

How to handle the cares of life

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[0 : 01] Let's go to our Bibles, if you've got your Bible. 1 Peter 5. I know that I've preached on this verse a number of times. It never grows tiring for me. This verse is one of the most blessed Bible verses that I find great comfort in and I'm sure you do.

2. How to manage the cares of life. Who's got some cares? I'm sure every hand would go up really if we're honest. If we're feeling a bit discouraged, if things are tough here and there at times, you're in the right place today.

We're looking at the cares of life and what to do about them, how to manage them and you might say that's easy for you to say. Look, I've got my crosses too. Believe me.

Not as much as many, I'm sure, but we've all got our cross. All got a cross. For you, it might be your loved one who's always on your heart, not doing well.

Could be some burdens you're carrying that others are not even aware of today. God knows. God knows. God knows. 1 Peter 5. Verse 6. It starts, humble yourselves therefore under the mighty hand of God that he may exalt you in due time.

[1 : 29] And verse 7. Casting all your care upon him for he careth for you.

Casting all your care upon him for he careth for you. The context there, it goes on of be sober, be vigilant because your adversary the devil is a roaring lion.

Walketh about seeking whom he may devour. Who resist steadfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world.

But the God of all grace, who has called us into his eternal glory by Christ Jesus. After that, you have suffered a while, make you perfect, establish, strengthen, settle you.

To him be glory and dominion forever and ever. Amen. Casting all your care upon him. A like verse in the Old Testament says, Cast thy burden upon the Lord and he shall sustain thee.

[2 : 45] He shall never suffer the righteous to be moved. It's very personal notice. Cast thy burden. It's a personal burden.

It's just your burden. Yours alone. God says, Cast thy burden upon the Lord. And his promise, He shall sustain thee.

He shall never suffer the righteous to be moved. So we told here, Casting all your care, Casting your burden upon the Lord.

First, let's look at what troubles we face. We all have cares. Cares of many colours and kinds. Cares we may carry from time to time.

Worry. Stress. Sorrow. Grief. Suffering. Loneliness. Weariness.

[3 : 48] Separation. Loss. Fear. Depression. Sickness. Pain. Pain. These all can overwhelm us from time to time.

You could add to that list with many, I'm sure, of your own woes and worries and cares. We could all have a long, long list of such things.

If we really wanted to take time to write it all down, you could probably fill a book, couldn't you, with all the things that boggle your mind and start to get you down.

And drug companies are making a fortune, they're making a killing from prescriptions for tranquilizers and various things to dull the thinking, the worry.

Many suffer from a lack of peace. They're heavily loaded down with worries, loads of cares and troubles. There's many kinds of cares. It could be cares about your family, your loved ones, cares about finances.

[4 : 51] How am I going to pay that bill? The tax. Cares about the future, your health, and the health of others in your circle of influence.

Cares about world conditions. What's going on? What's going to happen next? You're almost afraid to open the newspaper or turn the TV news on. What's going to go on next?

Around the world, hunger, war, poverty, hardships. Every care that you are carrying is in this verse.

Isn't it? This verse and the other one. Every care is in this verse. Verse 7, casting all your care upon him. And in this one, cast thy burden.

Every care, every burden is in these verses. Every care that you are carrying. Cares, someone has said, are roadblocks to blessing. Sometimes the burden, the care can so consume our thinking and our mind that we just get overwhelmed.

[5 : 59] Our heart gets overburdened with it. And we can all carry burdens in our daily lives. Some more than others. In Psalm 55, there is a person overwhelmed with burdens.

You read the context. It's a context of burdens that overwhelms the writer. What kind of burdens do people carry? Burdens to do with the home.

To many, home is not home sweet home. It's full of poverty, sickness and sorrow. There's a lack of love, commitment and trust.

You know, I've seen some news stories lately about Elizabeth. It's really in the headlines with homes torn apart by domestic violence and abuse and children in danger.

What a vile, evil world that is in people's homes, in these streets around us.

[6 : 58] It's a reality. Some face that trauma. I've seen some horrible things of late about abuse. Just men abusing women in horrible ways.

