

SPIRIT OF LIFE MINISTRIES INTERNATIONAL, INC.
MINISTRY SCHOOL 3RD EDITION
SESSION 71 – PRAYER PART 14
THE PRAYER OF COMMITMENT

We read in:

Ephesians 6:18:

“Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints.”

Philippians 4:6

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

1 Peter 5:7

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

Let us look at another kind of praying which the bible talks about, the prayer of commitment. Paul touched on it in **Philippians 4:6**. Then Peter talks more about it in **1 Peter 5:7**, where he said, ***“Casting all your care upon him; for he careth for you.”***

I believe the Amplified translation is the most illuminating and enlightening translation of **1 Peter 5:7**. It reads:

“Casting the whole of your are – all your anxieties, all your worries, all your concerns, once and for all – on Him; for He cares for you affectionately, and cares about you watchfully.”

Peter said, ***“Casting all of your cares upon the Lord.”*** This is done in prayer, through the prayer of commitment. As we cast our cares upon the Lord, we definitely commit our problems to Him. This is what it means to pray the prayer of commitment.

Certainly, there are different kinds of prayer but all prayers are not the same. For instance, we have already discussed the prayer of faith, the prayer of praise and worship, and united prayer.

If Christians would do more **casting their cares** upon the Lord, or praying the prayer of commitment, there would be many things about which they would not have to pray using other kinds of prayer. Sometimes simply casting their cares upon the Lord would eliminate some of the problems and situations people are praying about because then the Lord would begin to work the problem out.

Worry Hinders Your Prayers

Some folks pray about certain situations and are getting no results. They often do not get an answer because they are not praying in line with the Word of God. They are not doing what God said to do about cares, anxieties, worries, and concerns. **IT IS NOT GOING TO DO ANY GOOD** to pray concerning your cares, anxieties, worries, and your concerns unless you are going to do what God tells you to do about them! There are some things about which we do not need to pray – about which we **SHOULD NOT** pray.

This surprises some people. They might say, “I thought you were supposed to pray about everything.” Well, you aren’t. There are many things you do not have to pray about and should not pray about.

You do not have to pray about the bible, for example. You need to just accept that God’s Word is true and believe it! The bible is true, and it will read the same way when you get through praying as it did when you started praying. The point is, if you would just believe what the bible says and do what the bible says, you would not have to do some of the praying that you have been doing.

Some way or another some people seem to get helped temporarily by just thinking of or acknowledging the fact that God knows and understands what they are going through. Yet, they still hold on to their cares and because of this they do not receive deliverance from their problems or situations. God wants to deliver you out of all your afflictions. [See **Psalm 34:19**.]

For God to help you, you must cooperate with Him. You must do what the Word says, You must cast all of your care upon Him, for the Lord cares for you (**1 Peter 5:7**).

If you want to receive total victory and deliverance, it is not enough just to know that God knows and understands and cares. We must go beyond that and do what God says in His Word to do. God wants us to **CAST ALL OF OUR CARES, ALL OF OUR ANXIETIES, ALL OF OUR WORRIES, AND ALL OF OUR CONCERNS** upon Him, for He cares for us!

The is the prayer of commitment, the prayer of casting or rolling our burdens – our cares – our anxieties and our worries – upon the LORD. A verse in **Psalm 37** may help us see a little more clearly as to what Peter was talking about in **1 Peter 5:7**.

Psalm 37:5

“5 Commit thy way unto the LORD; trust also in him; and he shall bring it to pass.”

A bible reference on this verse says, “Roll thy way upon the Lord.” The words “cast,” “commit,” and “roll” are all words that convey the same thought. We are to simply cast or roll our cares upon the Lord. We are to commit our way and our cares to Him. Isn’t that what the bible is saying in these verses? We are to CAST OR ROLL OUR CARES OVER ONTO THE LORD.

NOTICE this, God is not going to TAKE your cares away from you. You are going to have to do something about your cares by casting or rolling them over onto the Lord YOURSELF.

Some people have requested, “Pray that the Lord will lighten my load.” But the Lord is not going to do that. No, the Lord tells YOU what to do about YOUR CARES. And if YOU do not do something about them, NOTHING WILL BE DONE!

