

# CASTING ALL OUR CARES ON THE LORD

II Pet. 5:7 - "*Casting all your care upon Him ; for he careth for you.*"

## 1. THE CARES OF THIS LIFE.

1. "*He also that received seed among the thorns is he that heareth the word; and the care of this world, and the deceitfulness of riches, choke the word, and he becometh unfruitful.*" (Mt. 13:22).
2. The cares of this world represent the stresses of life.
  1. Fast-paced lifestyle; go, go, go society; keeping up with the Jones.
  2. Finances - job, unemployment.
  3. Children.
  4. Marriage problems.
  5. Health.
  6. Fear of the unknown; not knowing what to expect.
3. Definition of stress.
  1. The wear and tear of living which each of us experiences as the result of the pressures of life.
  2. Actually, stress in itself is neither good nor bad; it's what we make of it that really counts.
    1. When it motivates us to action, stress can be good.
    2. That's why your heart pounds and our blood pressure rises when we receive a promotion; feel out of breath when our sweetheart agreed to be our wife.
  3. But when stress puts our bodies under prolonged physical and emotional pressure, then the very things that might have been stimulating and fun become destructive and unpleasant instead.

## 2. CASTING ALL OUR CARE UPON THE LORD.

1. Jesus loves and cares for us.
2. Jesus has paid it all.
  1. Borne our griefs; carried our sorrows.
  2. Touched by our infirmities (without strength or weak). Heb. 4:15 - "*We have a high priest who is touched by feeling of your infirmities.*"
  3. Not just weaknesses, but emotional hang-ups and inner conflicts.
  4. Jesus understands our frustration, anxiety, depression, hurts, feelings of abandonment, loneliness, isolation, and rejection
3. Satan is effective in using weapons of guilt, rejection, fear, embarrassment, grief, depression, loneliness, and misunderstanding.
4. We are to lay aside every weight and sin that easily besets us.

1. Pain, hurt, disappointments, and failures.
2. Discouragement, depression, hopelessness.
5. And besetting sin.
  1. Anxiety, fear, worry.
  2. Frustration, anger, uncontrolled temper, rage, bitterness, hatred, hostility.
  3. Resentment, strife.

### 3. WHAT THE BIBLE SAYS ABOUT ANXIETY.

1. *"The cares (anxieties) of this world choke out the world."*
2. Proverbs - "Anxious hearts are very heavy." "Heaviness in the heart of man maketh it stoop."
3. Phil. 4:6 - *"Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."*
4. *"Martha, Martha, you are careful (anxious) and troubleth about many things..."*
5. I Cor. 7:32 - *"But I would have you without carefulness (anxiety). He that is unmarried careth for the things that belong to the Lord, how he may please the Lord."*
6. Emotional problems may start with simple frustrations, disappointments, etc.
7. Could end up as fear, worry, or full-blown psychological problems.
8. Anxiety as fret and worry comes when we turn from God.
  1. Shift the burdens of life on to ourselves
  2. Assume that we are responsible for handling our own problems.

### 4. BESIDES THE POSITIVE WAY, THERE ARE TWO NEGATIVE WAYS OF DEALING WITH UNDESIRABLE EMOTIONAL PROBLEMS.

1. Recognize, but cover up.
  1. Become increasingly frustrated.
  2. Sink deeper into disillusionment and despair - alienate ourselves from God.
2. Denial - Repress feelings which later surface in all manner of illnesses and emotional disturbances.

### 5. PREVENTING ANXIETY

1. Learn to lean on the Lord; Trust God.
  1. Take no thought for tomorrow.
  2. We are more important than the sparrows.

2. Admit fears, insecurities, conflicts, and anxieties when they arise.
3. Find someone with whom you can talk these over with on a regular basis if necessary.
4. Acknowledge that separation hurts; attempt to maintain contact with separated friends, and build new relationships with others.
5. Learn to communicate more effectively.
6. Learn how to relax.
7. Periodically evaluate:
  1. Priorities.
  2. Life goals.
  3. Utilize time management.
8. Keep things in perspective.
9. Seek help from God and others in meeting one's needs.

Choruses:

Leave them there,  
Leave them there.  
Take your burdens to the Lord and leave them there.  
If you'll trust and never doubt,  
He will surely bring you out.  
Take your burdens to the Lord and leave them there.

When your body suffers pain,  
And your health you can't regain.  
And you have to get along on meager fare;  
Just remember in God's Word,  
How He fed the little birds.  
Take your burdens to the Lord and leave them there.

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Learning to lean,  
I'm learning to lean.  
I'm learning to lean on Jesus;  
Finding more power than I ever dreamed,  
I'm learning to lean on Jesus.