And it's not to say women can't be just as mean and nasty. There's burdens to do with the home, isn't there? There's burdens to do with business responsibilities.

People are trying to run a business. What a challenge that would be. Burdens to do with the Lord's work. Think of Paul as he talks about how he was beaten.

How he was stoned. He was nearly at the edge of death, pelted with rocks. Stoned to death, almost.

He suffered shipwreck. Numbers of times he was in the deep. He was in perils. He was in weariness, in painfulness. In watchings often. So sleepless nights.

[8 : 02] In hunger and thirst. In fastings often. In cold and nakedness. He knew what it was to do without and to suffer for the Lord's work. Burdens to do with our friends.

Letting us down. Disappointments. Hurts. Burdens that are physical. Paul spoke of a thorn in the flesh. And he besought the Lord three times. God says, you've got to hold that.

You've got to keep that thorn. That was a burden for Paul. A physical burden. Maybe you've got some aches and pains. I know I've got a particular affliction at the moment that's wearing me down. And it's painful. And sometimes physical pain is quite a hard thing to carry. And mine is insignificant to many.

Burdens that are emotional. When we're feeling fearful and anxious and worried. We're despairing. Depression. Christians aren't immune to such things.

[9 : 10] Because we are emotional people. And with body, soul and spirit. We're not immune. Nervous breakdowns. Christians can have them too. There's all of these things.

This is the reality of living in a fallen planet. Burdens to do with loss and bereavement. As our Lord came to Lazarus' tomb. His heart was moved.

He was troubled. He saw their grieving. The loss of loved ones. The burden of disappointment. Of something you had your hopes set on.

And it's just vanished away. That hope that you had. That disappointment. It's heavy. The burden of sin.

That's the heaviest of all. The heaviest burden. And Paul knew what it was. That struggle. That fighting within. The law of his mind. The law of his members. This battle.

[10 : 04] This struggle. What I ought to do. I don't. What I ought not to do. I do. This burden. Of living in a fallen planet.

And there are many types of burdens. Some types we bear. Many, many more. Than we could number here. So what we have seen so far.

Is what? Troubles we face. Now secondly we move on to why. Why is this? Why do troubles come? Why do we face troubles? As God's own children.

Why are we suffering? Why are we troubled? There is a reason why. A purpose we can discover. I'll touch on some points to consider.

As we face troubles. And what is the reason? It could be numbers of things. And these might help. To grasp and grapple with that.

[11:05] When we face these things. There is a reason why Christians have troubles. And some wrongly thinks that it's never God's will. For Christians to have any kind of hardship.

Or suffering. And if it happens. It's due to sin. Or your lack of faith. What a condemnation. It's not of God.

Such a teaching. The most just man on the whole planet. Job. He was the most. The most righteous man. At that point in time.

What did Job call? Wow. It wasn't to do with his lack of righteousness. His lack of faith. His lack of godliness. Or his sin. But 1 Peter says that at times it is God's will.

It is God's will. It is God's will. Even for the faithful believer. To go through severe hardships and trials. The hard place that you find yourself in.

[12:08] Brother, sister. It might even be right now. Maybe it's tomorrow morning. God forbid. But whatever you're in right now. Or whatever you do face.

Or have faced. Or will face. The hard place that you find yourself. May be the very centre. Of God's will for you. It could be the will of God. Being worked out.

For his glory. And your good. So he's saying 1 Peter. 4. Peter says. He tells of a suffering. That is according to. The will of God.

And you see some TV preachers saying. It's never God's will. For you to get sick. It's never God's will. For you to lack. Or for you to have any kind of financial.

Need. Or such. But. The Bible says differently. It says that. When we suffer.

[13:04] We suffer according to. The will of God. He's over everything. He's in charge. And it's according to his will. And we must resign to that. We must come under his hand.

And accept. And trust him still. And he'll get us through. God's will. For believers. Can. Include suffering. It's very evident. Through the scriptures.

God's faithful servants. Get tested. We're called to be. Approved. Unto God. A workman. That needeth not be ashamed. Approved.

It's got that sense of that proving. Of that. Of. You know. When they. Hammer a. A sword. They put it in the furnace. They. Hammer it. And burn it.

