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Casting Your Cares on Jesus Pastor Charles Mendenhall

Jesus foretold us in Luke 21 that the cares and busyness of life will increase in the end times. We would think that the modern conveniences and technology would free our lives up but we just commit to doing more. At some point we are going to have to prioritize really what is important in our lives.

Luke 21:34 (AMP)

³⁴ But take heed to yourselves and be on your guard, lest your hearts be overburdened and depressed (weighed down) with the ^[a]giddiness and headache and ^[b]nausea of self-indulgence, drunkenness, and worldly worries and cares pertaining to [the ^[c]business of] this life, and [lest] that day come upon you suddenly like a trap or a noose;

Being weighed down with cares or worrying dulls our spiritual perception. It dulls our spiritual ability to hear what the Spirit of God is saying to us. Or the ability to discern spiritually what is going on around us.

With our spiritual senses dulled we are more likely to step into a noose or a trap unexpectedly because our keenness spiritually is dulled. It's not that the Holy Spirit isn't speaking to us but that we are not discerning what the Spirit of God is saying to us.

All the worldly worries weighed down by the cares of this life will dull our spiritual perception and we must be on guard lest that ensnare us and entrap us like a noose.

If we become entrapped this way we will have limits on us. And it will to the point that it determines that we won't go all the way God wants us to go, and in turn will not fulfill the plan and purpose God has for our lives, and our effectiveness in influencing people for righteousness.

Luke 21:35 (AMP)

³⁵ For it will come upon all who live upon the face of the entire earth.

The above scripture tells us it's coming upon all and if we know it's coming we can prepare how to handle it when it comes our way. This is in the following scripture.

Luke 21:36 (AMP)

³⁶ Keep awake then and watch at all times [be discreet, attentive, and ready], praying that you may have the full strength and ability and be accounted worthy to escape all these things [taken together] that will take place, and to stand in the presence of the Son of Man.

The definition of the word care or worry.

Care in the Greek is merma. It means a mental suffering; agree for a concern, anxiety and worry. It carries with it a troubling emotion or affairs of our life.

If we are weighted down by a care or a worry, we are troubled in our emotions. There is a mental suffering, a grieving on the inside.

A dictionary will define it as an oppression of the mind, and we be weighed down by responsibility and apprehension.

W E Vines Expository of New Testament Words defines it as always being drawn in a different direction or drawn away. A care is always designed to draw us away from Jesus or the Word of God. It takes us in an opposite direction.

If we don't learn to prepare ourselves we will be drawn away from Jesus and the answer.

Matthew 6:27 (AMP)

²⁷ And who of you by worrying and being anxious can add one unit of measure (cubit) to his stature or to the ^[a]span of his life?

In other words, being in worry or anxious doesn't change things. Faith is the only thing that will change things.

Matthew 6:28-29 (AMP)

²⁸ And why should you be anxious about clothes? Consider the lilies of the field and ^[a]learn thoroughly how they grow; they neither toil nor spin.

²⁹ Yet I tell you, even Solomon in all his ^[b]magnificence (excellence, dignity, and grace) was not arrayed like one of these.

Matthew 6:31 (AMP)

³¹ Therefore do not worry and be anxious, saying, What are we going to have to eat? or, What are we going to have to drink? or, What are we going to have to wear?

Matthew 6:31 (KJV)

³¹ Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

In Matthew chapter 13, Luke 8, and Mark 4 one of the devils tools mentioned is the cares of this life. The devil uses that tool and we don't even realize that it's just the adversary. A thought may come to us about how in the world we are going to make it through this or that, etc. (the cares of this life). We are to take no thought saying. When those thoughts come we need to come against them saying. He will use the bait of the cares of life but we don't have to take it.

Matthew 6:34 (AMP)

³⁴ So do not worry or be anxious about tomorrow, for tomorrow will have worries and anxieties of its own. Sufficient for each day is its own trouble.

Matthew 6:34 (MSG)

³⁴ "Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes.

Matthew 6:31 (MSG)

What I'm trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God's giving.

In the beginning of Luke chapter 10 the disciples were being sent out ahead of Jesus. Towards the end the group made a stop at Mary and Martha's house. Martha was anxious about being prepared for them.

Luke 10:38-42 (AMP)

³⁸ Now while they were on their way, it occurred that Jesus entered a certain village, and a woman named Martha received and welcomed Him into her house.

³⁹ And she had a sister named Mary, who seated herself at the Lord's feet and was listening to His teaching.

⁴⁰ But Martha [overly occupied and too busy] was distracted with much serving; and she came up to Him and said, Lord, is it nothing to You that my sister has left me to serve alone? Tell her then to help me [to lend a hand and do her part along with me]!

⁴¹ But the Lord replied to her by saying, Martha, Martha, you are anxious and troubled about many things;

⁴² There is need of only one or but ^[a]a few things. Mary has chosen the good portion ^[b]that which is to her advantage], which shall not be taken away from her.

Mary chose to give her attention to what God was doing right now. Martha was distracted.

In the parable of the sower the heart is mentioned that had worry and anxiety growing in it and how there would be no fruit from them.

As Christians we will all eventually have to deal with the worries and cares of life and all the anxiety. We can be in church every week Sunday and Wednesday can hear answers being taught but until we deal with our worries and anxieties the Word will not produce the harvest and the crop that we would desire to have in our life. So it is a blessing blocker and if we know it's a blessing blocker we will be more aggressive about getting it out of our life.

Our life is about choices. Mary chose to hear the answer. Martha didn't.

1 Peter 5:7 (KJV)

⁷ Casting all your care upon him; for he careth for you.

1 Peter 5:7 (AMP)

⁷ Casting the ^[a]whole of your care [all your anxieties, all your worries, all your concerns, ^[b]once and for all] on Him, for He cares for you affectionately and cares about you ^[c]watchfully.

The scripture, The Word, says we are to cast our care onto Jesus. It is something we have to do on purpose.

Pride will not allow us to cast our care. You think you are man or woman enough to handle it. God cares. Let Him have them and carry them.

In the beginning of casting your care on Jesus it may be difficult. You will have to do over and over again spiritually because the devil will try to give them back. You keep casting because He cares for you, and you keep casting because he cares for you, and you keep casting until the devil knows you mean business and he knows you aren't going to give in to him.

1 Peter 5:8-9 (AMP)

⁸ Be well balanced (temperate, sober of mind), be vigilant and cautious at all times; for that enemy of yours, the devil, roams around like a lion roaring [^[a]in fierce hunger], seeking someone to seize upon and devour.

⁹ Withstand him; be firm in faith [against his onset—rooted, established, strong, immovable, and determined], knowing that the same (^[b]identical) sufferings are appointed to your brotherhood (the whole body of Christians) throughout the world.

Worries and cares may seem like a small thing. They may start out small but they all have a negative effect on our spiritual life and our emotions.

When we are tempted to worry what are we going to do? We are not going to take the thought by saying and we are going to cast our care on Jesus.

Philippians 4:6 (KJV)

⁶ Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

Philippians 4:6 (AMP)

⁶ Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (^[a]definite requests), with thanksgiving, continue to make your wants known to God.

Prayer and thanksgiving working together will repel the worry. This is what Jesus was trying to get across to his followers in Matthew chapter 6.

Where there is worry and anxiety there is no peace.

Philippians 4:7 (KJV)

⁷ And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

In the midst of all that is going on around us we are to have peace and we can if we cast ALL of our care over on Jesus.

Verse 8 tells us what to do with our thought life. That is why we ended up worrying in the first place.

Philippians 4:8 (KJV)

⁸ Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

Something could be totally honest but there is no virtue in it. It opens the door up for the enemy.

Proverbs 16:3 (AMP)

³ Roll your works upon the Lord [commit and trust them wholly to Him; He will cause your thoughts to become agreeable to His will, and] so shall your plans be established and succeed.

Father, right now I make a decision a quality choice. I am going to resist worry. I resist it. In Jesus name. I cast and roll all my worries over on Jesus. I do not have any worries. Jesus has them. I don't have them I have peace and contentment. I am enjoying the good life. Hallelujah! Great are you oh Lord.