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BEAUTIFULLY BROKEN
CRACKING UNDER PRESSURE

Pottery fracture results from **stress** within a ceramic body due to thermal expansion and contraction, shrinkage, and other forces.





- About 33% of people report feeling extreme stress.
- 77% of people experience stress that affects their physical health.
- 73% of people have stress that impacts their mental health.

(American Institute of Stress)

1 PETER 5:7

Cast all your cares on Him,
for He cares about you.

PSALM 55:22

Cast your burden on the Lord,
and he will sustain you...

1 PETER 5:7

Cast all your cares [*all your anxieties, all your worries, and all your concerns, once and for all*] on Him, for He cares about you [*with deepest affection, and watches over you very carefully*].
(Amplified Version)

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INCREASING OUR TRUST IN GOD

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Cast all your cares

"**Cast**" (*epiripto*) means to throw upon or to deposit with. Secular Greek used "casting" for a man who carried a heavy burden and **threw it upon** a camel's back.

INCREASING OUR TRUST IN GOD

WE'RE INVITED TO DO MORE THAN JUST UNLOAD
OUR BURDENSOME WORRIES. CASTING THEM ON
JESUS INVOLVES REPLACING THEM WITH SOMETHING
BETTER.

INCREASING OUR TRUST IN GOD

MATTHEW 11:28-30

- ²⁸ Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.
- ²⁹ Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. ³⁰ For my yoke is easy to bear, and the burden I give you is light."

INCREASING OUR TRUST IN GOD

CASTING OUR CARES ON HIM IS ABOUT BELIEVING
HE WILL KEEP HIS PROMISE OF GIVING US THE
REST AND RELIEF THAT WE ARE LONGING FOR.

INCREASING OUR TRUST IN GOD

- Dissatisfaction with your life.
- Anxiety over your current circumstances.
- Weariness from operating in your own strength.
- Worry about the uncertainty of your future

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IDENTIFYING OUR CARES

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1 PETER 5:7

Cast **all your cares**
on Him...

IDENTIFYING OUR CARES

1 PETER 5:7

Cast **all your cares**

"Cares" (*merimna*) worries or anxieties as when one does not know whether to do this or to do that, "distraction" to be drawn in different directions.

IDENTIFYING OUR CARES

IDENTIFYING OUR CARES IS RECOGNIZING WHICH CONCERNS ARE TEARING US APART AND PULLING US AWAY FROM GOD.

IDENTIFYING OUR CARES

LUKE 12:22-23

²² And he said to his disciples,
“Therefore I tell you, do not be
anxious about your life, what you will
eat, nor about your body, what you
will put on. ²³ For life is more than
food, and the body more than
clothing.

IDENTIFYING OUR CARES

1 PETER 5:7

Cast **all your cares**

"All your cares" literally means the "whole" of your care, in its entirety. It is the idea of the *complete* care as opposed to the sum of your cares.

IDENTIFYING OUR CARES

WE HAVE BECOME VERY GOOD AT SURRENDERING
ONLY BITS AND PIECES OF OUR WORRIES TO GOD.
GOD IS ASKING US TO TRUST HIM WITH THE ENTIRE
MATTER.

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EMBRACING GOD'S GREAT CARE FOR US

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for **He cares about you.**

"He cares" (*melei*) the watchful care of interest and affection. In other words, "you are his personal concern"

EMBRACING GOD'S GREAT CARE FOR US

THERE IS NOT A RELATIONSHIP ON EARTH THAT WE CAN
USE TO ILLUSTRATE GOD'S CARE, BECAUSE THERE IS
NOTHING COMPARABLE TO HIS GREAT AFFECTION FOR
US.

EMBRACING GOD'S GREAT CARE FOR US

MATTHEW 10:29-30

But not a single sparrow can fall to the ground without your Father knowing it. And God cares what happens to it even more than you do. He pays even greater attention to you, down to the last detail—even numbering the hairs on your head!

EMBRACING GOD'S GREAT CARE FOR US

UNDERSTANDING AND ACCEPTING GOD'S DEEP LOVE FOR US IS ESSENTIAL TO RELEASING OUR WORRIES TO HIM AND BEGINNING TO EXPERIENCE HEALING FROM THE PAIN THAT OUR STRESS HAS INFLICTED ON US.

EMBRACING GOD'S GREAT CARE FOR US

“Behind the love of God lies His omniscience - His ability to know and understand all. At all times, even in the midst of suffering, I can realize that He knows, loves, watches, understands, and, more than that, He has a purpose.”

- Billy Graham

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