

Hooked On Worry

1 Peter 5:6-7 reads “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 (ESV)**.

One of my favorite pastimes is fishing. I don't get to go often because there aren't a lot of great spots around me, but when I get a free day, I love to hit the water and enjoy the quiet.

Growing up with a dad who loved to fish, one of my biggest milestones and fondest memories was the day I got an open-faced reel. I graduated from a small rod and a simple push-button setup, and suddenly I could cast out and quickly retrieve a spinnerbait, wondering what might be waiting on the other end. Somehow, the ability to cast and retrieve a lure can make a young angler feel like a professional.

Interestingly, 1 Peter 5:7 discusses the concept of casting as well. In this passage, we are told that we can cast our cares, our worries, our anxiety on Christ because He cares for us. The Greek word used here means “to throw upon,” much like the people threw their garments on the donkey as Jesus rode into Jerusalem on Palm Sunday. The message is clear: we can cast our burdens upon Jesus, and He will provide us with peace.

But if you're like me, the issue is that I usually employ the other kind of casting, the kind that relates to fishing. The casting involves throwing it out briefly and then quickly retrieving it to check if something is still on the line.

A.W. Tozer once said, “The reason why many are still troubled, still seeking, still making little forward progress is because they haven't yet come to the end of themselves. “We're still trying to give orders and interfering with God's word within us.” That's true, but it also reminds us that many people turn to the things of this world in an attempt to extend their ability to carry their worry just a little longer. They look to drugs, alcohol, prescription medication, and other substitutes to increase their capacity to handle stress. But that is the exact opposite of what God desires for us. He doesn't want us to carry our burdens: He wants us to cast them.

Casting is not a weakness. Casting is worship. It is allowing the presence of Christ to permeate our lives. Paul reminds us that the power of Jesus is made perfect in our weakness (2 Corinthians 12:9). In other words, when we try to carry what we should be

casting, when we stretch ourselves further and further in anxiety, we cut off the opportunity for Christ to be manifested in our lives.

So today, I invite you to cast your cares upon Jesus and don't retrieve them. Leave them there. Allow His goodness and His power to take control. And in your weakness, worship Him

John Prater – CBC Exec. Board

Weekly Prayer Point

One final point. According to Strong's Exhaustive Concordance of the Bible, Thomas Nelson, 1978, pages 1110 & 1113, surveying the King James Version, the word "prayer" is used 245 times in the Old Testament and 68 times in the New Testament. The word prayed is used 31 times in the Old Testament and 34 times in the New Testament. The word prayer 83 times in the Old Testament and 31 times in the New Testament. The word prayers is used twice in the Old Testament and 22 times in the New Testament. The word prayeth, 4 times in the Old Testament and 3 times in the New Testament and finally praying is found 6 times in the Old Testament and 14 times in the New Testament. That means the word prayer and its five companion words are used 543 times in the King James. I pray that my point has been made. The concept of prayer is from the beginning to the end of the bible. It is as important as any of us can imagine. 1 Thessalonians 5:16-18 (KJV) gives us an invitation: *"Rejoice evermore. Pray without ceasing. In everything give thanks: for this is the will of God in Christ Jesus concerning you."*

Please pray for these congregations and pastors:

- Karongi in Rwanda Africa and Pastor Niyongira Leonard
- Kasambya in Uganda Africa and Pastor Ssempijig Alex
- Kasangati in Uganda Africa and Pastor John Mwesigwa
- Kayogoro in Burundi Africa and Pastor Terambere Gedeon

CBC Prayer Committee