

Casting All Your Care

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[0 : 00] And God bless you there. 1 Peter chapter 5. Just a really simple message tonight, yet profound I trust, as all of the word of God is.

1 Peter chapter 5 from verse 6. Let's stand for the word of God. 1 Peter 5 verse 6 through 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 he careth for you.

Let us pray. Lord, we thank you for your word, that we can honour it, that we can hear it, and that we can act upon it. For your glory and praise we pray. Lord Jesus, we ask in your name. Amen. Please be seated. Casting all your care. I'm going to reveal to you tonight a surefire way to get rid of all your worries.

This sounds like a bit of a marketing ploy, doesn't it? How to get rid of all your worries. Wouldn't that be good?

[1 : 26] You can. You can get rid of all your worries. The Bible tells us how to do that. Just how to do that. As it's simply put in these two verses here.

Really, just the verse 7. Casting all your care upon him, for he careth for you.

A surefire way of how to get rid of your worries. Now, the promise here is for the believer. The believer. In 1 Peter 1 verse 3, we see who Peter addressed this book to.

1 Peter chapter 1. It tells us there that Peter addresses the elect. The people of God. The chosen. God's people. It says in verse 3, Blessed be the God and Father of our Lord Jesus Christ, which according to his abundant mercy hath begotten us again, unto a lively hope by the resurrection of Jesus Christ from the dead.

[2 : 37] This book is addressed to those begotten again, those who are born again, those who are born of God. By his abundant mercy. By the lively hope.

By the resurrection of Christ from the dead. This promise, casting all your cares upon him, for he careth for you. This promise is for the father's children.

This promise is for the humble. Humble yourselves therefore, under the mighty hand of God, that he may exalt you in due time. So, this verse, casting all your care, is for those who trust God.

For those who are yielded to him. To those who do what he says. Who are his. His own. We can think, as we all have moments when we feel, does anyone really understand me?

Does anyone really care? We have moments where we're feeling down and low. It's human nature. It's human life, isn't it? The rain falls on the just and the unjust.

[3 : 47] We have the same concerns that the man or woman next door has who doesn't know the Lord. But we have something we can do with our cares. Our worries.

And our Lord is the one who tells us, he shows us here. He tells you, he tells me what to do. Cast your care. Cast your care.

Cast it. That's what it means. Throw it. Cast your care. It means to fling it down or fling it away. Usually with force.

That's the intent here. How are we to get rid of our worries? We are to cast them upon him. Upon him.

So we're told here, wait upon God. Depend upon him. Give yourself to him. Give your cares unto him. Come in humility unto him.

[4 : 52] Humble yourselves therefore under the mighty hand of God that he may exalt you in due time. Come in humility to receive his grace.

He gives grace unto the humble. He gives grace still. And he careth for you. He has set his love upon us.

And we can rely upon him. What are you worried about today? What are you worried about today? Now, someone has done some surveys and they found some interesting facts and things about what concerns most people these days.

And I'm going to quote something here that these people found when they did this asking around. What are people worried about? What are you worried about?

If you are like most people, you are probably worried about your weight. This is the number one thing, the top of the list. According to a survey done by a health company in the UK, that's the number one concern for most people.

[6 : 01] I've never really had that to worry about. I've never really had that problem. There was a time when I didn't have enough weight and I was a bit too light on.

But thanks to my wife's cooking, I don't have that concern anymore. But, so, here are the top ten. The top ten worries, counting down.

It's going to do a countdown now from number ten to number one. I already told you what number one is, but number ten is diet. People are worried about their diet. They're worried about job security, number nine.

Number eight is rent or mortgage payments. Number seven, credit card debt. Ooh, that hurts, that one. Number six, low energy level.

I know my dad doesn't have to worry about that. He's always a dynamo all the time. But sometimes I crash. I had a couple of afternoon sleeps today. I was so tired. And number five is overdrafts and loans.

[7 : 01] Number four, overall fitness. Now, Bobby doesn't have to worry about that. He's a fit, strong man. Still a fit young man here. Overall fitness. Number three, lack of savings or financial future.

Number two, growing old. You know, I've got more grey hairs than black ones now, but that's one of the worries. Number two, they're growing old. And then number one is weight.

So all of these things, ten things. People worry about these things all the time. And it's commonplace. Most of people's worries, when you break it all down, falls into two categories. Health and finances. Health and finances. These things will be with us as long as we live. When we're not living, we don't have to worry about them anymore.

The time will come you won't have to worry about your health or your finances. You're going to have to die in order to stop being concerned about your money and your health.

[8 : 04] Now, have you ever wondered how much time you spend worrying? How much time? If you add it all up, all those minutes and hours of time dwelling on those things, it's probably more time than you think.

