

KEY WORD

- **Sanctify:** to be set apart or declare as holy.

SCRIPTURE

PRIMARY TEXT:

1 Thessalonians 5:23-24

SUPPLEMENTAL TEXT:

1 Peter 5:5-11; Luke 10:38-42; Isaiah 43:1-4

OBSERVATION AND APPLICATIONS

- Read 1 Thessalonians 5:23-24
 - Look up the definition of “sanctify.”
 - How does God sanctify you through and through?

- Read 1 Peter 5:5-11
 - What does it look like for you when you carry your anxiety?
 - How do you “cast your anxiety” on Jesus?
 - What commands are given to us in verses 8-9?
 - What promise is there to claim in verse 10?

PRAYER

God, we don't want to submit to our circumstances, but we want to submit to You, the One who controls our circumstances. We cast our anxieties on You. Thank you for caring for us.

RESOURCES

 [Mental Health Resources](#)

SCRIPTURE

Write which passage of scripture you are reading.

OBSERVATION

What is this text saying? What is the context? How does it fit with the verses before and after it? Are there any commands or instructions?

APPLICATION

How can you apply this verse to your life? What does this mean today? What is God saying to you?

PRAYER

Respond to the passage in prayer. Ask God to help you apply this truth to your life and spend some time listening to what He may be telling you.