And melt it. And shape it. And bash it on that anvil. Till it becomes that sword. That is strong. And. Useful. And God's will.

[13:59] For believers. Can include. Such things. It tells us. Of the fiery trial. And God. God's will. Can mean.

That his beloved ones. Are placed in. A fiery trial. Wow. Wow. It's not. Not very comfortable. In a fiery trial.

But God is with you. As he was with the. Three Hebrew. Men. In the. Furnace. And God's faithful servants. Get tested. Our Lord himself. Our Lord himself.

In the garden. Of Gethsemane. Yielded. By faith. To the father's will. To drink. Of that. Bitter cut. Of. Suffering.

So the word of God. Says why. Why do we. Suffer. At times. Put to you. Some. Numbers of things. For refining.

[14:55] It's for refining. Job. He cried out. But he knoweth. The way that I take. When he hath tried me. I shall. Come forth.

As gold. He knows your way. He knows the way. That you will take. And he. When he has tried you. He. Will.

Make you. Come forth as gold. God gives us a lesson. For every trial. We often feel the need of. Patience. Yet it is tribulation. That work of patience.

Now. If you. I know. It's been kind of. Jokingly said. Oh Lord. Give me patience. And. He'll give you some. Tribulation. So don't pray that one.

We often want. A closer walk. With our Lord. Don't we. But we can forget. That his strength. Is made perfect. In weakness. Isn't it? Wow.

[15:51] When I am weak. He is strong. Is that what it says? When. His strength. Is made perfect. In weakness. The point. At which we can feel. Most helpless.

Is when he can work. And God tells us. That. We ought to get ready. For the fiery trial. God works as a refiner. Burning away the dross. So he. So that we.

Can come forth. As pure gold. I know. I like to tell a story. How. Julie and I used to live. In Mount Isa. Where they. Had.

You know. Various minerals. And. Was it copper? The smelter there. And. People could go out. And watch the. They. They would pour this.

They call it the slag. Sort of the. The burnt. The rubbishy. Drossy kind of. The remains of the furnace. The remains of the processing. And they poured it out.

[16:46] They had this great big truck. With a great big huge. Bucket on it. And they poured it out. Into this pit. And it looked like gold. Because it was. Glowing. Glorious. And. And. And when they poured it.

When they hit some water in the pit. It exploded. And there's like this. It was just like a. Volcano. And. And people who parked too close. Had to watch. Because they. They might get holes in the roof.

From the metal. The. The burning molten metal. Falling on their. The roofs of their cars. But. It's just a picture of that. Fiery trial. That. That. That smelting process.

That refining process. And it's a fiery trial. And. Peter says. Don't think it's strange. Don't think it's strange. When. When you have this fiery trial.

It's actually normal. It's actually God's. Standard process for you. It's. It's not a strange thing. It's not unusual. Which is.

[17:40] This fiery trial. Which is to try you. As if it's some strange thing. It's actually God's. Refining. He's doing something out of it. Take it as no surprise. When trials come.

You shall come forth as gold. God has his reasons. For these things. Beloved. Think it not strange. Concerning. The fiery trial. Which is to try you. As though some strange thing happened.

Unto you. But it goes on. But. Rejoice. Rejoice. In as much as ye are partakers. Of Christ's suffering. That when. His glory shall be revealed.

You shall be glad also. With exceeding joy. So. God has his reasons. For these things. The believer can. By faith. Now.

Present tense. Rejoice. In the midst of the trial. God's glory will be revealed. You know. One day. It is coming. At the blessed. Hope.

[18:36] The blessed. Returning of our Lord. We'll see his glory. And when we see his glory. When his glory is revealed. Then. Earthly.

Troubles will seem. Nothing. It'll seem. Like nothing happened. And then. We'll understand. Perfectly. The reason why.

The reason why. God can take our tragedies. And turn them into triumph. Just as the gold. Is tried in the furnace. It's much stronger.

And richer. Because of that. Process. It's been through. So to you brother. You sister. You'll be stronger. You'll be richer. Because the Lord.