The same survey asked people, how much time do they spend worrying? And here's what they found out. No wonder some people have trouble sleeping. Each week we spend 14.3 hours worrying.

14.5 hours of your week worrying. That equals 744 hours of worry every year. 744.

And this turns out, if you reckon it all up, it's 45,243 hours of worry over a lifetime. That's a lot of worry, isn't it?

That equals 1,885 days in a lifetime spent doing nothing but worrying. Which means we spend 5.2 years of life captured by worry.

[9 : 13] Five years of your life worrying. No wonder... Yeah. No wonder why we have trouble sleeping. No wonder we feel under so much pressure sometimes.

No wonder we find it hard to concentrate. Worry just slows people down, weighs them down. And for most people, it's not just one thing. People might be worried about money, worried about making a living, like a job they're studying, whether it's their health, bills to pay, your husband, your wife, your ex-husband, your ex-wife, the in-laws, the kids, and on and on and on it goes.

It might be like more than one worry. They have two or three or four and their knees buckle as they're weighed down with worry. Now people get strangled by worry. Strangled. To worry, the definition is to give way to anxiety or unease, to allow one's mind to dwell on difficulty or troubles. Dwelling on it. Dwelling on your difficulties. Dwelling on your troubles. The word itself, worry, comes from the old English, where again is the worry, is the word. And it means to, apparently it means to strangle or choke, to seize by the throat.

That's what worry does to people. It strangles the life out of them. And it's a helpful image of that pressure that happens when worry overwhelms. A simple definition is that worry is excessive concern over the affairs of life.

[10 : 42] And worry happens when we're so concerned about problems of life that we can't think about anything else. It's like every spare minute we're thinking about that, whatever it is, that's bothering, that's bugging us.

And it's that all-consuming feeling of uncertainty and fear. Now really worry is sin. It is a sin. Because worry displaces God in our lives.

When we worry, we're saying God is not enough for us. When we worry, we're existing, we're living as though God does not exist. We're not trusting Him with our worry, which is what He wants us to do.

So how are we to get rid of our worries? We're called to, cast our care on Him. Cast our care on Him.

That's what we're called to do. We're called to cast all of our cares, all of our anxieties, all of our fears, our burdens, our worries. Notice it says what? All.

[11 : 47] The whole of your care. Cast the whole of your care. One preacher demonstrated this by carrying around a bowling ball of a weight that He was carrying around.

That's what it is. It's a weight, isn't it? And some people have got a few weights to carry. God says cast all, the whole of your care. Because God is all sufficient for all of our problems, for all of our lives, all of our heartaches, all of our tears, all of our griefs.

There was a famous missionary one day, Amy Carmichael, who was a missionary to the nation of India. And she'd gone one day to hear a famous old preacher.

There was a renowned preacher that she went to go and hear. And she got there and the place was packed. There was hardly a seat vacant and she had to sit right at the back.

And it was so packed she could only just squeeze in at the back, you know, a standing room only.

And as this preacher was going through the message, there was no amplification.

[12 : 54] And he was getting on in years. He was a bit faint. He couldn't quite hear what he was saying. He had to really, hard to hear what he was saying. He just didn't have enough volume.

And Amy, right at the back, she could scarcely hear a single word except one. all. The preacher was talking about 2 Corinthians 9 verse 8.

And he read it, as he read it, he placed a special emphasis on the word all. And God is able to make all grace abound toward you that you having, always having all sufficiency in all things may have an abundance for every good work.

He stressed this word, all. And that was the one word she could hear out of all the message time, out of all that the preacher said that day. And she later testified that that one word, all, was all that she had gotten out of the sermon, but it was all that she needed.

Hallelujah. Casting all. I better not screw up my dad's thing that he printed out for me. But all your care, casting all your care.

[14 : 17] The preacher used this word all. God is able to make all grace. And Christ is our all sufficient saviour.

He is all that we need. He is our all in all. And we can cast all our cares on him. His goodness and his mercy follow us all the days of our life.

Praise God. He cleanses us from all our sin. And as we seek him first, he adds to us all that we'll ever need.

He meets all of our needs and he can do all things. Christ is our all in all. And he makes all things work together for good to them who love God, the called.

He makes all grace abound towards us, that we having all sufficiency in all things may always abound in every good work.

[15 : 24] So notice there, casting all. Then we see casting all your care. casting all your care.

The God we serve and know has a personal interest in each one of us, every one of us, even the little babies, especially the little babies. Notice it says casting all your care.

It's personal, your care. Psalm 55, 22 says, cast thy burden upon the Lord and he shall sustain thee. He shall never suffer the righteous to be moved.

Cast thy burden. It's personal, isn't it? That's yours, yours individually, thy, thy burden upon the Lord and he shall sustain thee, thee, thee, thee.

