

S.O.H.L.

WEEKLY MINISTRY MEDITATIONS

Pronounced "Soul"

October 15, 2012

Casting Your Cares

1 PETER 5:6-7 NKJV – (6) Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, (7) casting all your care upon Him, for He cares for you.

Do you remember that old gospel song that goes as follows? "*What a Friend we have in Jesus, all our sins and grief's to bear! What a privilege to carry everything to God in prayer! O what peace we often forfeit, O what needless pain we bear, All because we do not carry everything to God in prayer.*"

How long will we continue to keep it (our thoughts and challenges) to ourselves? How long will we forfeit the blessings that God has promised? How long will we attempt to be our own or perhaps someone else's savior? The truth is we can't! God wants us to be free from stress. He wants us to sleep at night. He doesn't want us to worry about a matter that we can't do anything about. My brothers and sisters, He is asking you to "*Cast Your Cares On Him.*"

Do it now. Communicate to Him. Tell Him what's troubling you. Tell Him how you feel and let Him in your heart.

SCRIPTURE READING

PHILIPPIANS 4:7

THOUGHT FOR THE WEEK

When at night you cannot sleep, talk to the Shepherd and stop counting sheep.