Will strengthen. And enrich. Our faith. Through suffering. So we see. Refining is a reason. Another reason is learning. Someone has penned a poem.

[19:30] I walked a mile with pleasure. She chatted all the way. But not a thing I learnt from her. For all she had to say. I walked a mile with sorrow. And not a word.

Said she. But oh. The things I learnt from her. When sorrow. Walked with me. You know. Hardships and grief. Sad times. As hard as they be.

There's a learning there. There's a growing there. There's a blessing there. And when have you learnt the most? When sorrows came. You've learnt to lean more on him. You've learnt to find his strength. You've learnt to find his resource for you.

How are we going to know. That we have a God who is faithful. By going through the testings. And he will be that faithful God. The faithful God. He'll help you through. He'll bring you through.

God will bring us through. And we'll learn. Another reason is growing. Trials are part of God's training. To help us to learn. And to grow.

[20:28] And they help us be more fruitful and useful. Every Christian can expect troubles. And if you face trouble. Know that God cares.

He is with you. He has a purpose. He has a plan. You're under God's training. And for the time. That he allows it. And even in that darkest hour. In those dread times.

When it seems so hopeless. And hard. By faith. We can commit our way unto him. By faith. We can know his love. His perfect care.

And trust. He knows our deepest need. And he has promised. To sustain us. Cast thy burden. Upon the Lord. And what?

He shall. Sustain. Sustain. He shall sustain thee. He will sustain you. In other words. He'll hold you. He'll help you. He'll guide you.

[21 : 24] He'll keep you. He will sustain you. He will undergird you. Underneath are thee. Everlasting. Arms. Everlasting. He promises.

He's strength. For the trials of each new day. So when you're going through. Such things. When you're carrying such cares and burdens. Know.

God is with you. How? How can God help in such times? The Lord sees our cares. And he. Is actively working behind the scenes. He's not left the picture.

He has not left you. Some people think. When hardships and hard times come. Well God's abandoned me. Just on my own. He's left me.

But no. He's very much with you. He's very much evident. You know. The word tells us. He shall. He says. I shall. I will never leave you. Nor forsake you.

[22 : 19] Never. Never. Never. Never. Ever. Ever. And we can know. Some things. How God can help us.

And. Number one. Is God's control. It's comforting to know. That. That. Whatever the situation. Who is in control. He is in control.

You know. Have you ever looked at. A cross stitch. Got beautiful pattern. On the one side. You look at the other side. It's a real mess. It really looks messy. Doesn't it? And all.

You know. Mind you. Julie likes to make hers. Look nice on both sides. But. You know. When you have a cross stitch. It looks messy on the underside. Lots of knots. And loose strings. And it's all. A bit of a. Higgedly. Piggledly. But if you look at it from the top. There's that beautiful. Pattern. That's neat. And orderly. And sometimes our life seems like that.

[23 : 15] We just see the. The messy bits. We just see the. Straggly bits. All the. Strings. And knots. And. And. The confusion. The mess. But on the top.

God's doing something. He's making something beautiful. And our life can be like that. And we can get caught up in all the little details. And forget to see the bigger picture. What God is actually doing here.

If we looked at our life from God's perspective. Instead of looking at it from our perspective. Where it seems messed up. Look at it from the top. From God's angle.

In the Lord's eyes. He has everything. Everything. Under control. Even if it doesn't feel like it. Or seem like it. Right now. And it says that. All things.

Work together for good. For good. For them that are the called. For them that love. Love God. To them that are the called. According to his purpose.

[24 : 12] He is faithful. And all things. All things. Even the bad things. Yes. All things. Work together for good. He is faithful. And he'll be with us. In that time of trial.

And testing. So know God's control. Know God's comfort too. It says that he comforts us. In all our tribulation. He's the God of all comfort.

It says. The father of mercies. And it says that he comforts us. In all our tribulation. Why? So that we may.

Comfort. Others. You know. What you have learnt. Makes you. A master. It makes you one who can teach others.

Makes you a teacher. So. God's comfort is given to you. So you can comfort others. You know. Brother. Sister. You might have been through a particular. Awful situation.

[25 : 11] Or experience. You are well equipped now. To help others. Who are going through just the same. Kind of thing. Think of that. How God can use you.