He shall never suffer the righteous to be moved. It's a promise here for the righteous. Get right with God and he shall sustain thee. He shall never suffer the righteous to be moved.

[16:29] He shall sustain thee. He'll keep you. It's his promise. We see as our Lord promised in Matthew 6 to not care about the things of tomorrow but to take one day at a time.

He says in Matthew 6 25 Therefore I say unto you take no thought for your life what you shall eat or what you shall drink nor yet for your body what you shall put on.

It's not the life more than meat and the body than raiment and clothing. These are by the by things. Life is more than things.

And in the context our Lord talks about how the! sees! the birds are fed he sees how the fields are robed in beautiful colours and if he sees to the birds needs how much more will he see to the needs of his own children.

Our Father knows the things we have need of and we can rely on his care. So it goes on in Matthew 6 34 take therefore no thought for the morrow for the morrow tomorrow shall take thought for the things of itself sufficient unto the day is the evil thereof.

[17:46] So he's saying don't take thought don't be bothered or concerned about the morrow tomorrow don't take thought for that live one day at a time is effectively what he was saying and it's our duty our duty it's our part to take no thought for the morrow we don't need to be worried about the future God is already there and when we are full of care we fail to trust him when we are full of care it can hinder our usefulness for service we're always worried about other things it's taking our mind off the things of God the things he wants us to think of humble yourselves therefore under the mighty hand of God our Lord has done everything necessary for us to trust him and he instructs us not to act like those who do not know him we see our acquaintances who do not know the

Lord we don't need to fret and fuss like they do we have his heavenly help for hurting hearts his heavenly help in Philippians 4 6 through 7 it says be careful for nothing be careful for nothing but in everything by prayer and supplication with thanksgiving let your request be made known unto God be careful in other words don't be full of care don't be weighed down with care don't be loaded up with that care full of that care be careful for nothing but in everything by prayer and supplication when we're asking God to supply it's supplication when we're asking his supply in supplication with thanksgiving thankfulness let your request be made known unto God be careful for nothing in other words don't worry about anything but pray about everything and then it goes and says and the peace of

God which passeth all understanding shall keep your hearts and minds through Christ Jesus promises there that we can hang on to we can confess the word of God and claim it pour your heart out to him give him your cares now anxiety is the natural result when our hopes are censored! in anything short of God anxiety when we worry about things instead of trusting his will and his way someone has said that an average person's anxiety is broken down like this they put it in percentages the things that the average person has anxiety about 40% 40% is about things that will never happen you worried about 40% of the worrying that you do is about things that will never happen 30% are things about the past it's already happened you can't change the past you can't change what's happened in your life don't worry about it anymore it's behind you 30% you can't change it let it go 12% are things about criticism by others mostly untrue we can all worry about that can't we things people have said about me about people criticism you're in the devil's target so it's every one of you he's wanting to throw some mud and muck criticism mostly untrue 12% don't worry about it what others are saying or thinking or you think they're saying or thinking gossip don't worry about it 10% of worry for people is about their health and if you worry your health is going to get worse so don't worry about your health alright let it go don't worry about your health 10% it's what it is isn't it of course we can try to make it better but so and then it boils down to about 8% about real problems that will be faced!

40% things that will never happen 30% things that are in the past 12% about criticism by others mostly untrue 10% about your health 8% are the real problems that we face so why worry leave it in God's hands we have his promise in Hebrews 13 5 for he said I will never leave you nor forsake you he is with you he is with you in your situation now the word cast it means to throw off with vigour that's what it means throw it cast it throw it away it means to throw it with vigour it's the picture of a hiker when they come to the end of a hike and they have been bearing that big rucksack that big knapsack that big pack on their back and they throw it off they fling it off they toss it down they throw it away casting all your care that's the picture of that rucksack off your back that big hiker's pack that's what we are to do with our cares with our worries with our anxieties by a decision an act of the will to unload our worries on the

[23 : 37] Lord as Christians we we can make the mistake that we think we're in control but we're not he cares for you he's in charge and we have his hope in the time of trouble and it may not go our way but we can trust him still we can trust him still we have a comforter capital C if you like that this world knows not the Holy ghost is sent as the comforter he brings comfort he brings encouragement he brings that coming alongside to help he is the comforter that this world knows not and we have a shepherd this world knows not in Isaiah 40 verse 11 it says he shall feed his sheep like a shepherd he shall feed his flock like a shepherd he shall gather the lambs with his arm and carry them in his bosom and shall gently lead those that are with young he shall feed his flock he is our shepherd he shall feed he shall lead he shall carry and whatever it be whatever your anxiety whatever your concern you can trust him trust him with your cares it could be business responsibilities financial pressures loneliness!

