



## **Cast Your Cares**

Psalm 55:22

“Cast your cares on the LORD and he will sustain you; he will never let the righteous fall.” - Psalm 55:22

**1. The secret sauce... is h\_\_\_\_\_.**

“Therefore, humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you.” 1 Peter 5:6-7

### **6 attributes of healthy humility.**

- 1.You acknowledge you don't have it all together.
- 2.You know the difference between self-confidence and pride.
- 3.You seek to add value to others.
- 4.You take responsibility for your actions.
- 5.You understand the shadow side of success.
- 6.You are filled with gratitude for what you have.

**2. Throw It A\_\_\_\_\_ on Jesus.**

**3. T\_\_\_\_\_ Him.**

Proverbs 3:5-8, “Trust in the LORD with all your heart and do not rely on your own understanding for support. In all your habits acknowledge Him, and He will make your paths straight.