

How to Cast Your Cares on God
Creflo Dollar
Broadcast Dates: 10/7/26-10/9/26
Message Date: 2/8/26 ● 10:00 A.M.

Scriptures:

- 1 Peter 5:5-7
- 1 Peter 5:7, *Mirror*
- Ephesians 1:6
- Ephesians 1:6, *Mirror*
- Philippians 4:6, 7
- James 5:16
- James 5:16, *Mirror*

Summary:

We step into true humility when we trust God enough to hand Him every worry instead of trying to run our lives on our own terms. Every time we hold on to care, we block the flow of grace that God freely offers us. As we walk with Him, we intentionally release each concern without snatching it back, believing that our Father always has our best interests at heart. Our goal should be to expose every lie and boldly replace it with God's truth about who we are in Christ. Whether the lies come through rejection, hurt, lust, or regret. Instead of hiding our wounds in shame, we bring them into God's light, speak honestly with ourselves, and lean on spiritually mature believers who help us heal. Forgiving is our way of refusing to let yesterday's pain imprison today's freedom. Building new rhythms of worship, Scripture, rest, healthy habits, and Spirit-led living allows us to move forward free, whole, and anchored in God's love.

Notes:

1. God's definition of humility focuses on how willing we are to trust Him to take care of us.
2. A humble person submits themselves to God's plan for their life.
3. Casting all our cares on God is how we demonstrate true humility and submit ourselves to Him.
4. The very act of carrying a care is an act of pride.
5. Seven ways to cast our cares and distractions on the Lord include casting them without hanging onto them; learning how to name the lie and replacing it with the truth; learning to bring our wound into the light when we've been hurt and not leaving it in shame; bringing our shame to God; forgiving even when it still hurts; building replacement rhythms, not just resistance; and letting the Holy Spirit, not our past, lead us.

Category: spiritual growth

Keywords: humility, trust, worry, concern, lie, truth, spiritually mature, love