Shattered dreams disappointments physical illness and pain trust him trust him casting all all your cares upon him for he careth for you for you we are his personal concern each one of you are his personal concern now some people don't have any problem casting their burdens on the Lord but for some it's like they're going fishing!

You seen that? They cast the burden and then they reel it back in that's what some people do with their worries they throw the line like the casting rod of the fisherman and they throw the line into the water and then they reel it back in again oh bring that worry back no there's a song that goes take your burden to the Lord and leave it there amen take your burden to the Lord and leave it there we all have to grapple with the cares of this world as long as we live in this world and we can live a life without that suffocating worry without that strangling worry that strangles our faith and drains our joy and to all our fears the Lord says quite simply I am with you always fear not so here's how someone put it will things get worse fear not will

I lose my health fear not will I get cancer fear not will I keep my job fear not will my loved ones undergo hardship fear not will my investments collapse fear not will tragedy strike my family fear not will my children disappoint me fear not will others ridicule my faith fear not will my cherished plans come to nothing fear not will my dreams turn to ashes fear not will I face death this year fear not in Isaiah 41 10 it says fear thou not for I am with thee be not dismayed for I am thy God I will strengthen thee yea I will help thee yea!

I will uphold! thee with the right hand of my righteousness fear thou! not for I am with thee it's his promise it's his word in Isaiah 41 13 further it says for I the Lord thy God will hold thy right hand saying unto thee fear not I will help thee there's great promises there Isaiah 41 you might want to note that Isaiah 41 verse 10 fear thou not fear not I will help thee that's his promise to you someone has condensed it down to three keys to peace three keys fret not faint not fear not three keys to peace fret not fret you know we get fret fret worrying fret not why because

[28 : 28] God loves you 1 John 4 16 he says we have known and believed the love of God the love that God hath to us God is love and he that dwelleth in love dwelleth in God and God in him fret not because God loves you faint not faint not because God holds you Psalm 139 10 even there shall thy hand lead me and thy right hand shall hold me his hand will lead you his right hand will hold you faint not and thirdly fear not fear not why because God keeps you fear not because God keeps you Psalm 121 verse 5 the Lord is thy keeper the Lord is thy shade upon thy right hand he will shelter he will cover he will provide refuge the Lord is thy keeper he shall keep you he keeps for keeps doesn't he he is our keeper we fear not fret not faint not fear not three keys to peace!

Matthew 11 28 it says come unto me all ye that labour and are heavy laden and I will give you rest I can see why none of you sit on the front rows come unto me all you that labour and are heavy laden and I will give you rest take my yoke upon you and learn of me for I am meek and lowly in heart and you shall find rest unto your souls for my yoke is easy and my burden is light come unto me he says all ye that labour and are heavy laden and I will give you rest you can take comfort in the scriptures today humble yourselves therefore under the mighty hand of God that he may exalt you in due time casting all your cares all your cares upon him for he careth for you let us pray

Lord God we thank you that your shoulders are broad and any weight you can carry and you call us to lay that weight that care that worry that concern upon you as our sin bearer as our burden bearer Lord we know there's real worries here amongst us there's many who are concerned and naturally so but help us to do what's supernatural help us Lord to not linger!

in the pits but to stand on the rock and know your grace to know that as we humble ourselves under your hand your promises are yea and amen and they're still true 100% true as they always have

and always will be that we can fear not we can know that you will sustain us that you are our keeper that you are our shade at our right hand that your right hand holds us that we can hold you and you hold us Lord and we know that every step of the way you're already there in the future as you've always been with us and hitherto have the Lord helped us and we know in the future too you will help us Lord we thank you that every believer has these promises that are sure and certain for everyone can be claimed Lord help us to come unto you as we labour and are heavy laden and to find that rest we pray that each one would know the rest that it is to cease from our own labour as it were of striving of our own works as if they can do anything and to put our trust in you Lord in what you have done and to know that your grace is all sufficient that you are all our all in all all that we need and we know that all your promises are true and real and relevant and for now and for our future

Lord we we thank you for your promises and your word help us Lord to put it into action in our lives help us Lord to claim these promises and confess them to confess these scriptures to confess fear thou not for I am with thee that we know we can claim that and it's true then it's true as it was and it will be true as it is now and always will be true that we can know that you are with us and for every believer we can take that comfort we pray if there's any yet to trust you tonight that even now they'll see they can't spend another day another hour without you that we can know your grace and know it now know your saving love know that at Calvary's cross every debt was paid every sin was paid for in full that there at the cross we can know your redemption your saving grace and claim it as we call on your name we can be saved that each one would know what to do to do that and that every believer would walk in that victory in Jesus name we pray amen