Now that you're experienced. We don't always think of that. Do we? But he is. Our God is. The God of all comfort. He loves. And he cares. And you're never alone.

Never. Even though sometimes it seems so. And he says. My grace is sufficient unto thee. My grace is sufficient for thee. For my strength is made perfect in weakness.

Paul says. Paul says. Most gladly therefore will I. Rather glory. In my infirmities. That. The power of Christ may rest upon me.

Wow. That's a challenge isn't it? To glory in your infirmities. To glory in what is wrong. What is going wrong.

[26 : 10] To glory in that. God says. Paul says. I can. I will. I will glory. I will. Rather. Glory in my infirmities. That the power of Christ may rest upon me.

When I am weak and inadequate. God is sufficient. He is. My sufficiency is of him. And the Lord can comfort. He can strengthen. And help you in your time of need.

So. Know God's control. Know God's comfort. And know God's care. Know God's care. He careth for you. Casting all your care upon him. Why?

For he careth for you. He waits to take all your cares. He's the one who cared enough to save us. He will care for all of our cares.

And he understands. He's not removed. You know. Like it says. He's not. Someone who cannot be touched. With the feeling of our infirmities.

[27 : 07] He's been there. Done that. He's. He's. Suffered. Suffered. And so he knows what suffering feels like. He has. Encountered grief. And so he can.

Be acquainted with our griefs. His big heart. Is filled up with compassion for us. As he saw the city. He was moved with compassion. He saw the needy ones.

And he reached out and touched. He saw. And he knows all about our griefs. And our troubles. And he's deeply touched by them. This is not some God. Who's far removed. In outer space.

He's. Come in human flesh. To dwell amongst us. To. Experience life. And to know. The human experience. Of life. And his heart is touched.

Today. With your need. Whatever it is. He. Shall. Sustain. The. In your time of crisis. The Lord Jesus. He always took time. For people.

[28 : 05] People. Zacchaeus. Hiding in the tree. Nobody else probably even thought. To look up in the tree. But Jesus saw Zacchaeus. He saw Zacchaeus. He saw Zacchaeus.

His heart. And he says today. I'm going to come. To your place. Zacchaeus. Jesus took time for Zacchaeus. The woman who touched. The hem of his garment. In that pressing throng.

Of people. Jesus saw that woman. He saw her. As an individual. The children. As he laid his hands on them. And prayed for them. Others didn't want to spare.

The thought of them. Oh. Just shoo them away. Jesus said. Bring them. To me. And he blessed them. He prayed for them. Even the demon possessed.

Others would have. Thought. Oh. Don't. Just get them away. Jesus said. Bring them to me. God has time for you. He cares for you. Even in the practicalities of life.

[29 : 05] Do we stop and pray? Do we stop and seek his face? Do we wonder? Does God care? There's a. Just a. Basic.

Illustration of this. There was a woman. Who was at work. When she got a call. Her daughter was sick. And so she left home. And called at the pharmacy. To get some medication.

And when she got back to her car. She found that the car was locked. Her keys were locked in the car. And she was getting desperate. To get home to a sick child. And she called home.

And told the babysitter. What had happened. And. She was told that the child. Is getting worse. And she said. You might find a coat hanger. And use that to open the door.

And she did look around. And she found. Per chance. A coat hanger. Thrown on the ground. And. Maybe someone else. Had the same problem. And. Then she said.

[30 : 00] I don't know how to use this. So she bowed her head. And asked the Lord. To send her some help. And within five minutes. This old rusty car pulled up. With this greasy bearded man.

Who was wearing an old biker skull rag. On his head. And the woman thought. God. Is this what you said to help me? She was desperate. So she was desperate. So she was also very thankful. And the man got out of his car. And asked her. If he could help. And she said. Yes. My daughter is very sick. I stopped to get some medication. And I locked my keys in the car. I must get home to her.

Please can you use this hanger. To unlock my car. And he said. Sure. He walked over to the car. And in less than one minute. The car was open. And she hugged the man. And through the tears.

