

Cast Our Cares

1 Peter 5:5-7 Clothe yourselves, all of you, with humility toward one another, for "God opposes the proud but gives grace to the humble." 6 Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, 7 casting all your anxieties on him, because he cares for you.

Christians have cares (anxieties, worries, stresses)

- Anxiety that just goes with being alive.
 - Matthew 13:22 As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the deceitfulness of riches choke the word, and it proves unfruitful.
- Anxiety that comes from being married.
 - 1 Corinthians 7:33 But the married man is anxious about worldly things, how to please his wife,
- Anxiety that accompanies involvement in ministry.
 - 2 Corinthians 11:28 And, apart from other things, there is the daily pressure on me of my anxiety for all the churches.

Jesus cares for us

- He **cares** for our **cares**.
- The first step in dealing with anxiety is to recognize the fact that God cares for us.

How do we **cast** these onto Jesus?

- I am responsible for these things.
- How do I "cast" them on Jesus so I still bear the responsibility, but he bears the burden of my anxiety?

Philippians 4:6-7 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Casting our Cares

- Do not be anxious about anything.
- But make your requests known to God.
 - By prayer – being prayerful
 - By supplication – approaching God as a supplicant (beggar)
 - With thanksgiving – acknowledging all that God has done for us
- And God's peace will keep our hearts and minds on lockdown