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Cast all your cares on the Lord

“Be **anxious for nothing**, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the **peace of God**, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.” *Philippians 4:6-7*

“Therefore, humble yourselves under the mighty hand of God, that He may exalt you in due time, **casting all your care upon Him, for He cares for you.**” *1 Peter 5:6-7*

- **Do you have worries that feel “too big” to manage?** Yes No Sometimes
- **Does anxiety cause your heart to race?** Yes No Sometimes
- **Are you consumed with negative thoughts?** Yes No Sometimes
- **What’s your energy like when this happens?** High Low Somewhere in between

Being consumed with worries, anxieties, and negative perceptions drains you of your energy. You’ve heard “Let go, and let God.” But what can that mean to you?

- What would it feel like to be anxious for nothing?

- What might happen if you experienced the peace of God?

- What is possible if you choose to cast ALL your cares on the Lord?

Ready to cast your cares? Use the box below to write in words or phrases that represent all your cares.

When you are ready, tear off and “cast” this list of cares into a waste basket or seal it up in an envelope. NOTE: You are **not** “throwing” them away like trash; you are **symbolically casting** them to the Lord. Rest assured: He can handle them **ALL!**

Mark in your calendar (whether on your phone or a hard-copy) today’s date and time that you cast these cares to the Lord. This action step will help you with the renewing of your mind (*Romans 12:2*) each time your thoughts drift to these cares. You will be reminded that God’s got them; you don’t have to carry them anymore!
