

Breaking Up With Worry

Worrying is a natural response in many situations, and I've wasted many days getting caught up in it. I thought that was a normal way to live. But through the years, God has helped me end my relationship with worry. And He did it with the help of my husband, Dave.

Every time I have come to him with a problem, Dave has had only one thing to say: "Cast your care." I didn't always want to hear this when I was feeling frustrated and upset—but it's exactly what the Bible tells us to do.

First Peter 5:7 (AMP) says to cast, "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]."

In the dictionary, the word "cast" means "to pitch or to throw." I think that description says a lot because if you're going to end your relationship with worry, then you're going to have to get aggressive about it.

For example, we don't have to accept every thought that comes into our head. We can cast out the wrong ones and let the right ones take root. And I find that my whole outlook changes as I say simple prayers: "God, I believe You're working in my life, and I'm expecting something good to happen today."

I'm not saying we should ignore our problems, wishing they'd just go away. We need to see them for what they are, but we can't let them keep us from choosing a hopeful, positive attitude that says, "I believe God is in control!"

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I like this saying: "Worry sees the problem. Faith sees the

God who can handle the problem.”

The question is, do your problems know where they stand in relationship to God in your life?

I’m reminded of the story of Abraham, who at 100 years of age, believed God would give Him a son and make him the father of many nations. He chose to look beyond his circumstances and believe God. I’m absolutely amazed by that!

The Bible says that God can “do superabundantly more than all that we dare ask or think” (Eph. 3:20b). No matter what our circumstances look like, we just need to keep our eyes on God.

Typically, when we have a problem, God will do one of two things. He’ll either remove the problem or He’ll give us the ability to get through it with a positive attitude.

I’ve found that as I’ve grown in my relationship with God, I’ve become more comfortable leaving that choice up to God. Because if He leads me through something I really don’t want to go through, I know for sure He has a purpose in mind.

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As a child I experienced years of sexual and emotional abuse, which was absolutely tormenting. The amazing thing is, everything God has done in my life through that horrible situation—all of the healing and restoration—has prepared me to do what He’s called me to do today. I didn’t always understand why things were happening the way they did at the time, but I learned how to walk by faith and trust God’s goodness even when my circumstances didn’t make sense to me.

It’s absolutely wonderful when we can feel completely comfortable not knowing the “why” behind what’s happening in our lives.

Proverbs 3:5-6a says, "Trust in and rely confidently on the Lord with all your heart and do not rely on your own insight or understanding. In all your ways know and acknowledge and recognize Him, and He will make your paths straight and smooth."

We don't always have to know what God is going to do or when He's going to do it. All we really need to know is that God has a plan, and He is in control. We can rest in the truth that at the right time, God will execute His plan.

In fact, there may be something happening in your life right now that you just don't understand, and it's causing you to worry. Instead, you can choose to say, "I don't understand this, and it hurts right now, but I believe God is going to work it out."

If you've already wasted a lot of your time worrying, I encourage you to break up with worry. Instead of giving way to anxious emotions, you can do what God has urged me to do all these years: Cast your care. In time, God's good plan will be revealed.

Romans 8:28 says, "We know [with great confidence] that God [who is deeply concerned about us] causes all things to work together [as a plan] for good for those who love God, to those who are called according to His plan and purpose."

Not everything that happens is good. But it can all work out for if you'll keep loving God and pursuing His will for your life. There's nothing God can't turn around if you'll put your trust in Him!{eoa}

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