

FUNDAMENTALS OF FAITH

It's A Choice

- I. **Taking the care is a choice-1Pt5:5-Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God resists the proud, and giveth grace to the humble. 6 Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: 7 Casting (throw, quick toss, sudden motion) all (any, every, all) your care (Concern, anxiety, uneasiness of mind occasioned by fear of evil) upon him; for he cares for you. 8 Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking he may devour: 9 Whom resist steadfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world**
- A. With every care that comes there are two options and you have a choice to make-Take it or cast it upon the Lord
Mt6:25-I say unto you, Take no thought for your life; 1Pt5:7-Casting all your care upon the Lord
1. You do one of those two with every care that comes to you-There is no such thing as neither casting it nor taking it
- B. Both taking the care and casting the care are choices you make-Dt30:19-I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both you and your seed may live
1. God doesn't make you cast your care and He won't do it for you-He's talking to us in Mt6:25 and 1Pt5:7
 2. The enemy can't make you take the care-This is your choice
 3. Regarding every care that comes to you, you have a choice to make-As cares hit your desk you have to choose with every one of them to either take it or cast it and with every one of them, it's my choice
- C. Anyone who is worried, anxious, or troubled chose to take the care when they didn't have to
1. These took the care and didn't have to-Jesus isn't leaving them the idea that they couldn't help it-**Mk4:40-Why are you so fearful? How is it that you have faith? Mt14:30-When he saw the wind boisterous he was afraid...O thou of little faith why did you doubt; Job3:25-For the thing I greatly feared is come upon me, and that which I was afraid of is come unto me**
 - a. You can't help it that a care comes to you in form of anxious thoughts and feelings-We're not talking about just feeling these things, the care coming to you, having the opportunity to worry; We're talking about choosing to take the care and yield instead of casting your care on the Lord and resisting – This is the problem
 2. These could have taken the care worried and didn't-Do think they felt worried, had some anxious thoughts, felt a little afraid and yet they didn't take the care-**1Sm17-David didn't; Dn3-Hebrews didn't; Dn6-Daniel didn't; Lk8-Jairus didn't**
 3. You don't have to take the care, worry or troubled even in an extreme situation-The situation doesn't dictate it, you do-**Lk8:50-When Jesus heard it he answered him, saying, Fear not: believe only and she will be made whole**
 - a. Taking the care is not a light matter-Jesus quickly addressed it because he knows taking the care and coming out of faith can keep this miracle from happening; The report they got doesn't matter, his faith does matter
 - b. God is expecting us to not take the care-He expects us to cast the care, to fight, to resist worry and anxiety
- II. **You can help it whether or not you take the care and worry – You have authority over cares and worry**
- A. According to the Bible, you never have to take the care for anything, ever, in any situation-Mt6:25-I say unto you, Take no thought for your life; 1Pt5:7-Casting all your care upon Him; Ph4:6-Be careful for nothing
- B. Many believe they can't help it but to take the care and worry-They will tell you emphatically that I can't help it whether or not I worry and if you were in my shoes you'd be worrying too (Only if I was disobedient to the master and took the care)
- C. Are we just victims of worry and care and at the mercy of them?-Or can we help it whether or not we worry?
- D. We have the authority over cares, worry, anxiety and fear and we can put them to the ground-This is idea that we never have to take the care for anything ever is reveals to us our authority over this
- E. Jesus' answer to worry, anxiety, sorrow is stop it-He tells them he's leaving and they can't go with him and they're troubled about it and He says stop it; Can they just stop it-**Jn14:1-Let not your heart be troubled (ST-Agitate, trouble; TH-Inward**

commotion, anxious, distressed; W1828-Grieve, sorrowful) you believe in God, believe also in me; 27 Peace I leave with you, my peace I give unto you: not as the world gives, give I unto you. Let not your heart be troubled, neither let it be afraid

1. Then enemy has deceived many into believing that it's not that simple-He doesn't want you to see your authority
 2. Your heart will try to be troubled don't let it be-You'll have opportunities but don't take the care
 3. Two big thing reasons for Jesus' response (He's not just being hard on them)-1. Taking the care is a serious thing
2. He's revealing to them that whether or not they are troubled is completely in their control-They have authority
- F. A big lie the enemy is selling when it comes to cares, worry and even anxiety is that you can't help it
1. He uses this phrase it's not your fault-This is a subtle and deceptive way of saying you don't have authority over it
 2. He's pandering (stroke, please) to you, making a victim out of, petting you-The flesh likes to be the victim for two reasons: 1) It likes to be pet 2) It doesn't want to change
- G. Don't let your heart be troubled-This a direct way of saying you have authority over it and you can stop it in it's tracks
1. Blaming and shaming?-When the truth about this is preached the enemy will tell you they're blaming you and shaming you for your anxiety and for your depression because he doesn't want you to see the truth about this because the truth will make you free; It's not about assigning fault to blame and shame, it's about assigning responsibility so you can recognize your authority and realizing you can run cares and worry out of your life