Simply put, if you hold on to your cares, your praying will be in vain. It is as simple as that! So, CAST YOUR cares upon the Lord. YOU Cast YOUR cares upon the Lord (**1 Peter 5:7**).

You is the understood subject in **1 Peter 5:7**. You are the one to cast all of your cares or burdens upon the Lord. As we read in **Psalm 37:5**, ***“Commit THY way unto the Lord...”*** “You” is the understood subject of this verse too. In other words, YOU are the one to commit YOUR way unto the Lord.

The Amplified version of **Psalm 37:5** reads:

“5 Commit your way to the Lord – roll and repose [each care of] your load on Him; trust, lean on, [rely on and be confident] also in Him, and He will bring it to pass.”

YOU roll your cares upon the Lord. YOU commit your way to Him. If anything is plain in God’s Word, it is this: GOD DOES NOT WANT HIS CHILDREN TO BE FULL OF WORRY AND ANXIETY, burdened down with the cares of life or bowed down with worry, anxiety, and concerns.

Matthew 6:25-27

25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns yet; yet your heavenly Father feedeth them. Are ye not much better than they?

27 Which of you by taking thought can add one cubit unto his stature?

What Jesus is simply saying is, which of you by worrying and being overly anxious is going to change anything? YOU can't do it; YOU can't change anything simply by worrying. The same thought is recorded in Luke chapter 12.

Luke 12:22

“22 And he said unto his disciples, Therefore I say unto you, TAKE NO THOUGHT FOR YOUR LIFE, what ye shall eat; neither for the body, what ye shall put on.”

Another translation reads, **“Be not anxious about tomorrow.”**

We know we have to think about some things and make some plans concerning our future. But the main thought in these scriptures is, God DOES NOT WANT US TO BE FILLED WITH WORRY and ANXIETY about tomorrow. He does not want us to be burdened with care about tomorrow. Even though we have to think about the future sometimes so we can make some plans and provisions, we can do so in a carefree, anxiety-free, worry-free manner.

Luke 12:25

“and which of you with taking thought can add to his stature one cubit?”

No one can “add to his stature one cubit” or change the circumstances of his life simply by thinking about those things and worrying about them. Notice again what Paul said in **Philippians 4:6**, **“Be careful for nothing...”** We have been a little blind to that truth and have not readily grasped with the scripture is saying. Once again, we believe the Amplified translation will help us.

Philippians 4:6 [Amplified]

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MINISTRY SCHOOL 3RD EDITION SESSION 71

PRAYER PART 14 – THE PRAYER OF COMMITMENT

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“Do not fret or have any anxiety about anything...”

We want you to notice something, friends. This is something YOU do. We want to reiterate it. Too many times, people want to pray and get GOD to take away their worries and their anxieties. But it is not scriptural to pray that way and it will not work. God will do something about your worries and anxieties – about the problems you face – but not until YOU GIVE THEM TO HIM.

Again, here in **Philippians 4:6**, “YOU” is the understood subject. So, when God says, ***“Be careful for nothing...”*** He is actually saying, “YOU be careful for nothing.” He is saying, “YOU don’t fret or have any anxiety about anything.”

The American Standard Version says, ***“In nothing be anxious...”*** the rest of that verses says, ***“...but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.”***

It is important to realize that as long as you are going to fret or have anxiety about whatever it is you are praying about, you are nullifying the effects of your praying. In other words, if you are worrying about something, you have not CAST THE CARE of your problem on the Lord; YOU still have it, and you are not trusting God with it. And if YOU have it, the Lord does not have it. But if the Lord has it, you do not have it!

Cast Your Cares on the Lord Once and for All

If, after you have prayed and have definitely committed your particular situation to the Lord, and are still trying to figure out the answer, then you have taken back the problem, and the Lord does not have it. If you are still perhaps lying awake at night, trying to figure out the problem, and you are tossing and turning from one side of the bed to the other, unable to sleep, then the Lord does not have the problem anymore. YOU HAVE IT. You have taken it back.

If you go to the table and try to eat, but you cannot because of your worry, anxiety, and concern, then the Lord does not have the problem; you do. If you do eat, and your food does not digest properly, and your stomach is constantly upset, then really, all your praying about the situation is in vain and will not work. Your prayer will not work because you still have the problem. YOU have not cast it over on to the Lord [Some of you are in this predicament right now!]