She said. Thank you so much. You're a very nice man. And the man replied. Lady. I'm not a nice man. I just got out of prison today. I was in prison for car theft.

[30 : 58] And I've only been out for about an hour. So the woman hugged the man again. And with sobbing tears. She cried out loud. Thank you Lord. For sending me a professional. Sometimes God works in mysterious ways.

Doesn't he? God truly cares. He cares about you. He cares about the practicalities. He cares about your situation. And he wants you to pray. He wants you to pray.

God truly cares. God cares for us. In every trial. And every sorrow. God is. In our refuge and strength. A very present help.

In trouble. God's not far far away. He's actually in. The trouble. With you. Isn't that a comfort? God is.

Our refuge and strength. A very. Present. Help. In. Trouble. Therefore will we not fear. Praise God. [31 : 58] When we feel the pressure. The heavy burden. When our heart is heavy. The Lord Jesus is far more precious. And as we go through trials. He shall deliver thee.

As we go through trials. He delivers us. And we learn to trust him more. As a result. And he never leaves us. But is with us.

In the fire. In the trouble. A very. Present. Help. In. Trouble. Glory. Well. If you're in trouble. God is. Your refuge. God is. Your strength. And he is. In. Trouble. With you. He brings us victory. In the midst of hardship. So what can we do.

With our cares. You might say. How do you make this. Real. How do I. How do I apply this. In my life. What can I do. When I face trouble. Read the Bible.

[32 : 54] Wow. You might get a blessing. That you never thought. You would receive. Because sometimes. Trouble sends us. To the word. Doesn't it? Like David says.

When I was afflicted. I. I. Turned to the word of God. When I was afflicted. I. I turned to the Bible. I sought the word of God. Read the Bible.

The Bible is precious. And it's practical. It's many promises. Are for you. And they're a real comfort. Tells us. Of the comfort. Of the scriptures.

Think of that. The comfort. Of the scriptures. When do we need comfort? When we're in trouble. Go to the word.

There's comfort there. The Bible can help you. It can uplift you. And encourage you. You can hide God's word in your heart. So you don't have to actually have it in. Paper form.

[33 : 51] Because it's in. Heart form. Heart form. It's in your heart. You've hidden it in your heart. Read the Psalms. What a blessing. What a joy. To praise God.

God is our refuge and strength. Stay in the word. And pray. So another thing you can do is pray. Philippians 4 verse 6. Be careful.

In other words. When it says be careful for nothing. It's saying. In other words. Don't be full of care. About anything. It's saying.

Don't be full of care. What should you do with your cares? Casting all your care. Upon. Him. Casting all your care. So you've got no cares. You're care free.

Instead of care full. Be careful. Full of care. About nothing. But in everything. By prayer and supplication.

[34 : 49] Ask God to supply. Supplication. With thanksgiving. Thank you Lord. Let your requests be made known. Unto God. The Lord delivers us from worry and concern.

He promises to. It's saying. Do not worry. In other words. Some have kind of paraphrased it. Worry about nothing.

Pray about everything. Most of the things we worry about. We can't do anything to change. So. Worry is a pointless exercise. Pretty much. And most of the things we worry about.

Really don't ever happen. Another thing you can do with your worries and cares. Take one day at a time. Yeah. Yeah. Yeah. I like how someone put it.

You know. I know I've said this lately. But it really. It's kind of a funny one. Be still. Be still. And know that you are not God. He is. Amen.

[35 : 49] We need to just be still. And know that. I. God. Am God. I am God. And take one day at a time. Lay it all in his hands.

You are valuable. And nothing you have done is too much for God to handle. There's another way. Someone put it here. As a poem. I was regretting the past and feeling the future.

Fearing the future rather. And suddenly my Lord was speaking. And he said this. My name is. I am. Then he paused. I waited.

He continued. When you live in the past with its mistakes and regrets. It is hard. I am not there. My name is not. I was. When you live in the future.

With its problems and fears. It is hard. I am not there. My name is not. I will be. When you live in this moment. It is not hard.

[36 : 50] I am here. My name is. I am. Now take one day at a time. One day at a time. Walk with God. Day by day.

