CAST YOUR CARES ON HIM…

11-8-2026 AM

INTRO.:

A. Text: 1 Pet. 5:1-7.

B. Regarding the text:

1. **Verses 6-9** are in the midst of several imperatives. (Humble yourselves, be sober, be vigilant, and resist.)
2. These verses show how to deal with difficult things.

C. Do you ever feel as if life has tumbled in on you? Do problems mount as though they could bury you?

1. Some things we face are easier to deal with than others. (Some occupy our every waking moment. They take up all of our time.)
2. Sometimes they are situations over which we seem to have no control. Yet they can be troublesome in our lives.

D. Our lesson will give some words of encouragement to use when faced with overpowering situations.

DISCUSSION: LET US OBSERVE…

I. GOD'S PROVISION FOR HARD TIMES.

A. The words of this verse.

1. ***Casting***. Meaning to throw upon or place upon. Give over.
2. ***Care***. Anxiety, worries, or troubles. Things that occupy our thoughts.
3. ***Careth***. Interest and concern. God has compassion and can help.

B. The passage expresses confidence in our strong helper (Psalm 27:14; Psalm 138:7; Psalm 23:4).

II. GOD CARES FOR US.

A. God has spoken of this care.

1. **Hebrews 13:5** "…for he hath said, I will never leave thee, nor forsake thee." **Joshua 1:5** "… I will not fail thee, nor forsake thee." **Isaiah 41:10** "Fear thou not; for I am with thee: be not dismayed; for I am thy God…"

B. God has demonstrated His care.

1. He delivered Israel from hardships until they turned from Him.
2. **Psalm 40:2** "He brought me up also out of a horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings." **Acts 12:11**; **2 Timothy 3:11**.

III. THE INSTRUCTION? CAST OUR CARES ON HIM.

A. Remember: Some things are out of our control.

1. They distract us from serving the Lord as we should.
2. **Philippians 4:6-7**.
3. We can have peace by knowing God is in control.

B. Cares come in various forms and from various places
C. God wants us to cast our cares on Him.

IV. WE MUST FULLY TRUST IN GOD.

A. **Jeremiah 17:7** "Blessed is the man that trusteth in the Lord, and whose hope the Lord is." **Philippians 4:13** "I can do all things…" **Psalm 62:8** "Trust in Him at all times; ye people, pour out your heart before him; God is a refuge to us." **Psalm 118:8** "It is better to trust in the Lord than to put confidence in men."

B. We can be strengthened by adversities.
1. We want to remove our loved ones from every hardship.
2. But we must realize that some of these hardships bring maturity in the faith (**James 1:2-3** "My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience.")

C. Trust in God to help with our needs. **1 Cor. 10:13** "God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it."

D. When a friend is hurting, I want to take the hurt away.

V. CONCLUSION:

A. It is wonderful to know that God cares for me, and I can cast my cares upon Him.
B. Remember: Do what we can, then realize that God can and will give us the strength to bear hard times.