

CAST YOUR  
CARES ON  
HIM

1 Peter 5:6-7

May the Lord use these pages to strengthen your faith, sharpen your discernment, and draw you closer to Him.

# Cast Your Cares On Him



## Scripture

*“Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.”*

*1 Peter 5:6-7*

Peter is writing to Christians scattered throughout the Roman Empire. They were facing persecution and daily pressures and encouraging them to remain faithful to Christ, even during trials.

Let's continue reading 1 Peter 5:8-9

“Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.”

Peter is telling his audience to cast their anxieties on God and follows with a warning about the devil. Maybe...he isn't talking about everyday stressors, but real, soul-wrenching, trials?

Peter has taken inspiration from the Old Testament, specifically from the Psalms.

Psalm 55:22 “Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved.”

Psalm 37:5 “Commit your way to the Lord; trust in him, and he will act.”

David, the author of The Psalms, wrote these passages during some of the toughest trials of his life. He knew he could trust God. He knew that God would sustain him. Peter, in his letter, is sharing that certainty with the Christians living under the Roman Empire.

Do not worry. God's got you.

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## What it Means

The word ‘therefore,’ always means you need to go backward and see what you missed.

1 Peter 5:5 says:

“...God opposes the proud but gives grace to the humble.” (recommended reading: 1 Peter 5:1-11)

## WORD STUDY

‘Humble’ in verse 6 is the Greek word: **tapeinos** (tap-i-nos’) and means ‘low status’ or ‘lowly in heart.’

In verse 7, the word ‘casting’ in Greek is **epiripto** (ep-ir-hrip’-to). It is a verb from the root **rhipto**, which means to ‘fling’ or use a quick toss.

The Greek word for exalt is: **hupsoo** (hoop-so’-o) and means ‘to elevate.’

The word ‘anxieties’ is the Greek word: **merimna** (mer’-im-nah) and means ‘cares.’ Cast all of your cares. And, the Greek word for ‘cares’ at the end of verse 7, is: **melei** (meh’-lay) and means ‘to be of interest to.’

Sometimes studying the Greek can really deepen the meaning of a verse. In the case of 1 Peter 5:6-7, the meaning is straightforward and is translated as such.

Show humility, don’t raise yourselves above others, and know that God is in control, not you. Fling all of your cares and concerns at God. He cares about you. Do these things and He will elevate you (at the proper time).

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## Discern the Truth

We say ‘give it to God’ all the time. It’s on coffee cups and bumper stickers. Maybe we even share our worries with God when we pray, but do we really and fully give them to God, letting them go completely? We might pray about it and ask for God’s help and wisdom. Then, after we say ‘amen’ we keep worrying. We plan for the worst-case scenario. We turn the situation over in our minds, over and over again. This is us still trying to be in control.

This passage may hold the secret to fully casting your cares to God. Humility. Humble yourself. Admit that you can’t fix it. Admit that you need God’s help. We hold onto anxiety because we believe that we should be able to fix it ourselves or we don’t trust God or His timing. We just keep trying to hold it all together ourselves, yet often we are still waiting and hoping that He will do something.

That’s not humility or faith in God.

1 Peter 5:6-7 tells you to stop trying to hold it all together. It tells you to throw your worries onto God. As we read further through verses 8 and 9, we find that the same sufferings are being experienced by others. That the devil is on the prowl and that you must resist him, stand firm in your faith, and do not worry about things — give the worries to God.

This isn’t a pass to do nothing when facing difficulties. It is a pass to act without being overwhelmed with worry.

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*When we finally let go of our anxieties, we will find that God has been ready to take them on all along.*

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## Observe & Apply

Worry often disguises itself as preparation, mentally rehearsing, and overthinking. Could it be that underneath these seemingly responsible behaviors, is the refusal to trust God with the outcome? Worry is persistent and letting things go is a daily, intentional, practice.

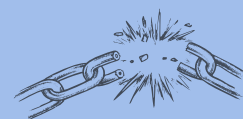
- When you pray about things that worry you, do you leave them with God, or do you say ‘amen’ and then pick them back up?
- What is something that you are carrying right now that you haven’t yet given to God? Maybe you’ve prayed about it, but you haven’t really let it go. What would it look like to fully give that worry to God?
- Is there a particular area in your life where you have a hard time humbling yourself — where you don’t want to admit that you can’t control the outcome?
- If you humbled yourself, even in one particular area of your life, could it bring you peace instead of weakness? Could your change in behavior and attitude cause someone else to think differently about their own worries?

Our pride often overrules humility. But, when we humbly admit our weaknesses, we become stronger. And, when others see this change in behavior and attitude, they may be inspired to do the same.



## ENSNARED NO MORE: DAILY MOMENTS OF DISCERNMENT

VOLUME 2 · MOMENT 2



EnsnaredLife.com

I launched EnsnaredLife.com with a desire to curate honest, truth-telling content alongside simple, purposeful things that strengthen a woman's walk with Christ or just add a little sunshine into the day. I am not a theologian or a professional blogger. I just wanted to learn something new while seeking wisdom and discernment every single day.

I value any time when I can sit alone, or in a small group, and study God's word, but I really wanted something that I could truly grab onto — something deeper than a quick devotional, more meaningful than what's usually on the shelf, yet still doable in the middle of real life. Most of all, I wanted it to be honest, without watering down or ignoring hard truths.

After much prayer about where to take this project, these **Daily Moments of Discernment** are the result. I pray that these short, standalone moments point you straight back to Scripture and help you live **Safe in Christ** — free from the snares that easily entangle us (Proverbs 29:25).

*Thank you for supporting this project and thank God for the inspiration to create it.*

Unless otherwise noted:

- All scripture citations are taken from the 2001 ESV translation.
- Word studies and cross-references are from the Crossway ESV Study Bible, the Expository Dictionary of Bible Words, or the e-Sword Bible app
- Interpretations are my own, guided first by prayer and then by the many reference books and Bible translations on my shelf and, when helpful, an internet search to check a fact.

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