

## CASTING ALL YOUR CARES UPON GOD

### FOR HE CARES FOR YOU *1Pet 5:7*

[Hikurangi Union Parish - 4/10/92 – EKB]

1. Cast every care, concern, worry, fear, anxiety, heavy burden, upon the Lord.  
Financial      need of money, or concern about investment.  
Physical      health or healing needs.  
Family         for babies, children, teens, relationships.  
Ministry      whatever concern arises.  
Work, business, employment, lack of job, stress in the workplace.
2. Satan desires to have us oppressed and burdened by cares and anxieties, *1Pet 5:8,9*. When a problem arises, **acknowledge it**, but you do not have to **accept it** where the promises of God provide for release, liberty, healing and peace, *Gal 5:1, 2Pet 1:4, Heb 6:12, Heb 10:23*.
3. **To serve God we need freedom** from burdens, anxieties and cares, *Ex 33:14*. The rest of God, or the rest of faith, *Heb 4:1-3,9-11*, is a place of boldness, confidence, liberty, and freedom from cares, where the Lord is working out His purposes in us, and through us, *Job 23:14, Ps 57:2, Gal 2:20*.
4. **To hear what God is saying**, and to be sensitive to the Holy Spirit, we need to be in a place of rest and peace, *Ps 46:10, Is 30:15, Is 32:18*. His Voice is usually a still small voice, *1K 19:12*. It is peaceable, pure, warm and firm, even when we don't like what He is saying. God speaks into our spirit, our inner being. Satan's influences are usually demanding, urgent, condemning and impact our mind.
5. In *Heb 12:1,2* it says **"...lay side every weight**, and the sin that does so easily ensnare us, and let us run with endurance the race that is set before us, looking unto Jesus....."  
*Ps 55:22* says "Cast your burdens on the Lord and He will sustain you, He will never allow the righteous to be moved."
6. Jesus said ..... **"do not worry** about your life, what you will eat or what you will drink, nor about your body, what you will put on .....,*" Mat 6:25*. Your Heavenly Father feeds the sparrows, clothes the lilies, and "you are of much greater value than many sparrows," *Mat 10:31*.
7. Expect God's provision. *Ps 27:13, Ps 62:5, Phil 4:19, Ru 2:12, Jn 6:35, Jn 10:10b*.
8. To "cast" your cares upon God means to "get rid of" them, to "hand them over", and to "release" them to the Lord.
9. It is **surrendering the situation** to God and trusting Him for the outcome by believing His promises of love. *Is 54:17, Jer 20:11, Rom 8:37-39, Heb 13:20,21, Is 43:1-3*.

10. In *Lk 10:38-42* we have the description of how two ladies responded to a visit by Jesus. One of them, Mary, sat at Jesus' feet and listened to what He was saying, while her sister Martha, was "distracted" from Jesus by much serving. Martha became very upset that no one was helping her. Jesus replied that she was worried and troubled about many things, but one thing was needed, (i.e. sitting quietly and listening to what the Lord was saying), and Mary had chosen that good part, which will not be taken away from her. Jesus was saying that Mary had her priorities right.
11. When we are worried and troubled it is time to come to Jesus, lay our burdens down, and sit quietly at His feet, listening to His Word, *Mat 11:28,29*, "Come to Me all you who labour and are heavy laden and I will give you rest....."  
Like Mary, choose that one thing that is needed and come into the rest and peace of God. The steps are:  
Come to Jesus.  
Cast your burdens upon the Lord.  
Take His yoke of choosing His Will, *Jn 4:34*.  
Learn of Him meekness. (KJV), being Spirit led and Spirit empowered.  
Learn of Him humility and servanthood, *Mat 20:28, Jn 13:1-14*.  
Keep laying hold of His promises, *2Pet 1:3,4*.
12. "There is a place of quiet rest  
Near to the heart of God  
A place where sin cannot molest  
Near to the heart of God."

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