

What Most People Don't Know About Worrying

In today's society, worry is truly an epidemic. Maybe even worse is that many people don't really see it as a problem.

It's become normal for us to worry about the future, our children, our jobs or even world events—it's kind of a sign that we care. But what so many people don't know about worry is that it's a form of fear.

Regardless of the situation—whether it's something we view as “big” or “small”—God doesn't want us to worry. He wants us to place our trust in Him.

In fact, not trusting God to take care of the various situations in our lives is the cause of worry. *Faith* and *trust* are the exact opposite of *worry* and *fear*. Too often we trust our own abilities, believing that we can figure out how to take care of our own problems. However, we eventually learn one way or another that trying to take care of everything ourselves is too big of a task!

I want to share a Scripture that has been life-changing for me. Look at Proverbs 3:5-6 (AMP):

“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 [removing obstacles that block your way].”

I used to really be a “thinker.” If there was a problem to be solved, I could think about it over and over and try to find a solution until I had myself worried, confused and worn-out. I was leaning on my “own insight and understanding”—I was worrying about my problems instead of trusting God to take

care of them.

I can tell you from experience that we won't have all of the answers to life's problems. Truthfully, God never meant for us to carry the burden!

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So, what do we do when we're worried, frustrated, stressed-out, and don't know what to do? God's Word tells us:

"Therefore humble yourselves under the mighty hand of God [set aside self-righteous pride], so that He may exalt you [to a place of honor in His service] at the appropriate time, casting 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]" (1 Pet. 5:6-7, AMP).

We should "cast our cares" on He cares for us! In the dictionary, the word *cast* means "to pitch or to throw." God wants us to *pitch* or *throw* our cares and worries onto Him and allow Him to carry the weight of them.

You should have seen me in the early years of my marriage to Dave. I not only worried a lot, but *I was good at it*. I wasn't used to living in God's peace like I do now. For me, "normal" was always being upset or worried. If there wasn't a problem, I could find a problem.

I can vividly picture myself sitting at my kitchen table, pouring over our bills again and again. Meanwhile, Dave was on the living room floor, playing with the kids and allowing them to put curlers in his hair.

I'd yell, "Dave, how can you be goofing around at a time like this? Why don't you come and help me with these bills?"

Dave would respond, "Joyce, we've been over those bills a thousand times. We're doing our part—we're being responsible, we've prayed and we're being a blessing by giving to others. Now we just need to cast our care and trust God. I refuse to sit there and worry with you."

Well, I didn't like that at all—I wanted Dave to worry and agonize with me! However, Dave was doing what the Bible tells us to do. He was casting his care on the Lord and releasing the weight of the burden onto Him.

You see, I always wanted to "know." If I didn't, I felt unsettled and upset. However, 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.

Now, this doesn't mean we don't take care of our responsibility and do what we can. My husband often says, "Cast your care but not your responsibility." We each have a part: Our part is to do our best—to do everything we *can* do. But then God's part is to make up the difference and do what we *can't* do. God can't do our part, and we can't do His part!

As long as we try to do everything ourselves, God will let us. He won't take care of our problems and worries until we choose to give them to Him. Either we're going to do it or God's going to do it—but both of us aren't going to do it!

I want you to take a moment and think. Is there a situation you are "working on" right now? Is there a person you're trying to change? Are you anxious about the unknowns of next week or next year? Are you upset and worried about things you can't do anything about?

If so, remember that instead of making yourself miserable trying to figure everything out on your own, God wants you to place your trust in Him and enter into His rest, totally

abandoning yourself to His care.

After all, He knew about your problems before they ever existed, and He already has a plan to help you as you place your trust in Him.

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