

A woman is silhouetted against a bright sunset sky. She has her arms raised and is throwing a large amount of confetti into the air, which is captured in mid-air against the glowing background. The sun is low on the horizon, creating a warm, golden light.

cast your cares 3

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- **When we cast our cares upon the Lord, we must make sure that we are not creating more cares. *Psa. 37:3 Trust in the LORD, and do good; so shalt thou dwell in the land, and verily thou shalt be fed.***
- **We can create extra burdens for ourselves when we make bad decisions. If we are going to give our cares to God, we must make sure that we are not continuing a cycle of poor decision-making. *Psa. 34:14 Depart from evil, and do good; seek peace, and pursue it.***
- **God is not a fairy godmother and He will not grant wishes to get us out of our troubles. We must follow His plan if we want Him to carry our cares. *Prov. 20:24 Man's goings are of the LORD; how can a man then understand his own way?***





- **Anxiety, stress, and worry do not come from God. When we obey His Word and do things His way, we do not have to worry.** *Prov. 12:25 Anxiety in a man's heart weighs it down, But a good word makes it glad.*
- **Feelings of stress come when we do what we want instead of what God wants for us. Striving will always bring additional stress and worry to our lives.** *2Tim. 2:24 And the servant of the Lord must not strive; but be gentle unto all men, apt to teach, patient,*
- **Impressing people and vindicating ourselves in the sight of others will force us to carry heavier loads. In these cases, we will be weighed down by the cares of those we seek to impress.** *1Pet. 5:6 Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time:*

- **Ulterior motives block prayers!** When we pray for God to take our cares but continue to seek our own way then we forfeit our request. *James 4:3 Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts.*
- **In order to truly hear from God, we must line up with Him and prove that we really want His help.** This process may require an extended period of seeking after Him just to prove to Him that you mean business. *Psa. 37:4 Delight thyself also in the LORD; and he shall give thee the desires of thine heart.*
- **If you want God to rescue you, you must be willing to be helped** If we continue to pursue our own path, then our true desire is our way and not God's way. He will not intervene when we continue to ignore His plan for us. *Matt. 6:33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.*



SUMMARY



Some things we do will bring us pleasure and pain. Some of the things we do, that we really enjoy, are not God's will for us. Many of our cares are birthed by our disobedience to God's plan. We have grown accustomed to doing certain things that bring us money, pleasure, or notoriety, even when it's against God's will for us. Sometimes, the enemy will sweeten the deal and push us even further into these actions just to keep us from fulfilling God's plan for us. The easiest way to decipher whether God is behind the plan, is how it affects your creation role. Our creation role is first priority in God's eyes so anything that affects us or inhibits us from fulfilling our roles in the home is not from God.

Although, it may bring extra money or even vindicate us in the eyes of naysayers, if it is conflicting with God's plan for our home, it's not from God. The stress, the worry, and the anxiety will scar the home and eventually create issues in the marriage and with the children. When we are stressed and anxious in the home, our spouse is not at peace. This atmosphere causes blame, and can even birth infidelity, substance abuse, and illness. Stress and worry is never from God so when we are struggling with them, we must evaluate our situation so we can find out where it's coming from before it wreaks havoc in our bodies and on our loved ones. Once we find the issue, we must deal with it swiftly so that we can truly cast our cares on God and protect our homes from disaster!

Matt. 11:28 Come unto me, all ye that labour and are heavy laden, and I will give you rest.

Matt. 11:29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

Matt. 11:30 For my yoke is easy, and my burden is light.