If that is where you are at, if you have not cast all of your cares upon the Lord – you can do something to change your situation. I want you to notice something, particularly in the Amplified translation of **1 Peter 5:7**.

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1 Peter 5:7 [Amplified version]

“Casting the whole of your care – all your anxieties, all your worries, all your concerns, ONCE AND FOR ALL – on Him...”

This is not something you do every day. This is a once-and-for-all proposition. In other words, when you obey this scripture and cast all your cares upon the Lord ONCE AND FOR ALL, that gets rid of them right then and puts them over into the Lord’s hands. Then once you make that commitment and purpose not to carry your own burdens, any time anxieties try to come to mind, you refuse to take them upon yourself because you have made the commitment to cast them on the Lord.

There is much the Lord would have already done for us as believers, but we would not let Him. We may have been honest and sincere, but we still did not let Him because we did not come to Him according to His rules – according to His laws that govern the operation of prayer. We did not do what He told us to do.

You see, we have not prayed scripturally if we have not cast our cares upon Him. We fail many times to cast our cares upon the Lord, and then we wonder why God does not work certain things out for us.

I am well satisfied that there are some who do not really want to get rid of their cares. They claim they do, but they do not really, for if they got rid of their cares, they would have nothing with which to gain someone else’s sympathy. In other words, if they got rid of their cares, they would not have those things to talk about. For many people, that would mean they would just have to close their conversations entirely.

Now we do not mean this to be unkind, but this is absolutely the truth. It is scriptural to cast your cares upon the Lord. YOU CAN DO what God said to do!!!

God has helped many of us many times in spite of our failures, faults, and shortcomings. Some way or another He has seen us through. But consider what shape we were in when we got through the crisis. It is much better to go God’s way, to practice His Word, and to have His best!

Worry Is a Sin

A PREACHER RECALLS WHEN God first began to deal with him along this line of worry. He didn’t know whether or not others have thought about the sin of worry in connection with faith and receiving answers to prayer. This preacher began to deal with this problem before he received healing in his body.

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MINISTRY SCHOOL 3RD EDITION SESSION 71

PRAYER PART 14 – THE PRAYER OF COMMITMENT

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You see, prayer, faith, and receiving healing or answers to prayer are all tied in together. This is the reason some people do not get healed in their bodies. They sometimes worry and have anxiety that keeps them sick. If they got healed of those symptoms that existed in their bodies, those symptoms would just come back because the CAUSE of their PHYSICAL CONDITION –the worry and anxiety, are still there.

God dealt with a young boy on the bed of sickness many years ago. He was just a boy, yet God dealt with him about worry as He began to bring him into the light of the truth of His word. He had never heard faith and healing preached. He was raised in a denominational church that did not teach it. When the light began to come to him concerning faith and healing, God began to deal with his heart about his sin of worry.

You might say a boy of fifteen couldn't worry, but yes, children can worry. Children are just replicas, so to speak, of their parents and what they see and hear in their homes from their parents.

This young boy's mother and grandmother were world-champion worriers. Even as a little child he knew that they were always worrying. The boy had a critical heart condition so he couldn't go outside and play like other children. He was constantly around his mother and grandmother. He would constantly hear them worrying and fretting out loud.

So, he learned to worry at a very early age. If you had asked him, he would say he would have been third place in worrying and fretting behind them. As he began to read the scriptures, he got bogged down in **Matthew chapter 6** which talks about worry. It took him about six months to get out of that chapter because it dealt with worry and put him under conviction.

When he became born again on his sick bed, he promised God that he would never doubt anything that he read in the Word.

Now you might say, "Well, I never made any promise like that to God."

But if you are SAVED, you are not supposed to doubt what you read in His Word. So, whether or not you made a promise like that boy did to God, He still REQUIRES FAITH of you, and you are wrong to doubt God's Word. Some people think if they do not commit themselves to be faithful to God's Word, then they are safe. But if you are a child of God, God still requires faith of you whether you have committed yourself to believe Him or not.

This boy would say to the Lord, "I'll never doubt anything I read in your Word. When I read it and understand it, I promise You that I will put it into practice."

