

Cast all your care

We all have some cares, but we should not be carrying them. We need to cast them upon the Lord. Casting our care upon the Lord is a sign of rest. The greatest level of faith is rest.

Rest is not inactivity, but doing what you expected to do, and yet not worry about it because God will tell you or lead you in what to do.

1 Peter 5:6-7 *"Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for the careth for you."*

A. Humble yourselves

- a) Many times, we talk about casting our cares upon the Lord, but we ignore verse 6, which is a part of verse 7.
- b) It tells us to humble ourselves. How do we do that? Verse 7 answers that.
 - i) Casting our cares upon the Lord is a sign of humility.
- c) If we do not cast all our cares upon the Lord, we are walking in pride. We are not humbling ourselves.
 - i) If we want to be exalted out of the situation we are going through, it begins with humbling ourselves.

B. "Casting all your care upon Him."

- a) "Casting" in Greek means to *"throw upon."*
 - i) Some people think that to "cast" is to give it over. But we learn that it means literally *throwing it with all our might upon the Lord.*

- ii) After we throw it, we should not be going around looking for it. We must throw it with no desire to go look for it. We should throw it like we never want to see it again, even if we tried to look for it.
- iii) Notice that the Lord does not take your cares away. Not someone's care, but your care. You can't cast someone else's care upon the Lord.
 - o You have to cast your own upon Him.
 - o That's where your **faith** comes in. It takes faith to cast your cares upon the Lord.
 - o It also takes tremendous **humility** to do the same.
- b) "all". This word means "all, any, every, the whole."
 - i) Not some of it, not only what is beyond our ability to handle—all care.

C. "Care" in Greek is the word *Solicitude*, which means "excessive concern or worry."

- a) We would not worry if only we cast it to the Lord.
- b) Things will speak to us, both natural and artificial, but anything that speaks or gives us a thought contrary to the Word of God, we have to speak back to it or rebuke it.
 - i) Never sit there and let all these thoughts, doubts, and fears drown and overwhelm you. Shoot back, speak back, and rebuke.

D. "for he careth for you".

- a) "Careth" Greek: "*melo*" which means to be of interest to, to concern

Philippians 4:6-7 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. 7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

- a) This passage tells us to be careful for NOTHING. Nothing means nothing—in no thing.
- b) The word “careful” means to be *anxious*. It also means *to be troubled with cares*.
- c) This goes on to give us the solution to not being careful:
 - i) Prayer
 - ii) Supplication
 - iii) Thanksgiving
- d) Through these we can make our requests known unto God and the result is the peace of God. If we are lacking in the peace of God, we need to pray and make supplication before the Lord with thanksgiving,
- e) The peace of God is powerful and important. It will keep:
 - i) Hearts
 - ii) Minds

Luke 10:41 *And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things:*

- a) When we are careful and troubled about many things, we lose focus on the most important things, such as relationships and intimacy with God.
- b) One of the reasons for Martha’s troubledness was that she was not depending on and trusting upon the Lord. We get heavily troubled and worried if we are not looking upon the Lord.

John 14:1 *Let not your heart be troubled: ye believe in God, believe also in me.*

- a) This passage tells us not to let our hearts be troubled, meaning we have the power to do so. If our hearts are troubled and full of care, we have let them.
- b) This passage reveals an antidote to being troubled. Believe in God and in Jesus. Faith in God and in Jesus will remove cares and worries. Our hearts will not be troubled if we are trusting, relying, and depending upon the Lord.

In conclusion, I have experienced that when I cast my care and worry upon the Lord, and I stop thinking about it, soon I realize that God took care of it. Like one time, I had a very itchy area on my body that drove me berserk. I did everything in my strength, but when I stopped worrying about it and doing it myself, the issue was taken care of before I thought about it again.

There is healing and power in casting our cares upon the Lord. It may not be instantaneous, but I have seen it work. Rather than stay up doing all the figuring out, I let God do so.

Another time, I was given bad news about my son when he was born. They said he could not urinate naturally, and they had to stick a tube in his bladder to drain out the urine. He had all these wires around him, and besides that; they put him on oxygen because they said his oxygen levels were too low. This differed from what I had seen before, but I was not moved by it. I said to myself, *"I have seen God's faithfulness over the years in many areas of my life. He has never failed me, and He won't start now."* I cast that care (worry and concern) upon the Lord. I did not panic one bit, nor was I concerned. I thought, lived my life, and did my work as if no bad news had come in. I knew which report to believe—God's report, not the doctor's report. I heard the facts from the doctor and nurses, but I only believed and listened to the truth of God's Word and promises. I prayed and got a few scriptures that I was standing on and believing God, such as (Genesis 1:31; Psalm 107:20; 139:14-17; and 1 Peter 4:19). I took authority over his body, rebuked the report and imperfections that were being spoken, and I saw amazing results. I did not- and I do not remember questioning God's love. I do not believe, and I did not ever think that God was responsible for this. Even more, I did not ask, "Why is this happening to me? God, why me?" I did not go there because I know it is not God doing it or allowing such bad things. Asking Him such a question would indicate that I think he is doing it. I cast that care upon the Lord, and I got excellent results. I have made decisions on how to respond to pretty much any situation, should it arise.