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WHERE TO CAST YOUR CARES

This is one of those verses that speaks to thousands of life's challenges. Keep this little outline in your Bible for you will have opportunity to use it often in dealing personally and publicly with hurting people.

1 Peter 5: 7 *casting all your care upon Him, for He cares for you.*

There are four observations I would like to share from this verse:

1. YOUR CARES

The word "care" here speaks of those things that pull you apart at the seams. They represent life circumstances that weigh you down. They are the troubles that come to worry you and create anxiety within you.

2. CAST YOUR CARES

The word "casting" is a sailor's term. It speaks of throwing an anchor overboard. What does the anchor do? It finds a place to settle it, to dig in, in order to hold the ship steady during turbulent time.

3. CAST YOUR CARES ON CHRIST

It is Christ who is our solid ground. Once our troubles are cast on Him, we can know that we are secure in the storm. He can carry what we cannot. He will take our cares and give us his peace.

4. CAST YOUR CARES BECAUSE HE CARES

This is an awesome truth -- "He Cares for you." When the stressful winds blow and you feel no one remembers you, He does. When you feel unloved, He still loves you. You can share all your heartaches and burdens with Him, because he loves you. His heart is filled with compassion for you. You can run to him knowing that he understands and will help.

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