

“Casting All Your Anxiety On Him”

1 Peter 5:6-7

To worry is to “give way to anxiety or unease; allow one’s mind to dwell on difficulty or troubles.” The word itself comes from the Old English *wyrgan*, which means to strangle or to seize by the throat. That’s a helpful image because we’ve all felt the pressure squeezing us. Worry is excessive concern over the affairs of life.

Here is God’s answer to our worries: “*Casting all your anxiety on Him, because He cares for you*” (1 Peter 5:7 NASB).

1. A Definite Action: “Casting all your anxiety on Him.”

We are to “cast” our cares on the Lord. The word “cast” means to throw off with vigor. It’s the picture of a hiker at the end of a long day unhooking his pack and tossing it down. That’s what you are to do with your anxieties. By an act of the will, you are to unload all your worries on the Lord.

2. A Deliberate Release: “Cast all your (anxiety) cares on Him.”

Let me encourage you to write down on a sheet of paper your own list of the things that were troubling you. You don’t need to let anyone else see it. Just take a few minutes to write down your cares, worries and burdens. Then write “(1 Peter 5:7)” at the bottom of the list.

3. A Divine Destination: “Cast all your anxiety on Him.”

Either He carries the worry or we do. If we do, we’ll be divided, distracted, disturbed, confused, frustrated and burdened. If He carries the load, we may still have trouble and difficulties, but no consuming anxiety, no dominating fear, no undue concern, and no hopeless despair.

4. A Delightful Reason: “Because He cares for you.”

The word translated “cares” or “worries” or “anxieties” in the first half is completely different from the word translated “cares” in the second half. The word in the second half of the verse means something like “to fix your thoughts upon” something. God is always thinking about you. God cares about you.