



CAST YOUR CARES



PREVIEW

Issues of one degree or another arise just about every day, and sometimes they can begin to pile up. As the old saying goes, “When it rains, it pours.” Because each issue seems manageable on its own, we’re often tempted to handle things ourselves as they arise, only to then fall behind and feel anxious and overwhelmed. However, you’ve got a big God who wants to unburden you. He invites you to trust Him with your cares, both big and small.

PRAISE

God is omnipotent, meaning “all powerful.” He created the universe by simply speaking. His power is never diminished in the least, and He never grows weary. Nothing is too big for our God to handle, and no issue is too small for Him to care about.

PARABLE

Looking at Psalm 55, it’s easy to see that David had issues. Bible scholars don’t know for sure just when David wrote this psalm, but some think it was when his estranged son, Absalom, staged a coup to become king. Among the many who turned against David in support of Absalom was Ahithophel (ah-HITH-oh-fell), David’s grandfather-in-law and one of his closest counselors.

David and his royal entourage escaped Jerusalem before Absalom arrived with an army, but when word reached the king of Ahithophel’s treachery, the town in which David found temporary refuge did not seem far enough away. David poured out his turmoil in Psalm 55:6–8 (NLT):

Oh, that I had wings like a dove;

then I would fly away and rest!

I would fly far away to the quiet of the wilderness ... How quickly I would escape—far from this wild storm of hatred.

PRESENT

David said that if an enemy had betrayed him, it would have been easier to bear it, knowing the disloyalty came from someone who hated him (Psalm 55:12). But when it turned out to be Ahithophel, someone he trusted and respected, that was the straw that broke the camel’s back. His close friend’s betrayal pierced his heart like a dagger and was more than David could bear (Psalm 55:20–21). He had been completely taken in by the man’s lies.

We can surmise that David had reached his breaking point, for he wrote that his burden of grief and desolation was more than he could bear. The only solution was to turn to his truest friend, the One whom David knew was strong enough to bear the burden. He knew God would take care of him. (See Psalm 55:22).

It is important to note that when things get bad, God will not take your burdens (issues, cares) from you; instead, you must give them to Him. Ultimately, it is not enough to know that you need God; you must acknowledge your dependence on Him, and then act accordingly.

Don't exhaust yourself physically, emotionally, or spiritually when you can give your burdens to the Lord. His strength is limitless! He's already carrying you, so offloading your cares from your shoulders to His only makes sense.

PRACTICE

Anxiety among teens today is at an all-time high. The tension and stress they needlessly bear has been equated to that of air traffic controllers.

What things stress you out?

Share a time when you let little things for which you were responsible get out of control and overwhelm you.

What about when things were out of your control? Did that sense of being overwhelmed feel much different?

Whether the cause is ourselves or others, the cure to cares and anxieties is still the same: our great big all-powerful God!

PRAY

Lord, I know I need you, but I don't always act like I do. Forgive me for taking too much on myself and not giving you my burdens to carry. I want to exchange my cares and anxiety for Your peace and strength. Thank you, Lord, for carrying me!

PLUS

Make a list of the issues you are facing or will face this coming week—whether big or small, whether at home, at school, or at work—and write them all down.

As the list grows, you may begin to feel overwhelmed, but even if you don't, don't wait until you do before asking God for His help. Keep the list with you to pray over each issue and give it to the Lord. Be intentional about casting your cares upon God.