

cast your cares 2



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Casting your cares on the Lord is easier than you might believe. The cares of this life can seem so hard that the thought of not thinking about them can be impossible to fathom. As believers, there are some steps we can take to cast our cares upon the Lord. Following these steps will give us peace and allow God to carry our heavy burdens and woes.

Prayers of thankfulness - When we are worried, we should always remember who God is and what He has done for us in the past. We should come before Him with thanksgiving for all of the ways He has made before. Remembering God's faithfulness will release us from any doubt in His ability. *Phil. 4:6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.*





Prayer against our flesh - We must rebuke our own flesh because our flesh desires to see in order to believe, but faith is the opposite. In order to believe in the unseen, our flesh must be subject to the spirit. We must pray (and fast on occasion) against the power of our flesh so that our faith can reign supreme. *Heb. 11:1 Now faith is the substance of things hoped for, the evidence of things not seen.*

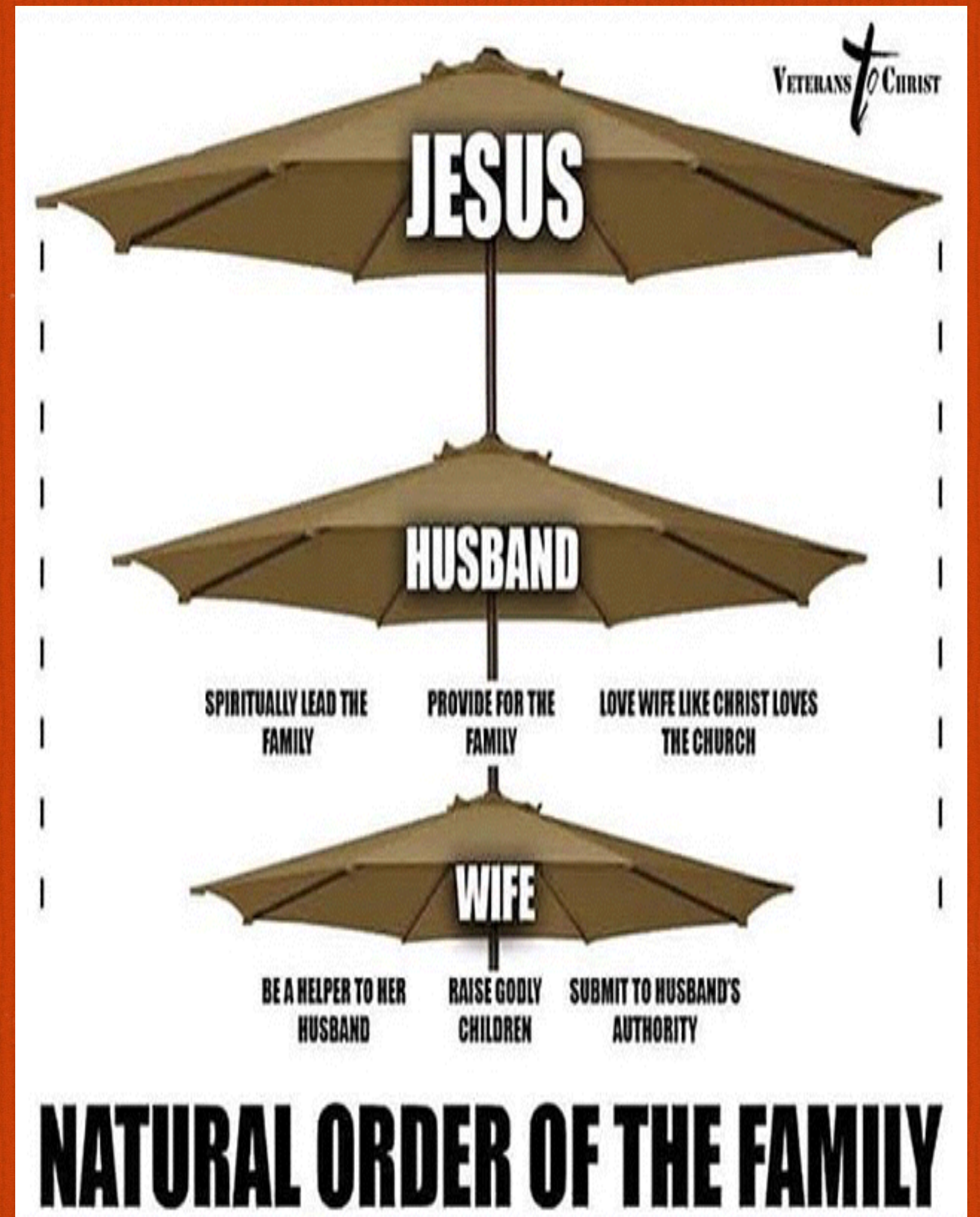
Focus on good things - A good way to stop worrying is to focus on something good. Love on your family, do something good for someone else, or just reminisce on the good times you have experienced. We must not allow negative thoughts to occupy our mind or we will do something negative in response to it. Think on good things then you will respond with good actions. *Phil. 4:8* Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.





Trust God's Power - After we have done all we can do, we are done! But God never fails and will not allow us to be moved. We have to trust in the power greater than ours and greater than the situation at hand. We must believe that God can do it and invite Him to intervene. Most importantly, if we are to petition for His help we must be committed to His way. *Eph. 3:20 Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us,*

Trust in role power - God designed us a certain way and He expects us to function the way we were designed to function. Many times our worry and stress comes from dysfunction and stepping outside our roles. Our prayers are powerful when we pray from the roles that we were created in. When a man prays as the leader of his home, he prays with power. When a woman prays as the help meet, she prays with power. When our prayers are in order, they work! *1Pet. 3:7 Likewise, ye husbands, dwell with them according to knowledge, giving honour unto the wife, as unto the weaker vessel, and as being heirs together of the grace of life; that your prayers be not hindered.*





Rely on His fruit - The fruit that comes with the Spirit of God should operate in us when we accept Him. Long-suffering and peace are spiritual fruits that we need to activate in times of worry and stress. We must apply these fruit to situations that get us down so that we can endure the process and make progress. Our way may be hard at times, but being long-suffering and having peace helps us make it through. *Rom. 8:9 But ye are not in the flesh, but in the Spirit, if so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, he is none of his.*

SUMMARY



God wants us to cast our cares on Him! He is touched by our situations and cares about our struggles. God understands what happened to us when we were young. He understands the pain, the neglect, the trauma, etc. that we experienced while developing and He is willing to be patient and see us through our struggles.

God truly cares for us! His lovingkindness is limitless and He desires that we overcome every obstacle that is put in our way. Life can be hard sometimes but if we pray, stay focused, trust in Him, operate in our roles, and activate the fruits of His Spirit, then we can minimize the worry and stress and come through any situation that we face!

Heb. 4:15 For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin.