



Cast Your Cares on Jesus

1 Peter 5:5-9

Statement of Faith

It is God's will for us to live in righteousness, peace and joy.



Jesus, John 10:10

"The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly."

2 Timothy 1:7

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

1 Peter 5:5-9

- Let's see a connection between these words & ideas:

Humility

Casting your cares

Being sober

Being vigilant

Resist

1 Peter 5:5-9

5 Likewise you younger people, submit yourselves to your elders. Yes, all of you be submissive to one another, and be clothed with humility, for "God resists the proud, but gives grace to the humble."

1 Peter 5:5-9

**6 Therefore humble yourselves
under the mighty hand of God,
that He may exalt you in due time,
7 casting all your care upon Him,
for He cares for you.**

1 Peter 5:5-9

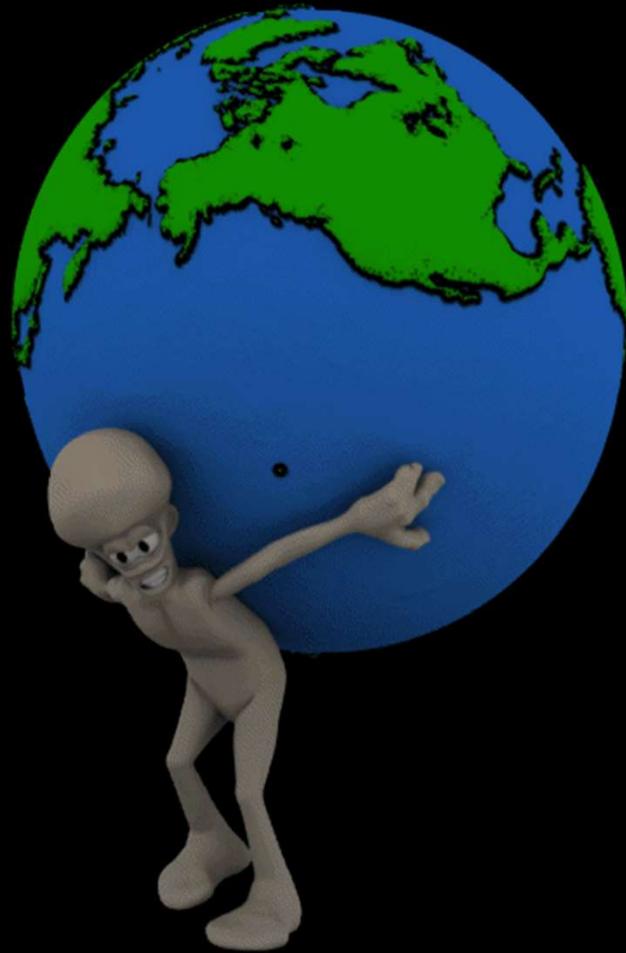
8 Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.

9 Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.

Ever feel like this?



Burning the candle at both ends?



Ever feel like this?

The Weight of the World?

**If you are not careful,
the cares of this life
will build up
pressure in your soul.**

First Idea

(vs 5-6)

Be Humble

“be clothed with humility”

God... “gives grace to the humble”

“Humble yourself under the mighty hand of God”

Humble = to be abased, make yourself lowly of heart & attitude, ability to not think of yourself or think of yourself less

First Idea

(vs 5-6)

Practice Humility

Serve people

Listen in a conversation

Hold the door for someone

Bow before God

Second Idea

(vs 7)

Cast Your Cares on Jesus

This is one of the primary ways to live in humility before God.

Did you know, when we try to 'do life' without God's help, input & wisdom it is evidence of a **prideful heart?**

Second Idea

(vs 7)

Cast Your Cares on Jesus

Picture #1: Transfer the Load

Like to a “beast of burden”

Revelation: **Jesus wants to be like that
beast of burden for you.**

Prayer is how we practice this.

Second Idea

(vs 7)

Cast Your Cares on Jesus

Picture #2: to throw

**Take that care and
throw it up to Jesus**

Third Idea

(vs 7b)

For Jesus cares for you

I wonder if Peter was remembering....

- That night in the storm
- That time He was drowning
- That campfire after his failures

Foruth Idea

(vs 8-9a)

*Be Sober, Be Vigilant,
Resist*

8 Be sober, be vigilant;
because your adversary the
devil walks about like a
roaring lion, seeking whom
he may devour. 9 Resist
him, steadfast in the faith

Foruth Idea

(vs 8-9a)

- **Sober** = alert, calm, sound mind
- **Vigilant** = awake, alert, watchful
- **Resist** = fight back, push back

What is the opposite of sober?

What is the opposite of vigilant?

What is the opposite of resist?

Foruth Idea

(vs 8-9a)

Make the Connections

- Your enemy's goal is to “devour” you – overwhelm, overtake, eat you up.
- He uses “the cares”
 - to intoxicate you with worry & fear.
 - to distract you.
 - to zap your strength.

This is why it is imperative you develop the skill of “casting your cares on Jesus”

Transfer the weight / Throw it



***Cast your cares on Jesus for
He cares for you!***