

Cast your Cares Guide

"Pile your troubles on God's shoulders—he'll carry your load, he'll help you out. He'll never let good people topple into ruin." Psalm 55:22 MSG

A few thoughts before you begin...

This guide is designed to be a companion, or starting point, to cast your cares and tend to your soul. This is not a performance evaluation and Jesus is not a critic. He is your loving Father and Friend. He is grateful to be with you in this intentional moment of caring for your soul together. Resist the urge to overthink or analyze what surfaces and allow this to be untidy. Prayerfully consider the following questions with Jesus as you attend to the internal conversation of your soul.

1) How do I feel today?

Write down any emotions or words that pop up in your mind.

2) What is weighing heavy on my heart?

Anything happen recently that was hard to process? What areas of life feel heavy? What feels like "I just can't do THIS anymore?" Write down these "heart findings."

3) Ask God, in your own words, to share with you His truth about your concerns.

Spend time listening and read Scripture to receive His Truth. Write down what comes to mind, even if it seems like it doesn't fully make sense, for oftentimes things come together by one "puzzle piece" at a time.

4) Prayerfully surrender your cares to God.

Offer your unedited honesty to Him and remind yourself of the truth you discovered.

Prayer

Father, You are here with me. My vulnerability is safe in your presence for You are the Primary Caregiver of my heart. May I rest in your truth that I am never misunderstood by You. May I be reassured of your love for me. May your Living Waters wash over my heart removing any leftover residue from today. I lay my worries at your feet and sink into rest for my weariness. Because Jesus, You are my only Remedy. Amen.

