

Taking God at His Word

Air Dates: May 10-14, 2021

Day One

There is one small verse in the Bible—it has only eleven words—but if you really understand and take this verse literally, it could be a huge benefit in your life. Here's the verse from 1 Peter 5:7:

Cast all your anxiety on him because he cares for you.

Now, you're probably thinking, *I know that verse and I know what it means.* But do you really? Let's take it one word at a time, and our word for today is CAST.

Peter didn't say drop all your anxieties, or let go of all your anxieties, or leave all your anxieties. He said CAST. It's not a word we use that often, so let's use a word that means the same thing: THROW. Throw all your anxieties on him.

To throw something takes force, doesn't it? It takes intentionality. If I'm going to throw something out the window or at someone, I have to take some muscle, pull my arm back, aim it and with energy, throw it. Well, it's not an accident that Peter used this word CAST. He's telling us that if you want to get rid of all your anxieties, all your care, all your worry, and all the stress that goes with them, you're going to have to throw all of them away from you—out the window, in the trash bin. Throw them!

And to do that, you're going to need two hands: The hand of prayer and the hand of faith. First, you pick up that anxiety, whatever it is, with both hands. I mean literally take your two hands, and hold them up to God in prayer, telling him all about it and ask for his help. Then by faith, believing God heard and will answer your prayer, throw it away from you. Again, literally with all your strength throw your hands out and cast all that anxiety away from you as far as you can.

If you're holding on to some cares and anxieties; if you're losing sleep and worrying about something; if you're almost sick because of that worry, well, it's time you believe this simple verse, and you CAST it all on him—throw it to Jesus. And every time you're tempted to take it back, cast it from you all over again. It could be transforming for your life.

Day Two

Do you know the definition of the word *all*? Of course you know what *all* means. So, why would I ask such a simple question?

Here's why: In the context of 1 Peter 5:7, you may have missed the meaning of this little word *all*. That verse says, very simply,

Cast all your anxiety on him because he cares for you.

All means everything you're worried about; every concern you have; it means anything that is causing you to be anxious, to be fearful. That would include:

- Your fear of COVID. Have you been caught in the blanket of fear that has been thrown over the entire world? Who do you think is behind all that fear? It certainly isn't God, because he never gives us a spirit of fear. The enemy of your soul wants to keep you in fear because then you're spiritually crippled.
- Your worry about your child or children. Whether still young or out of the house now, we parents can be very anxious about our children, their future, their wrong choices.
- Your job concerns—that difficult coworker or impossible boss.
- Your money worries—maybe the pandemic has taken a toll on your finances.
- Family relationship issues—with a mate or sibling or parent.

I mean, all just means all, right? Have you realized that God wants ALL your anxieties, not just the big ones, not just the easy ones. He wants them all because he can handle them and you can't. Jesus said, *"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light"* (Matthew 11:28). And he meant it.

Whatever worry is taking over your mind, whatever heartache is causing you to lose sleep, whatever care is heavy on your heart—can you please just cast them ALL on Jesus? Don't keep even one of them, no matter how ashamed you may be or how insignificant they may seem. No matter how many times you've prayed about it before. Today, cast *all* of them on Jesus. It's a small word but if you obey God, that small word can be a burden-lifter for you.

Day Three

I'm looking very closely at a very small verse and diving into some of the deep truths that are there.

Cast all your anxiety on him because he cares for you (1 Peter 5:7).

Here Peter makes it very personal: Cast all YOUR ANXIETIES. Yes, that's you. He is as concerned about your problems and worries as he is anyone else's. He invites you to throw away *your* concerns.

The dictionary says that anxiety is "a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome." And that worry and unease is founded in fear. It causes your faith to be overcome by fear, so that instead of trusting your heavenly Father, you begin to doubt God's love for you, or wonder if he really is trustworthy. Anxiety causes you to forget that God cares more for your personal well-being than anyone else—including yourself!

Anxiety is the weapon the enemy of your soul uses to whisper lies into your heart and cause you to question God's goodness and faithfulness. He likes nothing more than to accuse you before our heavenly Father. He uses the same strategy to shipwreck your soul as he did in Eden, by whispering in your ear 'Is God really concerned about your anxieties? Yours, when after all, there are many more urgent needs in the world than your own?' He wants to prevent you from casting all your cares and worries on the Lord, and he'll try any way he can to get you to believe his lies.

Jesus invites you to cast *your* anxieties on him—right now. So, what about all those worries you've been carrying around with you for too long? Isn't it time to cast all *your anxieties* on him because he cares for you?

Day Four

You may know this verse so well that you can finish it. It begins: "Cast all your anxiety ON HIM..." (1 Peter 5:7).

And of course, that refers to God. You are invited—or maybe I should say admonished—to cast all your cares on the one and only God, the creator of the universe, the all-wise, all-knowing, all-powerful God who is sovereign.

Honestly, that's almost hard to believe, isn't it? Suppose I told you that the President of the United States gave me a personal call and said, "Mary, I just want you to know, I'm here for you. I have lots of power and lots of influence, so if you have any need, any problem, any issue, I can probably help you. So, here's my private cell number and you can call me any time, day or night, and I'll take that problem off your hands." You wouldn't believe me, would you?

No, because I don't have access to the President of the United States, and even if I did, he couldn't solve my problems. But what this verse tells you is that because you have placed your trust in Jesus as your personal Savior, you have access to the God of the universe. You have a personal invitation to come into his presence. You are allowed into his throne room, and with confidence you can cast all your anxieties on him.

So, why are you continuing to worry and fret and be fearful and anxious? Do you believe this verse – "Cast all your anxieties on him because he cares for you"? Do you believe that the One inviting you is the true and only God? Then may I suggest, it's time you did just that. Throw all those worries on the One who can handle them. You know you can't—that's clear, right? But he can and he is waiting on you, longing for you to take him at his word.

Day Five

"Cast all your anxiety on him because he cares for you." You may be familiar with this verse from 1 Peter 5:7; I've quoted it and encouraged others with it time and again. But as simple as it is, this eleven-word verse makes it clear that there is much power to be unleashed in our lives if we truly believe what this verse says.

Cast all your anxieties on him—why? Because he cares for you. Oh, my, he cares for me? He—the one and only God—knows me and cares about me? That's what it says. Do you believe it?

If you've been born again through faith in Jesus Christ, this verse is there for you. Peter wrote it because he knew it was true. He is the one who denied Jesus three times after declaring he would die for him. Peter is the one who ran off while Jesus was being arrested. And now, after the resurrection, after being commissioned by Jesus to go feed his sheep, Peter is a changed man, now empowered by the Holy Spirit, and he's been feeding the new sheep of the early church. He's been through all kinds of troubles and has a ton of cares and worries. Those sheep aren't that easy to lead.

So, inspired by the Holy Spirit, Peter writes: "Cast all your anxiety on him because he cares for you." He cares for you. Peter knew that care; he experienced it first-hand. And he assures you and me that the same God who took care of him through all those early days of the new church—that God cares for you, too.

As I've been meditating on this tiny piece of scripture, I've been so blessed. Yes, I knew it before, but now I know it in new ways. And by God's grace, I want to live it like never before. You, too? Cast—throw—all your anxieties, every last one of them, on the Lord, the One who has power to rescue you, to comfort you, to give you endurance and peace, because he cares for you. Believe it, live it because it's true. He cares for you.