

“CASTING ALL YOUR CARES UPON HIM”

INTRODUCTION

A. 1st Peter 5:7

How are you handling the worries of life?

B. Psalm 55:22

Let God sustain you! He is the ultimate burden-bearer.

I. DON'T CAST YOUR CARES DOWN A BOTTLE

A. Proverbs 20:1

Alcohol causes ridicule and deception. It is not the solution to your problems.

B. Ephesians 5:18

We have room for intoxication or the Holy Spirit, not both.

II. DON'T CAST YOUR CARES IN A BALLOT BOX

A. Psalm 118:8-9

Make an informed decision based on guidance from Scripture and pray about it, but don't expect the outcome of an election to fix your troubles.

B. Psalm 146:3-7

Even if your candidate wins, promises may not be kept, or if they are they might not have the intended results. And, if your candidate keeps every promise and the desired outcome follows, the powers of an office holder are always limited. Only God is almighty.

III. DON'T CAST YOUR CARES IN ANGER

A. James 1:19-20

Getting upset might be understandable, but expressing frustration, anger, rage, wrath, fury won't really improve anything. It is not righteousness.

B. Proverbs 29:22

Anger just increases strife. It doesn't solve the problem.

IV. DON'T CAST YOUR CARES ON PSYCHOLOGY

A. Psalm 1:1-2

There is room for psychology, especially for people who have truly experienced trauma, but it's far less room than what the modern world deems appropriate, wherein it is almost fashionable for spoiled young people to whine about first-world problems. The fact is, if the counsel given is not godly counsel, it's benefits will be severely limited.

B. Proverbs 29:11

Psychology says not to bottle it all up, but to have a professional to unload on. That might not be the most prudent advice.

C. Proverbs 12:25

For decades, depression was diagnosed as a lack of serotonin, but a couple years ago, researchers began to realize that was not very accurate. It's still popular to say it, but it might not be true. God attributes depression to anxiety and He doesn't prescribe serotonin, but a good word.

V. CAST ALL YOUR CARES UPON THE LORD

A. 1st Peter 5:6-7

Troubled people stay troubled by turning to drinking, or politics, or anger, or psychology, or any combination of these things instead of humbling themselves to God! He cares about us for real, and He invites us to cast our cares, anxieties, burdens on Him!

B. Hebrews 2:17-18; 4:15-16

He knows how to lift our burdens because he knows what it is like to live in the flesh and experience temptations.

C. Hebrews 9:28; 1st Peter 2:24

There is no burden greater than sin and Jesus picks that up for us. We need repentance and baptism in Jesus' name for sins to be remitted ([Acts 2:38](#)).

D. [1st Peter 3:12](#); [Philippians 4:6-7](#)

Not everyone has the right to pray, but once the sin problem is solved in Christ, then we have further relief from this world's troubles through the unburdening of prayer!

E. [Matthew 6:25-34](#)

Worrying won't fix a single problem in life, but when we make it our priority to seek God, then those problems get smaller.

F. [Galatians 6:2](#)

In Christ, we have brothers and sisters who will also carry our loads.

G. [Romans 8:28](#)

God has a way of making things work out for the best, even if we don't see it right away, even if we don't see it this side of the grave.