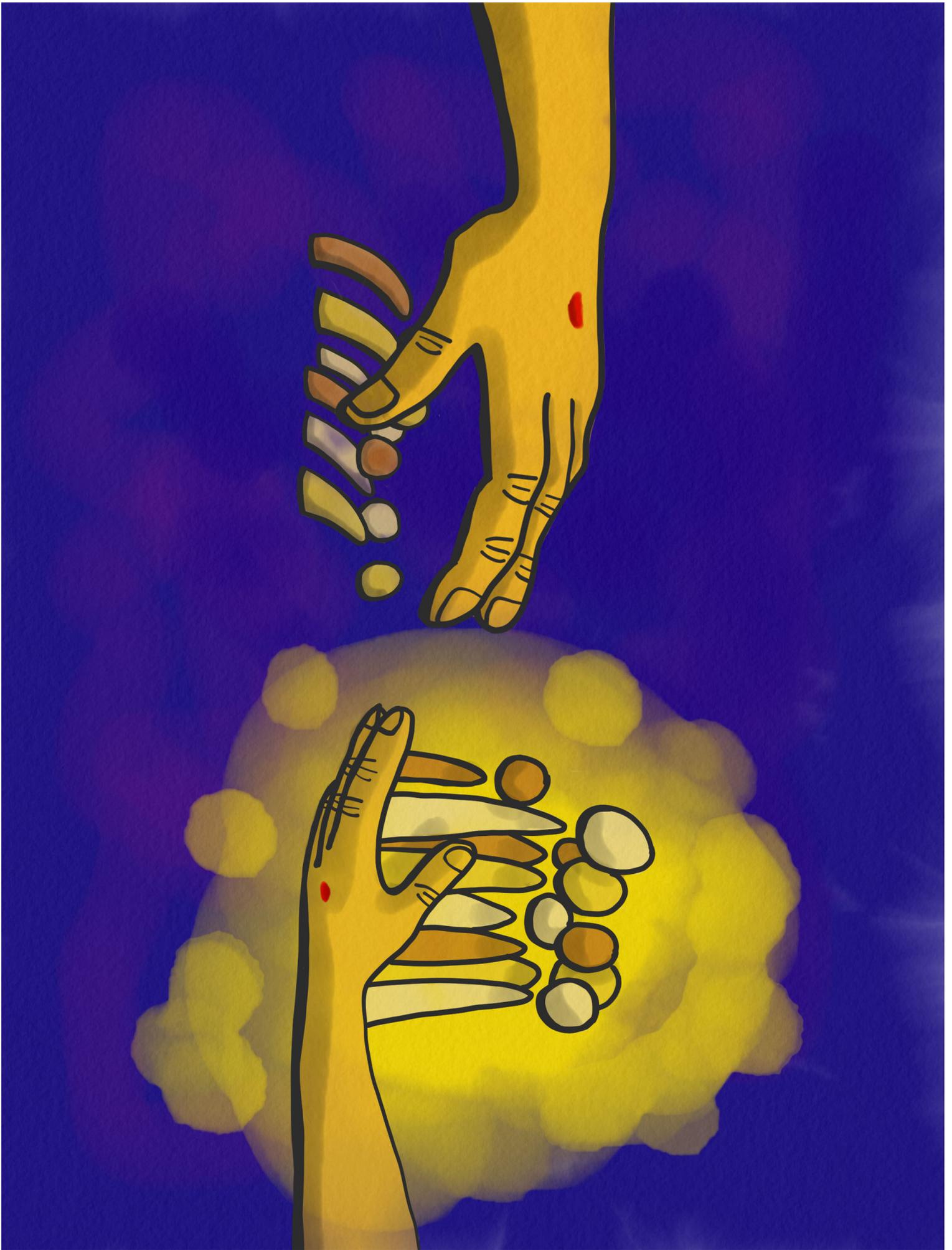
In the name of the suffering Christ,

Amen



**Intergen**

[www.intergen.org.au](http://www.intergen.org.au)



**Intergen**  
[www.intergen.org.au](http://www.intergen.org.au)