

HOW TO:

CAST YOUR CARES ON THE LORD

We have all been taught we are supposed to cast our cares on the Lord. But how many of us know how to – to the point that we actually do it? This is a “How To” plan so that you can actually do it

1 Peter 5:7 – Casting the whole of your care (all your anxieties, all your worries, all you concerns, once and for all) on Him, for He cares for you affectionately and cares about you watchfully. The key here to successfully getting your cares to stay on Him lies in the end of the verse, “because He cares for you.” If you don’t know how much He actually cares for you, you can’t rest and trust in Him and let go of you cares, and they will keep coming back.

Psalm 112:7-8 – He shall not be afraid of evil tidings; his heart is firmly fixed, trusting (leaning on and being confident) in the Lord. His heart is established and steady, he will not be afraid while he waits to see his desire established upon his adversaries.

Having your heart firmly fixed trusting in the Lord is what enables you to live fear-free. If you aren’t convinced He will take care of you, you feel you have to do it yourself.

Philippians 4:6-8 – Do not fret or have any anxiety about anything but in every circumstance and in everything by prayer and petition with thanksgiving continue to make your requests know to God. And God’s peace which surpasses all comprehension will guard your hearts and your minds in Christ Jesus. And then think about what is good, pure, etc.

Hebrews 12:1-2 – ...let us lay aside every encumbrance and sin and run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of our faith...

Isaiah 26:3 – You will guard him and keep him in perfect and constant peace whose mind is stayed on you because he trusts in you.

Notice again it is passing your cares onto the Lord (through prayer) and putting aside the weights and hindrances – by looking to Him and fixing your mind on Him. It involves actually trusting Him, releasing the weight of these things onto Him – because

you really and truly know how much He loves you and therefore that He will actually do something about your problems.

Psalm 37:5 gives these steps:

- 1) Commit your way to the Lord, roll and repose each care of your load on Him.
- 2) Trust also in Him.
- 3) He will bring it to pass.

Without the middle step of you trusting in Him, He doesn’t have your cares; you do – and He won’t be able to work and bring to pass the things you need.

Matthew 6:25-33 – Stop being perpetually uneasy (anxious and worried) about your life...your Father feeds the birds and clothes the grass with flowers. He knows what your needs are. And if you seek Him first, He will provide all your needs.

1 John 4:16-18 – We have come to know and have believed the love which God has for us. God is love...There is no fear in love (dread does not exist), but full grown (complete, perfect) love turns fear out of doors and expels ever trace of terror! For fear brings with it the thought of punishment and he who is afraid has not reached the full maturity of love.

WHEN YOU TRULY KNOW FROM YOUR HEART HIS LOVE AND CARE AND FULL ACCEPTANCE OF YOU, ALL FEAR IS CAST ASIDE. It is the reality and awareness of this love that pushes out the fear; it is not just trying to stop fearing. It must be replaced at the very depth of your beliefs.

Isaiah 54:14 – In righteousness you will be established. You will be far from oppression, *for* you will not fear. And from terror, for it will not come near you. Being established in righteousness is being established in your right standing with God. It is being rooted and grounded on your full acceptance in God’s presence and how much He actually loves you.

Paul’s Assurance:

2 Timothy 1:12 – I am not ashamed, for I know (perceive, have knowledge of and am acquainted with) Him whom I have believed and I am (positively) persuaded that He is able to guard and keep

that which has been entrusted to me and which I have committed to Him until that day.

Romans 8:31-39 – What then shall we say to this? If God is for us, who can be against us? He who did not withhold or spare His own Son but gave Him up for us all, will He not also with Him freely and graciously give us all other things? Who shall bring any charge against God's elect when it is God who justifies? Who is there to condemn us? Will Christ Jesus who died, who is at the right hand of God actually pleading as He intercedes for us? Yet amid all these things we are more than conquerors and gain a surpassing victory through Him who loves us. For I am *persuaded beyond doubt* that neither death or life nor angels nor principalities, nor things present nor things to come nor powers nor height nor depth nor any other created thing will be able to separate us from the *love* of God which is in Christ Jesus our Lord.

Paul had confidence that whatever happened in life, God would deliver him.

2 Timothy 3:11 – Persecutions, sufferings—such as occurred to me at Antioch, at Iconium, and at Lystra, persecutions I endured, but out of them all the Lord delivered me.

2 Timothy 4:18 – And indeed] the Lord will certainly deliver and draw me to Himself from every assault of evil. He will preserve and bring me safe unto His heavenly kingdom. To Him be the glory forever and ever. Amen (so be it).

2 Corinthians 1:10 – For it is He who rescued and saved us from such a perilous death, and He will still rescue and save us, in and on Him we have set our hope that He will again deliver us (from danger and destruction and draw us to Himself).

Casting your cares on the Lord involves a trading of your present anxious thoughts with thoughts of Him, of His love, His care, His character and His sure promises. But it is at more than a superficial level. You must replace the thoughts at the level of your heart. That sometimes takes time. Sometimes to be fully assured of His love and care even takes years. But taking the time to do this is not as hard as struggling to believe and make your cares stay on Him – year after year after year, until you finally just give up.

You don't just struggle trying to cast your cares. Taking hold of Him and focusing your mind on Him will force the cares out.

You *can* get rid of cares at any time by taking the time, effort and concentration to enter His presence through praise and worship and letting your mind focus on Him rather than the problems. And you can totally change your life by coming to know and believe His love and mercy and willingness to hear you and help at every time of need.

Psalm 37:5 – Commit and trust – He will act.

Proverbs 16:3 – Roll your works upon the Lord (commit and trust them wholly to Him) so shall your plans be established and succeed.

You can't cast your cares on Him without:

- 1) Knowing His love (what He is like).
- 2) Trusting, relying and relaxing your life and cares onto Him.

First step to a worry-free life: GET TO KNOW Him! Feed on His love and care for you.

Second step to a worry free life: BELIEVE He is as good as He says and will do all that He promised – for you.

Then as a natural result, you will trust in Him and will naturally entrust all of the cares of your life on Him. And when you do, things will go much better for you.

Summary:

To cast your cares on the Lord you must force them out (cast them out) with thoughts of His care, of His love and mercy. Anxious, fearful thoughts must be replaced with thoughts of Him.