

An Exercise in Casting Cares

[Psalms 55:16-22](#)

Psalm 55:16-22 (NASB)

¹⁶ “As for me, I shall call upon God, And the LORD will save me.

¹⁷ Evening and morning and at noon, I will complain and murmur, And He will hear my voice.

¹⁸ He will redeem my soul in peace from the battle *which is* against me, For they are many *who strive* with me.

¹⁹ God will hear and answer them— Even the one who sits enthroned from of old— Selah. With whom there is no change, And who do not fear God.

²⁰ He has put forth his hands against those who were at peace with him; He has violated his covenant.

²¹ His speech was smoother than butter, But his heart was war; His words were softer than oil, Yet they were drawn swords.

²² Cast your burden upon the LORD and He will sustain you; He will never allow the righteous to be shaken.”

God’s shoulders are wide enough to carry your burdens. He is sovereign over the universe, so He is certainly capable of working out problems and meeting needs. Today I want to give you an exercise that will help make casting your cares a practical act.

First, write on a piece of paper the things that cause your anxiety. Once you start writing, you may discover a list of items that cheat you out of peace.

Next, pray each issue into God’s care. Recall [Psalms 18:35](#), which promises that He upholds believers in His loving grasp.

Psalm 18:35 (NASB)

³⁵ “You have also given me the shield of Your salvation, And Your right hand upholds me; And Your gentleness makes me great.”

Finally, as you pray, visualize placing the situation into God’s omnipotent hands. For example, a woman may imagine handing over to the Lord what she owes, while saying, “Father, I give You my financial anxiety. I know that You will show me how to get out of debt. You are more than sufficient to handle it, and I trust You to guide me.”

Some people may protest this suggestion because humanistic and pseudo-spiritual movements also use a method they refer to as “visualizing.” Don’t let anyone steal what is rightfully yours. God creates word pictures throughout the Bible. This exercise merely creates a mental snapshot of the Lord doing exactly what He says He will do ([Psalms 55:22](#); [Matthew 6:25-26](#)).

Psalm 55:22 (NASB)

²² Cast your burden upon the LORD and He will sustain you; He will never allow the righteous to be shaken.”

Matthew 6:25-26 (NASB)

²⁵ “For this reason I say to you, do not be worried about your life, *as to* what you will eat or what you will drink; nor for your body, *as to* what you will put on. Is not life more

Talmit Shorts 01/16/18

Dr. Eddie Idefonso

An Exercise in Casting Cares

than food, and the body more than clothing?

²⁶ Look at the birds of the air, that they do not sow, nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not worth much more than they?"

When you have transferred all of your worries to God's hands, wad up that paper in your fist, and then destroy it. In this way, you symbolize the transaction that just took place. Your cares are no longer yours. Every one of them belongs to the Lord. Walk away in perfect peace.