

The Cares of Life | CL Talks Episode 51

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So many people today, in Christianity, have a tendency to care more about and nurse our cares instead of praying in faith about our cares. Naturally, we attempt to do everything in our own power and abilities to eliminate our circumstances, we seek advice from our friends, and we search the internet to find how we fix our issues. But, in most cases, we just accept these circumstances and attempt to live with them which opens the door for worry and anxiety. Therefore, we live with and tolerate this worry, anxiety, and our imagination runs wild writing and producing of the worst scenarios and we become tormented and harassed by thoughts of, “what if this happens; why did this happen; this is the worst thing that could happen and it will probably get worse; I’m sunk; oh well, it’s over; nothing else I can do; if only I wouldn’t have done that”. Negative thoughts, pessimistic thinking bombard our minds, and the spirit of fear cast us into a state of despair and hopelessness.

I. When cares arise, what are we to do first and what are we not to?

A. What to do first when circumstances arise.

1 Peter 5:7 Amplified: 7 casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully].

1. You must settle in your heart, first and foremost, that your Heavenly Father cares deeply about you in these circumstances.

Psalms 31:7 (NLT): 7 I will be glad and rejoice in your unfailing love, for you have seen my troubles, and you care about the anguish of my soul.

Psalms 55:22 (NLT): 22 Give your burdens to the LORD, and he will take care of you. He will not permit the godly to slip and fall.

Psalms 37:3-5 (NLT): 3 Trust in the LORD and do good. Then you will live safely in the land and prosper. 4 Take delight in the LORD, and he will give you your heart’s desires. 5 Commit everything you do to the LORD. Trust him, and he will help you.

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Matthew 7:9-11 (NLT): 9 “You parents—if your children ask for a loaf of bread, do you give them a stone instead? 10 Or if they ask for a fish, do you give them a snake? Of course not! 11 So if you sinful people know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask him.

B. What not to do and what to do.

Philippians 4:6-7 Amplified Bible: 6 Do not be anxious or worried about anything, but in everything [every circumstance and situation] by prayer and petition with thanksgiving, continue to make your [specific] requests known to God. 7 And the peace of God

[that peace which reassures the heart, that peace] which transcends all understanding, [that peace which] stands guard over your hearts and your minds in Christ Jesus [is yours].

1. Praying is the antidote to worry.

Romans 12:12 NLT: 12 Rejoice in our confident hope. Be patient in trouble, and keep on praying.

1 Thessalonians 5:17-18 NLT: 17 Never stop praying. 18 Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.