

**March 30, 2022**

The Lord wants you to experience real and abundant life:

**1 Pt. 5:7 *Cast all your anxiety on Him because He cares for you. (NIV)***

This is one of my favorite verses in scripture for those who are hurting or struggling. Let's break this verse down to the core. First of all, we are to *cast* our anxiety on Him. The word for cast here means *to throw something with vigor as if to throw it away for good*. I find this interesting because I think for the most part, we tend to throw things upon the LORD, but only temporarily. Then we tend to come and take it back. Instead, Peter is encouraging us to throw our anxiety upon the LORD as not to ever take it back. Then, we are to cast *all* of our anxiety on Him. We also tend to not 'come clean' with God. We hold back certain feelings and hurts as though they are something to hold on to, just in case we need to bring them up again.

Now let's look at the word *anxiety*. The word means worries or concerns. Again, we are to remember that the LORD doesn't want us to stay in our worries, but to live in His solutions. Either we believe that He can do all things, or we don't. This is the faith that allows us to not only believe that He can, but that He will. When we become anxious, we are to do what His word says: ***Cast all of our anxiety upon Him. In fact, Paul reminds us of this in Phil. 4:6-7 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your request to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (NIV)***

And where do we cast this anxiety? Upon the only One Who can truly do something with it. Cast your worries upon Him. He is surely willing and able to carry these for us and lead us to the solutions rather than the suppositions. And then Peter reminds us, that the LORD cares for us. More than anyone else could ever care, He desires to pour out His love in abundance. So, we all have a decision to make when we become anxious. Live in our worries or cast them upon the One Who is able to deliver us from them. I choose door number two.

**Dear LORD, give us wisdom to do what You have told us to do, so that we can be free to love others the way You love us. Help us to trust and obey. You will do what You have said You will do. In Jesus Name, Amen**