

Casting our Cares!

There is a **wonderful invitation** to a life of **spiritual joy & victory** found in the words of **1 Peter 5:7**. “**Casting all your cares upon Him; for He cares for you.**” In these words are found the **Christian’s secret of a happy life!**

Cares are something we all have in common. Your cares may be different from my cares, **but we all have cares!** Cares arise from many areas in our daily lives: from frequent misunderstandings with others; from failed family relationships; from work, from home, from school, from health, from finances. But the fact that the Holy Spirit inspired Peter to say, “God cares for you” **gives each of us a truly blessed assurance & comfort.** To think, **God cares!** He **personally** cares about you & about me! **It is this fact that provides us the reason to cast all our cares upon the Lord!**

There are some **key words** in this wonderful text: **1st**, the word “**Casting**”; it means more than just “to casually toss.” It involves a definite act of the will. It involves a personal responsibility; **we** must do the acting. Casting is a **deliberate act**; we are to purposefully, intentionally, actively, definitely, **cast** all our cares! This promise does not call for a **passive faith**; it demands an **active faith!**

2nd, the most important word in this verse is that little word “**all**.” Not “part” nor “some”; not just the “little cares” **but “all”!** Not only the spiritual, but the material. Not only in general, but in particular. Not only part of the time, but all the time! **God Himself invites us to do this!** Someone has translated this text: “**Unload all your distracting anxieties upon Him, for He is concerned about you.**”

In my first pastoral assignment, I knew a dear missionary lady by the name of Mary Cooper who served as a missionary in Africa for 40 years. Shortly before her retirement, Mary contacted her sending agency to find out how much her monthly income would be so she could carefully plan her budget. She was told how much she would receive & she prepared her retirement budget thoughtfully. It would be tight, but if she was careful, she could make it.

Mary came home to the states; bought a small trailer home in Indiana, got all set up, was enjoying her retirement, when she received word from the missionary agency that they had miscalculated her monthly income. She would actually be receiving \$100 less per month than originally stated; & furthermore she would have to **pay back** what they had given her in error over the past six months! Mary knew that minus the \$100, she could not be able to pay for those things to which she had obligated herself. **Without any fretting, or stewing, or worrying, Mary Cooper simply said: “Well Lord, here is another one of Your problems!”** & she cast it upon the Lord with confidence.

In an amazing way, God supplied her needs beyond her expectations. Friends & former supporters gave her gifts without even knowing her needs. Mary Cooper had cast all her cares upon the Lord, knowing that He cared for her.

And that brings me to my outline for today: --

1. Cast upon the Lord THE CARES OF YOUR PAST -- with its sin, wasted life & unpleasant memories!

Are you still carrying the guilt, the shame, the remorse, the load for something, or some things, you did, or experienced, in your past? Do you feel the past has been **wasted**; that your past is full of **unpleasant memories** you wish you could erase & forget? Past sin, with its guilt & shame, is **a terrible load** to carry! **You know you have done wrong! & you deeply regret it!**

But the **Cross of Calvary** reminds us that **God really does care!** God cares so much for you that He **gave up** His only begotten Son, so that **if** you will believe on Jesus, you will not perish, but rather you will enjoy everlasting

life. Jesus cares for you so much that **He died** on an old rugged Cross in order that your sins might be forgiven! Jesus took upon Himself the **sins** of all mankind, & became God's **sacrificial lamb** so that you might find pardon & cleansing. Jesus took upon Himself all the **hurts** of your past, so that you may enjoy complete healing of heart & soul.

So my dear friends, behold the Lamb of God that takes away the sins of the world! Your sins, your past, can be wiped clean! You need not carry your past sins, your past hurts, to the grave! God has said to each one of us: "If we confess your sins, He is faithful & just to forgive us our sins, & to cleanse us from all unrighteousness" (1 John 1:9). Jesus announced the very purpose of His coming by saying He had come **to heal the broken hearted!** (Luke 4:18). Don't waste away another day! Don't allow those unpleasant memories to haunt you any more! **Cast the cares of your past at the feet of Jesus, & discover the joy of forgiveness & cleansing & healing!**

Jesus **knows** who you are, & what you have done, & what you have been through. But **He loves you just the same**, & He wants you to experience new freedom & joy in Him! The woman, whom Jesus encountered at the well, is certainly an example of a sin-filled & wasted life. She had had five failed marriages, with all the pain & hurt associated with them. She was full of guilt & condemnation & shame. She was shunned by the other women of the city; an outcast! Oh, what heart-break & misery she must have experienced in her life. But when she encountered Jesus Christ that day at the well, she discovered forgiveness & cleansing & healing, & **a whole new way of life!**

My dear friends, **cast the cares of your past, your past with its sin, wasted life & unpleasant memories, at the feet of Jesus today, & discover the joy of forgiveness & cleansing & healing!**

2. Cast upon the Lord THE CARES OF YOUR PRESENT -- which is filled with daily trouble & anxiety!

Oh, what battles we wage from day to day! It seems at times that our days are so full of one problem after another! There are **two kinds of cares** in our Scriptural text: there is **anxious care** in the words, "Casting all **your** cares..." Then there is **affectionate care** in the words, "**He** cares for you." Over & against our **anxious cares** is our Savior's never failing **affectionate care**. We tend to hang on to our troubles, even though the Bible says: "He shall feed His flock like a shepherd; He shall gather the lambs with His arms, & carry them in His bosom" (Isa. 40:11).

Don't ever forget God personally cares about those things that worry us & pray upon our thoughts & feelings. **He cares about them more than we care about them!** Not a single nagging, aching, worrisome, stomach-tensing, blood pressure rising thought, escapes His notice. As the J.B. Phillips renders this verse, "You can throw the whole weight of your anxieties upon Him -- for you are His personal concern."