Our Saviour leads us. And it says take therefore no thought for the morrow. Don't get worried about tomorrow. Because the tomorrow will take thought for the things of itself.

Sufficient unto the day is the evil thereof. So don't fret and fuss about tomorrow. What am I going to do Monday? What am I going to do next month? Next year?

There's these things. It's not saying you shouldn't naturally prepare and plan and think ahead. But don't get worried about it. Don't get anxious in your heart about what lies down the track.

About what tomorrow will bring. Some new sorrow or hardship. Maybe. Sometimes we carry today the things that may never actually happen to us.

[37 : 50] Take one day at a time. And another tip is rest in him. God the eternal refuge. Let him still your wild alarms. Underneath your deepest sorrow are his everlasting arms.

Sometimes we get caught up in the moment and we forget to realise underneath are the everlasting arms. Learn to depend on his sustaining grace.

We're in his care. And whatever the problem that is causing you worry and care, you must by a definite act of faith, of resting faith, leave it with the one who careth for you.

And another one is look at things unseen. Here we see, Paul says, our light affliction. And Paul knew what heavy affliction was, but he called it light. In the scheme of things, it's light.

It's just for a moment. It works for us. It's actually working for us, for our good. For an exceeding, far more exceeding, an eternal weight of glory.

[38 : 51] Why? Well, we look not at the things which are seen, but at the things which are not seen. For the things which are seen are temporal, but the things which are not seen are eternal.

Don't get caught up in the temporary. We're eternal. And what matters is what is unseen. Paul says, even in the midst of amazing sufferings that he endured, it's light affliction.

And it's just gone, isn't it? Whatever that pain, that agony, that sorrow, the grief, the fear, the anxiety, the affliction, it's real, yes.

But Paul says, don't dwell on that. Because we're looking at things that are not seen. We're looking at the unseen. Our Lord. We're looking unto him.

Our light affliction, it's only for a moment. And Paul says further that the sufferings of this present time are not worthy to be compared with the glory that shall be revealed in us.

[39 : 55] We'll look back from eternity and think, really? Why did I get so bothered by that, those momentary things?

Because we'll have no more pain, no more sorrow, no more anguish then. And also trust him. Learn to trust the Lord. Commit thy way unto the Lord. Trust also in him.

And he shall bring it to pass. And the psalmist says, what time I am afraid I will trust in thee. When you're fearful, when you're anxious, trust in him. Especially when you're feeling sick and distressed. It's a great time to find the comfort of the scriptures. To hear God and hear his word. To trust him more. Trust in the Lord with all thine heart.

Lean not unto thine own understanding. In all thy ways acknowledge him. And he shall direct thy paths. Think of the time when the apostles and our Lord were on that stormy sea.

[40 : 59] There was a great storm. It says the waves beat into the ship and it was full. It was filling up. As the waters crashed and overpowered the vessel, it was about to sink.

And the Lord Jesus was in the back part of the ship. Asleep on a pillow. And they woke him and said, Master, carest thou not that we perish?

Don't you care? Don't you care? What a question of our Lord. God, don't you care?

Master, Jesus, don't you care what I'm going through? Carest thou not that we perish? And he arose and rebuked the wind.

And said unto the sea, Peace, be still. And the wind ceased and there was a great calm. And he said unto them, Why are you so fearful?

[42 : 00] How is it that you have no faith? Don't be afraid. Have faith. By faith we can overcome fear.

The disciples' lack of faith made them doubt God's care. But our Lord says repeatedly in the Bible, it says, Fear not. Some 75 times.

Rely on God. Be content. Trust the Lord to help you. You cannot fail. So commit your way unto the Lord. Let's be faithful, not fearful.

Trusting. And he will give us the peace that passes all understanding. And just lastly, another tip is to give him your burdens.

Don't hold them and cherish them and dwell on them. You know, I like to do this. People on the front room have got to watch me when I do this kind of sermon.

[43 : 03] This is what we should do with our burdens. I'm going to throw it at you, Bobby. So get ready to catch it. You're the Lord. I'm trusting on you, brother. Casting all your care. You better catch this.