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MINISTRY SCHOOL 3RD EDITION SESSION 71

PRAYER PART 14 – THE PRAYER OF COMMITMENT

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But when he got to **Matthew 6:5** Jesus said, **“take no thought for your life”** the light seemed to dim for him because he did not begin to practice this. He didn’t obey that scripture and did not begin to walk in the light of it. He was still taking plenty of thought for his life!

The boy’s bible had a little footnote that read, “Do not be anxious about tomorrow.” It listed other bible references which basically said the same thing: **“Do not worry’ do not be filled with anxiety.”**

He was full of anxiety and full of worry and full of fear over his condition. Not only was he nearly dead with a serious heart condition, but he was about to worry himself the rest of the way to death! His conscience smote him when he read that verse in **Matthew 6:25** because he was not PRACTICING the Word.

Matthew 6:25 said, **“...Take no thought...”** He thought to himself, I’m not even supposed to think about tomorrow. That is, he knew he was not supposed to be worried or anxious about his future.

As the words in **Matthew 6:25** seemed to leap off the pages at him and the Lord began to deal with him, he said to the Lord in astonishment, “Why, Lord, if I have to live like that, I will never make it as a Christian; I will never be able to live a Christian life.” And yet, he saw that living without worry and anxiety were to be a vital part of his Christian life. He thought he couldn’t live without worry or without being anxious. He thought he just couldn’t do it, so he shut his bible.

When he did that, the light dimmed for him, and he went into darkness. He would open his bible again and tried reading and would skim over that chapter in Matthew. He told himself, “I’ll just skip **Matthew 6**. I’ll just bypass this chapter.”

Up until then, everything in God’s Word had been all clear and light as a blessing to him. But when he chose not to walk in the light of what God showed him in His Word, everything became dark and fuzzy for him. You see, you are not going to get any more light until you walk in the light YOU ALREADY HAVE.

Don’t be worried about the things you do not understand in God’s Word. Just see to it that you are practicing and do what you DO KNOW. The rest of it will take care of itself.

The boy kept on reading. He began to study about the antichrist. The subject of the antichrist was not a problem area with him, so it didn’t convict him when he studied about it. But worrying was a problem, and it bothered him to study that subject because he wasn’t dealing with the sin of worry.

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MINISTRY SCHOOL 3RD EDITION SESSION 71

PRAYER PART 14 – THE PRAYER OF COMMITMENT

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His conscience smote him because he was not practicing the Word. He finally made a commitment to God and said to the Lord, “Lord, forgive me. Forgive me for worrying. Forgive me for being full of anxieties. Forgive me for fretting. Forgive me for being discouraged as I have lain here bedfast. The doctors said I would die. Forgive me for being discouraged. Forgive me for having the blues. Forgive me for feeling sorry for myself. Forgive me for having a ‘poor-old-me’ attitude.

He told the Lord, “Now I know that You will forgive me, Lord because You said You would if I would confess my sin according to **1 John 1:9**. I confess my sin of worry and ask you to forgive me. From this day on, because you have now forgiven me, I promise you the longest day I live that I will never worry again. I will never be filled with anxiety again. I will never have the blues again. I will never fret again. I will never be discouraged again.”

Many years came and went, and this boy, now a man would say that even though he has been sorely tempted, just like you have – he has not worried. He has not fretted. He has not been filled with anxiety or had the blues since he made that commitment to the Lord. He had chosen that no matter what happened he would not be discouraged.

You see, all this goes together – walking in the light of the Word and developing triumphant faith.

A preacher was invited to hold a meeting for a pastor of a rather large church. On Sundays, the church would be packed with 600 to 700 in attendance, but when a revival was held there, it would only run between 90-150. The preacher didn’t really want to hold a meeting there, but the Lord spoke to him and told him, “I want you to go to that other pastor’s church.”

The pastor of the church and his associate pastor told the preacher that even though the church had large crowds on Sundays that the people that came were working people and found it hard to attend.

The preacher came and started out with day services where there were only two people in attendance. The next day they had six. The pastor and his associate pastor tried to encourage the preacher with, “Now don’t get discouraged and leave us. You are doing well. You are helping more than you realize.” They said this over and over for a week or two.

