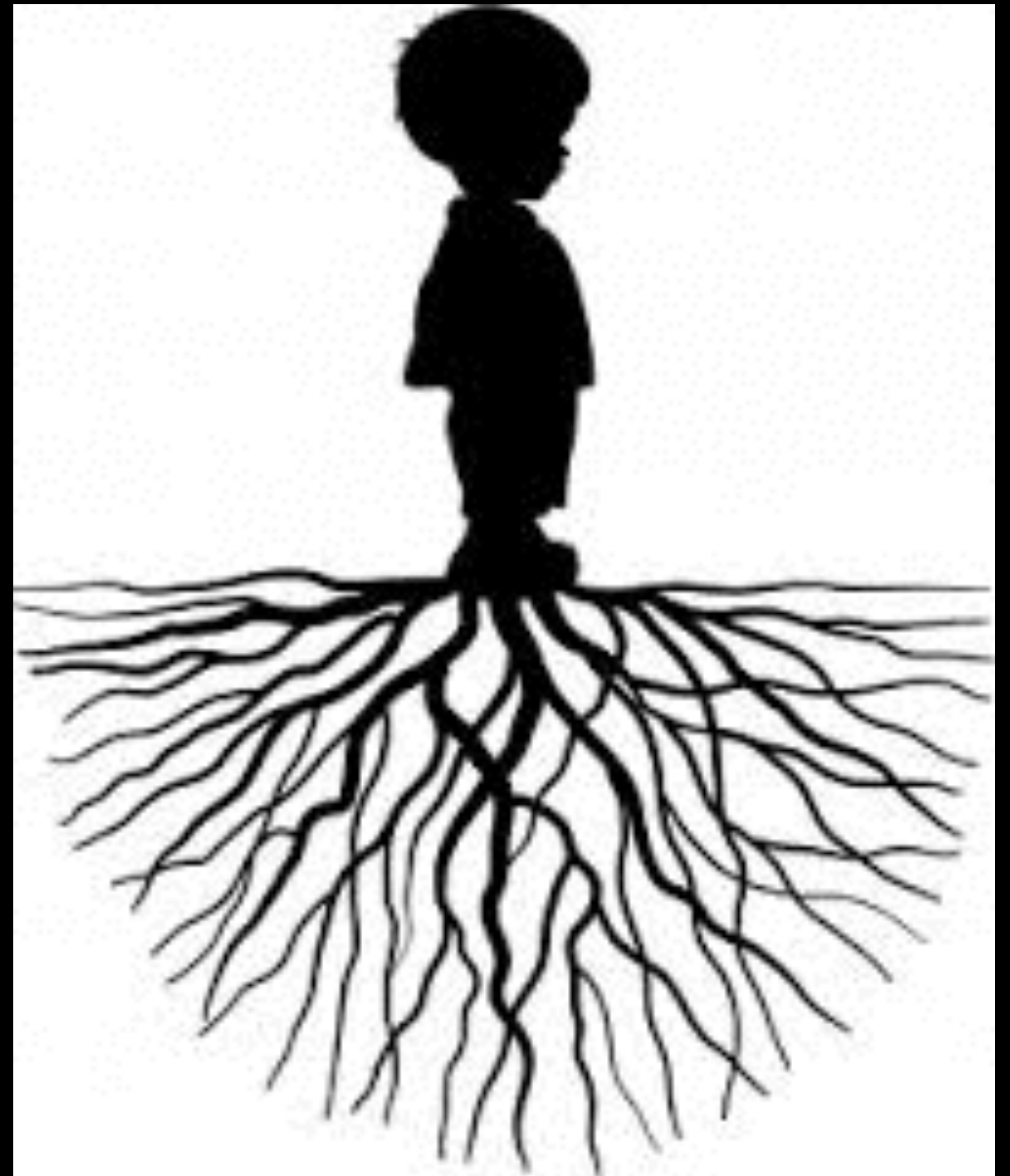




# castling your cares 1



- **Early childhood trauma can be daunting. Those painful experiences can be hard to give to God. *1Pet. 5:7 Casting all your care upon him; for he careth for you.***
- **When people violate us or take advantage of us, it can cause bitterness to take root. *Heb. 12:15 Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled;***
- **Deep-seated anger and low esteem can gravely affect the way we view God, which hinders our willingness to cast our cares on Him. *1Th. 5:9 For God hath not appointed us to wrath, but to obtain salvation by our Lord Jesus Christ,***







- **Many times we do not trust God with our troubles because we doubt His ability to care or have concern for us! We feel that if He is God, then why didn't He protect us? *James 1:13 Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man:***
- **Sometimes, we lose faith in Christianity because those that claimed to be Christians did not protect us. *Psa. 118:8 It is better to trust in the LORD than to put confidence in man.***
- **The enemy loves to set up camp in our lives through these traumatic situations. He will use them to hold us down as long as he can. We must cast away these cares in order to progress. *1Pet. 5:8 Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:***



- **The first step to casting away deeply rooted pain is to understand that the devil uses people and has used us to hurt people as well. *Luke 22:3 Then entered Satan into Judas surnamed Iscariot, being of the number of the twelve.***
- **Our post-traumatic actions have harmed people just like we were harmed. Consequently, those that violated us were acting out what happened to them. *Matt. 6:14 For if ye forgive men their trespasses, your heavenly Father will also forgive you:***
- **We must see things as God sees them in order to deal with it. We must be willing to be merciful to others, if we are to receive the same grace that we need extended towards us. *Rom. 5:8 But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.***







**Dealing with past trauma and offenses can be the hardest thing to do in our walk with Christ. These issues can alter our behavior and thought processes so much so, that we will constantly find ourselves in a backslidden state if we are not careful. When we are raped, molested, abused, or abandoned, we tend to lose our worth in our own eyes. These violations shift our focus which results in deviant behavior, anger (rage) and bitterness. We must deal with this trauma by first forgiving those that harmed us, and then making sure we do not repeat our own history. God has given us a chance to do things better than what occurred in our lives, so we must be sober and vigilant in doing so. We must protect our families from these traumatizing experiences and ensure their safety. This is how we overcome our own issues! When we deal with the trauma by cutting off its ability to alter our decision-making, then we have truly cast our cares upon God.**

*Eph. 4:31 Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:*

*Eph. 4:32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.*