Isn't that great? God genuinely cares! He genuinely cares about all our sorrows & trials. And He is able to bear the entire weight of your worries. He delights to have us pour out our hearts to Him, when the burdens press upon us; when burdens begin to destroy our peace of mind. In fact, no problem that disturbs you today is too small, nor too large, to be called to His attention, & literally cast upon Him.

A good Christian gentleman was going through some rather difficult & trying circumstances in his life. One day as he entered the house, he looked over at his little daughter who was paralyzed, sitting there in her chair. He was carrying a package he had bought for his wife. Going over to his beautiful, but paralyzed daughter, he leaned over, kissing her on the cheek, & asked: "Honey, where is your Mother?"

The little girl replied: "Mommy is upstairs." The daddy said: "Well, I have something here for her. I'll be right back."

But the daughter said: "Let me carry it up to Mommy." The daddy said: "Why honey, how can you carry this

package upstairs. You cannot even carry yourself.” With a smile on her face, the child replied: “Of course not Papa, but if you give it to me, then **I’ll carry the package & you can carry me.**” With that tender exchange, God spoke softly to this father’s heart, saying to him, “You are carrying this burden in your life, **but am I not carrying you?**” My friends, **God wants to carry us, & all of our burdens too!**

Right now the Lord is **upholding us** by His power & He will gladly **take our burdens too!** The hymn writer asks the question: “Are we weak & heavy-laden -- Cumbered with a load of care? Precious Savior, still our refuge; -- Take it to the Lord in prayer.” Who is carrying your load today? Are you? Or is it the Lord Jesus? -- **He stands ready to bear it all!**

A dear widow lady who had successfully raised a very large family was being interviewed by a reporter. In addition to six children of her own, she had adopted 12 other kids, & through it all, she had maintained **stability & an air of confidence.** When asked the secret of her outstanding accomplishment, her answer to the newsman was quite surprising. She said: “I managed so well because **I’m in a partnership.**” The reporter inquired: “What do you mean?” The woman replied: “**Many years ago I said, ‘Lord, I’ll do the work & You do the worrying.’ And I haven’t had an anxious care since.**”

We could all profit by following the example of that dear mother! And so I encourage you today, **cast upon the Lord the cares of your present, which is filled with daily trouble & anxiety!**

3. Cast upon the Lord THE CARES OF YOUR FUTURE -- with its fears & apprehensions!

There is one sense, of course, in which we cannot cast upon the Lord all the anxieties **of days yet to come!** for we do not know what a single day may bring forth. **Oh, what does the future hold?** I’ve asked myself that very question a thousand times over & more! Still we can say with confidence, “I don’t know about tomorrow, but I know Who holds tomorrow, & I know Who holds my hand.” And my friends, **the Lord knows the way through the wilderness.**

God will never forsake us, nor will He neglect us! Father, mother, children, or friends, may forget about us, **but God will never let us slip from His loving care. I cannot guarantee** your future: -- You may become poor, & friends may pass you by. You may lose your office, & flatter may no longer throng your path. Your beauty may fade, & your admirers may leave you. You may grow old, & others may forget you. You may become ill, & some may neglect you. You may appear useless to the world. No one may seem to care for you, **but it is not so with the God you serve!** When He loves us, He always loves us! He cares for us no matter how insignificant we may be. He cares for us even though we are unworthy. God loves you! He cares about you! Trust Him with all your heart!

I love that poem which says: --
Be not troubled with thoughts of tomorrow; Of duties you surely must do.
On the Lord cast your burden of sorrow. **“It matters to Him about you.”**
Be not weary when trials are given; But trust Him to carry you through.
He will make for all a pathway to Heaven. **“It matters to Him about you.”**
Then be patient until His appearing; Tis dawn almost now on your view.
For the midst of this dark age are clearing; **In love He is planning for you.**

A little girl was taking her first airplane ride. Her father was the pilot. Along the way they encountered some turbulence, & the flight became rather rough. An airline crew-member came & sat next to her, & asked if she was alright. She simply asked: “**Is daddy still at the controls?**” When assured that he in fact was, she said with confidence, “Then I am okay.” Oh, that we could have such child-like faith in our **Heavenly Father!**

Today, wouldn't you cast upon the Lord the cares of your future, with its fears & apprehensions? He is still, & always will be, at the controls! God is still in control!

Conclusion: -- God cares for us because He **values** us so highly! **That is why He sent His own Son to die for us!** The One who knows when each sparrow falls, & even knows the number of hairs on our head, is keenly interested in the life & problems of those for whom His Son died! The Bible clearly instructs us to cast, to unload, **all** our cares & anxiety & burdens upon the Lord!

The Lord will **either** helps us bear the load, **or** He will remove its burden entirely! Let this blessed assurance lift your heart today! **God's care is infinitely superior to any human care!** And He is fully aware of everything that happens, & He is able to care for our every burden, our every concern, our every need. He has promised that if you do the **casting**, He will do the **caring!** So **unload it all upon the Lord today!** The **cares of your past**, with its sin, wasted life & unpleasant memories. The **cares of your present**, which is filled with daily trouble & anxiety. The **cares of your future**, with its fears & apprehensions.

If you have made it a **matter of prayer**, then let it cease to be a **matter of care!** God tells us to **burden Him** with what **burdens us!** When we put our **cares** into His **hands**, He puts His **calm** into our **hearts!** Our work is to **cast cares**; God's work is to **take care!** My friends, **since the Lord offers to handle our problems, WHY NOT LET HIM?** How wonderful it is to be able to take all our problems, big & little, old & new, to Him & leave them there! And to know He will keep that which we have committed unto Him until that blessed day when He comes again, to take us home to be with Him **This is truly the path to spiritual joy & victory!**

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