Finally, the preacher told them, “Brothers, there is no reason for you to try to boost me up and encourage me to stay. I am not leaving until God says “Leave.” God told me to come, and I will not leave until He tells me so.

They started out with two coming but when the meeting was over the preacher counted 120 in the morning services. The pastor told him that they had other “faith” preachers come but that he was the only one that practiced what he preached. Every other preacher would preach up a storm about faith during the night services, but during the day he would have a long face of discouragement. We had to continuously boost them up to stay.”

You see, the Word of God is to be practiced by all of us, whether we are preachers or lay members – whoever we are. God’s Word works. We cannot encourage others to do what we don’t do ourselves.

Philippians 4:6 [Amplified]

“Do not fret or have any anxiety about anything, [Well, what are you going to do about your problem then?] but in every circumstance and in everything by prayer and petition [definite requests] with thanksgiving continue to make your wants known to God.”

Or, we could say it this way: Whether it is burdens, cares, anxieties, worries, or concerns, we are to commit them to Him, cast them on Him, and roll them off on the Lord. And we are to do it ***once and for all***.

Learning to Cast Your Cares Upon the Lord

A preacher started out in the ministry as a young Southern Baptist boy preacher. He got the revelation of divine healing when he himself was healed of an incurable heart disease. He pastored a community church in the country. He received the baptism of the Holy Spirit and spoke with other tongues. Because of this he was ostracized by the denominational churches. He knew many other denominational pastors that had received the baptism of the Holy Spirit.

He learned that the Pentecostal people knew more about faith than the denomination that he was a part of. (We make a mistake when we think we cannot learn from others.) He switched over and started pastoring a Pentecostal church. He didn’t know church problems until he switched. He didn’t have problems in the denomination he had previously been part of.

He now was the pastor of a church that had existed for more years than he was old. If he had ever had a chance to worry, he now was tempted to do so.

He knew there were things to be said, but was afraid that he might say the wrong thing. There were conditions in that Pentecostal church that had existed for a long time. He knew something ought to be done about them, but didn't know what to do.

He got up early one Sunday and became so burdened with the problems in that church that momentarily he succumbed to a burden of having cares about the problems. He became so taken up with thinking about the problems and what to do that he found himself out walking in the yard (the parsonage was next to the church). He didn't even remember how he got there. When he came to himself, he realized what he was doing and asked himself, "What am I doing here?"

Then he thought, Now, Lord, as the pastor, I have some responsibilities in this church. Something ought to be done, but I do not know what to do. I feel inadequate.

Then he said, "Lord, You forgive me. I know better than this. I know better than to worry. I should not be overly concerned and full of anxiety about anything. I was tempted and momentarily I gave in to anxiety, but I refuse to worry."

He could sense the Spirit of God saying to his spirit **1 Peter 5:7**, "**casting all your care upon him; for he careth for you.**"

Then he said, "Lord I know I have responsibilities, but I am going to turn all these church problems over to You. I will not worry about them because I can't fix them anyway."

"Lord, I am going to preach the word, I am going to treat everyone right. I am going to visit the sick, and I am going to leave everything else to You. I am going to eat every meal and have a good night's sleep every night because I am not carrying these burdens – YOU ARE."

When he said that, it was just like something lifted from within him. He went to church happy and singing, and the Spirit of God met them there and they had a glorious service. Marvelous things happened in that service.

This preacher would go to his district fellowship meetings on the first Monday of each month. The preachers would gather and all be talking about their cares, their anxieties, their burdens, and their responsibilities.

They would ask him, "How goes the battle?" They were all in a battle, but he did not have any battle. Praise God, he had the victory. Men in battle haven't won the victory yet. They hadn't learned that the battle is the Lord's, but the victory is ours. As he walked along carefree, the ministers stood with long faces, talking about their problems in their churches.

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MINISTRY SCHOOL 3RD EDITION SESSION 71

PRAYER PART 14 – THE PRAYER OF COMMITMENT

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One pastor told him later, “I’ll tell you; I got mad about it because your faith really convicted us. You would just wave your hand and say, ‘Men, I do not have a care! I could not be better,’ and just go right on by.” He said those pastors would just stand there and blink their eyes and look at one another. Some of them would shake their heads and say, “The poor boy. He doesn’t have enough sense to worry.” No, He had too much sense to WORRY – too much bible sense, that is.

