

FUNDAMENTALS OF FAITH

How To Cast Your Care On The Lord

I. **When we cast our care upon the Lord, we have God's word on it that we will be taken care of-***Ps37:5-Commit (roll) your way (course of life) unto the Lord; trust also in him; and he will bring it to pass; AC-Commit your way to the Lord [roll and repose each care of your load on Him]; trust (lean on, rely one, and be confident) also in Him and He will bring it to pass; ICB-He will take care of you; YLT-Roll on Jehovah your way, And trust upon Him and He worketh*

A. Don't take the care and all these things that concern you will be taken care of-Mt6:25-33

II. Your cast your care with your will

A. To take the care or to cast the care is a choice and it's your choice

1. He's talking to you, telling you to not take the care and so it's your choice-You decide what you do with the care-Mt6:25-Therefore I say unto you, Take no thought [Be anxious about, have care, be troubled with cares] for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on; 1Pt5:6-Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: 7 Casting all your care [concern; anxiety; uneasiness of mind] upon him; for he cares for you

B. To cast your care upon the Lord you have to exercise your will-Make a choice of what you're going to do

1. If you cast your cares upon the Lord it'll be because you exercise your will and chose to-And the same if you don't

a. If you cast your care and are careful for nothing and don't let your heart be troubled it'll be because you chose to-Ph4:6-Be careful for nothing; Jn14:27-Let not your heart be troubled (anxious, sorrowful), neither let it be afraid

2. Your will is heavily involved in this because to cast your care is a choice-You have to exercise your will and choose to do this and if you don't it'll never happen

C. God does not. will not do this for you-If your cares get cast upon Him it'll be because you chose to do it

1. You can't pray and ask God to do something He told you to do-To sit there and do nothing and not cast your care on the Lord and just pray, "Lord take my anxiety, take my worries away, is crosswise of the Bible"

2. There's a whole lot of things God told us to do, that He will not do for us-People like do nothing Christianity and this is one reason people like this "God is in control of everything" doctrine because that means we are responsible for nothing

3. Your responsible for casting your cares upon the Lord-If you sit there loaded down with care it's entirely your fault

D. Every care that comes to me demands that I make a choice-With every care I must choose what I am going to do

1. Slow the process down-With every care ask yourself, Am I going to take this or cast this?(Ex: Paper cares demonstration)

2. If I don't choose to cast them, I take them be default-If you don't cast them off of you, they will rest upon you

III. You cast your care with your words

A. Your exercise your will and cast your care with your words-You have to say something to get these cares off of you

1. We use our will and our words to handle these cares-Ps23:4-Yea, though I walk through the valley of the shadow of death, I will fear no evil; Ps3:6-I will not be afraid of the ten thousands of people, that have set themselves against me round about; Ps53:2-Mine enemies would daily swallow me up: for they be many that fight against me...3 What time I am afraid, I will trust in you 11 In God I have put my trust: I will not be afraid what man can do unto me

a. I will not fear, I will trust-This is another way of saying I will not take the care, but I cast the care on the Lord

2. It's a decision and declaration-I'm choosing something and I'm saying something

a. A care comes to you and is laying before you what to do?-You choose something and you say something: I will not take the care and be anxious about that, I cast the care of that onto the Lord and I will/choose trust Him

b. If a care comes to you and you choose nothing and say nothing you just took it-Silence is compliance

B. You take the care by yielding and saying-Mt6:31-Therefore take no thought (care), saying, What shall we eat? or What shall we drink? or Wherewithal shall we be clothed?; BBE-Do not be full of care, saying

1. If you yield to the worry and speak in agreement with it you just took the care-A care came to them in the form of thoughts and feelings they yielded to the worry and said, "What are we going to eat, drink and wear," and when they did they took care – They could have resisted the worry and said something else and cast that care

C. Much of what we do in the kingdom we do with our words-It should be no surprise we cast care with our words

1. God uses with His Words-Ps33:6-By the word of the Lord the heavens were made; Hb11:3-The worlds were framed by the Word of God; Ps107:20-He sent his word and healed them and delivered them from their destructions
2. Jesus used His words-Mk4:39-Rebuked the wind and said unto the sea; Lk4:39-Rebuked the fever; Mt4:4-Said It is written
3. We use our words-Saved with our words-Rm10:9; Resist the devil with words-Mt4; Use words to speak to things-Mk11:23; To cast down wrong thoughts-2Co10:5; To pray-Mt6; To mediate-Js1:8; Set the course of our lives-Js3

IV. You have to learn how to use your will and your words to cast your care while experiencing strong emotions

A. Cares often come with very strong feelings of anxiety and sorrow-These emotions can make casting the care challenging

B. With strong negative feelings all over you, you must learn to exercise your will and speak in opposition to them- In the midst of that you must choose something and say something; With feelings of anxiety and fear all over you, "I will not take the care, I will not worry, I will not be afraid. I will cast the care and trust."- Ps23:6,Ps3:6,Ps56

C. When cares come it's easy to get emotional and take the care- 1Pt5:8-Be sober

1. Many feel and cower, feel and cave, feel and give in-The care comes, the strong feelings are there and they just yield and say something in fear and take the care
2. Champions of faith feel and resist-Feel and choose and speak in opposition to what you feel (Kellie-I will not fear)
 - a. Resisting the feelings isn't pretending you don't feel that way-It's refusing to allow those feelings to dictate what you do-Ps42:5-Why art thou cast down, O my soul? And why art thou disquieted in me? Hope thou in God: For I will yet praise him
 - b. Many say this isn't being real-Because to them being real is acknowledging, talking about, focusing on your feelings and that is a good way to get your tail whipped by the devil
3. The choices you make is far more important than the feelings you have-Your will is more important than the feel
 - a. Do you think all the negative feelings he had went away when he chose to fear not and believe only?-No, but the decision he made, is more important than how he feels; His decision got his daughter healed and his feelings had no part in it; If he would have followed his feelings she would have died-Lk8:49-While he yet spake, there cometh one from the ruler of the synagogue's house, saying to him, Thy daughter is dead; trouble not the Master.⁵⁰ But when Jesus heard it, he answered him, saying, Fear not: believe only, and she shall be made whole.
 - b. We make far too much of feelings-What is a feeling? Does it really matter how you feel? To many feelings are the biggest thing-Ph3:19-Whose end is destruction, whose God is their belly (seat of feelings); GW-Their own emotions are their god

V. After you cast the care you don't withdraw your decision, don't change your words

A. After you cast your care on the Lord the enemy will bring it back to you-He'll bring it back to you in your thought life and try to get you to take it and it's a big part of the fight of faith to resist the temptation to pick the care of that back up

B. After you cast your care on the Lord feelings of that care can linger-Just because feelings of worry linger doesn't mean you didn't cast it on the Lord; Your feelings are not the gauge of where that care is; You know you've cast your care by your decision and by words NOT by your feelings; The important thing is not how you feel, but where that care is

1. You might cast your care and still feel anxious-What does that matter? What is a feeling? I'm still not taking the care
2. Resist the feelings-I will be glad, I will rejoice, I will rest