

## **The Power of Openness with God**

**Give all your worries and cares to God, for he cares about you (1 Pet 5:7).**

**Primary point:** Being open with God about your negative feelings helps you have power over them.

- 1. The subject & command of 1 Peter 5:7**
- 2. Honestly express your negative feelings to God**
- 3. More reasons to be open with God**
- 4. Ask why you are feeling this way**
- 5. Praise God for what you know is true**

### **Discussion ?'s**

- 1) What does it mean to “pour out your heart” to God?
- 2) If God already knows what is in our heart, why does He want us to express it to Him?
- 3) Why should we learn to yell at God instead of people?
- 4) Why must we trust God to be able to do this?
- 5) If you have experienced “pouring your heart out to God,” how did it help you?
- 6) How did your earthly father respond to you being open about your feelings when you were a child? How does this effect how you feel about being open with your Heavenly Father?
- 7) What was especially meaningful to you in this teaching?