



Cast all your cares upon Him for He cares for you.

1 Peter 5 :7

This verse is describing an energetic action. You take your cares and you cast them on the Lord.

You can't be passive with your problems and trials and troubles. If you do, they are going to persist and remain. You have to look at that worry, at that concern, as an enemy, something to be rejected and cast upon the Lord. If you

get it out of your hands and put it in His hands, He can and will work in that situation.

In the Amplified Bible, we read it that way: *Casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully].*

And in the Message Bible: *Live carefree before God ; He is most careful with you.*

The Lord tells us : « Cast it on Me because I care for you. I care enough to do something about it. » He is not only able to help you, but He wants to help you. God is not a far off power that we stand in awe of, but He is personal. He does not just care about people and nations, He cares about you personally!!

Your worry and concern can't make the sun rise neither can it make it set, it can't bring down the rain or make the vegetables grow. God does all that. We need to learn how to let God be God and become children again in our thinking.

I may not know how everything is going to work out but this I know : God is going to be involved and take care of it, and I need to trust Him and not worry.

If we could see ourselves from God's perspective, we would not worry. We would just relax and enjoy life more.

Psalm 37.5 : *Commit your way to the LORD; Trust in Him also and He will do it.*

Today, exchange your worries for His peace