

**1 Peter 5:6-7** (NIV) *Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. [7] Cast all your anxiety on him because he cares for you.*

**Psalms 55:22** (NLT) Give your burdens to the Lord, and he will take care of you...

\*\*\*To CAST something away means to throw away and not expect to get it back. To GIVE something away means you have no right to reclaim it because it does not belong to you. That is what we are supposed to do with those things which worry us and trouble us. We humbly come before God and Cast them... Give them to Him and refuse to take them back. I found the following note very challenging.

**Life Application Bible Notes:** “Carrying your worries, stresses, and daily struggles by yourself shows that you have not trusted God fully with your life. It takes humility, however, to recognize that God cares, to admit your need, and to let others in God's family help you. Sometimes we think that struggles caused by our own sin and foolishness are not God's concern. But when we turn to God in repentance, he will bear the weight even of those struggles. Letting God have your anxieties calls for action, not passivity. **DON'T SUBMIT TO CIRCUMSTANCES, BUT TO THE LORD WHO CONTROLS CIRCUMSTANCES.**”

Pastor Mark Kieft

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