He didn’t have those cares anymore because he gave them to the Lord. He didn’t say they did not exist, he said, “I don’t have a care,” because he didn’t. The Lord did. Praise God!

If I had only twenty dollars in my purse and gave the money to you, I wouldn’t have it anymore. If someone asked me for some money, I would have to say that I didn’t have any money, wouldn’t I? I had given it away.

In much the same way, if we cast our cares and anxieties upon the Lord and someone says, “How goes the battle?” We would have to say, “I don’t have a care” we would be telling the truth!

Some of those preachers that were in that meeting later said, “I know better. He is lying. I know he does have a care.” But the preacher didn’t say the cares didn’t exist; he said that HE didn’t have them.

Cares do exist but if we have given them to the Lord, then they aren’t ours anymore. The Lord has them.

You CAN Cast Your Cares Upon the Lord

When that boy preacher took that Pentecostal church there was no one else who would take it except him. No one else applied for the pastorate. He took the church because God said, “Go.”

After he left that church, he was told that forty preachers applied for the pastorate of that church. God moved on the scene when he had been there and took care of the problems in that church because he gave those problems to the one that cares – the Lord – and he worked every one of them out.

Sometimes you just have to take yourself by the ear and have a talk with yourself when you are tempted to worry or fret or get anxious. You need to tell yourself that your problems do not belong to you, they belong to the Lord.

Instead of worrying, give the problems to God and when the devil tries to tempt you to worry, just start laughing out loud and tell that old devil that you don't have a care because you have given it to God.

It is amazing what the Lord can do with your problems when you give them to Him. As long as you try to hold on to them, as long as you are trying to figure out how the Lord can work things out; and as long as you try to help Him work things out, then he doesn't have the problems. You still have them, and He is not going to be able to help you do a single thing about them.

In the midst of adverse circumstances; in the midst of the storms of life; in the midst of the winds of adversity that blow; we can do just exactly what the Word of God says in **1 Peter 5:7** [Amp]: ***“Do not fret or have any anxiety about anything.”*** We can cast our cares upon the Lord.

If the devil tries to bring a picture of your problem to your mind, put it out of your mind immediately and say, “No, I do not have that, Mr. Devil. I do not have a care. I have turned them over to the Lord. He has it.

God will work on your problems even while you are sleeping because he never slumbers or sleeps (**Ps. 121:3,4**). You need sleep but he doesn't. He gives his beloved sleep (**Ps. 127:2**). So, you should sleep, and your sleep should be sweet.

Now someone might say, “I have tried and tried and tried and tried to do what you have said. I have tried to cast my cares on the Lord, but I just can't.”

That is where you missed it. Peter did not say to TRY to cast all of your cares on the Lord. He said we are to DO IT. He did not say to TRY NOT TO FRET or be ANXIOUS about anything. He said we are simply not to fret or be anxious about anything.

It makes a difference when you believe the bible, because when you believe God's Word, you will practice it. The majority of church people do not believe the bible, because if they did, they would practice it.

Most people mentally assent that God's Word is true. They just mentally agree and say the bible is true, but they do not really believe it in their hearts. If you are really walking in the light of God's Word, then you would not worry even if you returned home and found your house had burned down while you were gone! You wouldn't worry or fret about it. You would say, “Bless God, we will get a better house.”

So, remember to cast your cares upon the Lord once and for all. Give them to the Lord. **YOU CAN DO IT!** There is no use in saying you can't, because the Lord wouldn't tell you to do something that you can't do. As you learn to practice your faith, your life can become beautiful and blessed. Purpose in your heart to practice God's Word and to practice faith.

If you haven't done it yet, then there is no better time than now to turn loose of all of your cares and sleep peacefully tonight. Whatever cares, anxieties, or concerns that are weighing you down, cast them on the Lord right now.

Close your eyes and name your cares one by one and give them to the Lord. They are too heavy for you to bear, but they are not too heavy for Him. As you cast your cares upon the Lord, **LEAVE THEM THERE.** You will see God begin to work mightily on your behalf to bring about the answers to all your problems and concerns.

Purpose in your heart to practice God's Word and to practice faith!