Casting all your care. Get ready, brother. Better stand up and be like the keeper. Casting all your care upon him. Oh, no. You let me down. Bobby, what are you doing to me?

Let's do that again. Thank God. But God is not butterfingers. Amen. Casting all your care upon him. Oh! I'm going to do it again. Okay. Third time lucky. Here goes. Yay! Casting all your care.

Our Lord is not like Bobby. He's a much better catcher. Casting all your care upon him. For he care for you. Thanks, brother. You've got to do some bit more practice there, brother.

[44 : 01] But our Lord will not drop. He will catch it. Amen. Casting all your care upon him. Because that's what he wants you to do. Cast thy burden upon the Lord.

He shall sustain thee. And I've lost my place now. Well, here it is. Casting all your care upon him. And he says, come unto me, all you that labour.

Cast thy burden upon the Lord. He says, come unto me. Take my yoke upon you. Learn of me. My yoke is easy. And my burden is light. Take my yoke upon you.

Cast your burden upon the Lord. There's a song that goes, cast your burden upon the Lord and leave it there. Leave it there. Leave them with him. Don't try to take them back.

You know, we cast the burden and then we take it back. No, leave it with God. Cast thy burden upon the Lord and leave it with him. Don't take it back.

[44 : 56] Give it to the Lord Jesus and leave it in his care. Because he cares for you. And notice it says that casting all your care upon him.

And we'll pull that forward now. And so, leave your burdens with the Lord and stop caring them for yourself. And the sense of it here is, cast the whole.

That's fine. It's there. We'll do. That's fine. We don't need to view it. Cast the whole of your cares upon him. All your anxieties, all your worries. Once and for all on him.

For he careth for you. So, just to quickly recap, because it kind of helps cover what we've covered here briefly to put it in writing. What troubles? Manifold, manifold burdens.

Why do troubles come for our refining? He's refining you, sister, brother. You're learning. And you're growing. That's why. How can God help?

[45 : 55] God gives us comfort. He gives us his control. And God's care. He's always there. How can God help? God's control. God's comfort.

And God's care. What can we do? Read your Bible. Find the comfort of the scriptures. Pray. Learn to depend on God. Pray. Take one day at a time.

Don't get overwhelmed with what lies ahead. Live in the now. God's with you. He is the I am. Take one day at a time. Rest in him. Find his care.

Be still and know that he is God, not you. And look at things unseen. This is just temporary. This present trial, it's momentary.

It's a light affliction. In the scheme of eternity, it's nothing. Look to the one who is unseen, our Lord. And trust him.

[46 : 52] Trust him. And throw your cares. He will catch them. And he won't. He's not butterfingers. He will catch your cares.

And he'll take care of your cares. Amen. So please be encouraged today. And the greatest burden of all is the burden of sin. Isn't it? It's the burden of sin.

And friends, that burden, the burden of sin, is just, he can take that burden. And if you're not saved, that is the most important and critical thing to know.

That Jesus can take the burden of your sin. You know, that song that we just sang, burdens, you know, as another song goes, burdens are lifted at Calvary.

You know, and he takes our burden. He takes the burden of our sin. And that's simply as you trust him. At the cross, he took all of our sin. Trust him to pay for it in that act of the cross.

[47 : 56] That one once for all act. That finished work of the cross. Not that you have to work to deserve it. You simply have to trust that he has done.

To trust him. And as a believer, now, trust him still. Trust him to take care of you. Let's pray. Lord, we thank you that your word gives us great comfort and peace. Lord, that assurance of salvation. That we can have eternal life. Lord, we can know a peace beyond this world. And this world cannot give us a peace like this peace. It's beyond comprehension. Even as we know that know you. That it's a peace that we can't express. How much blessing it is to know that peace. That passes all our understanding. And keeps our hearts and minds through Christ Jesus. [48 : 56] Lord, pray for us. We're standing here this morning. In hearing of this, that... Lord, let us apply the promise of your word. And cast all our care upon you. Knowing assuredly that you do care for us. We pray that any of them are going through a hardship right now. that this will be a great comfort to them and that they can find your peace even in the midst of whatever situation they're going through right now that they can know that wonderful peace even in the storm in jesus name we pray amen