



(June 19, 2013)

CASTING OUR CARES

We opened our June 19, 2013¹ meeting with a practical exercise for how to cast our cares upon Jesus.

Scripture: Proverbs 3:5-6: ⁵Trust in the Lord with all your heart, And lean not on your own understanding; ⁶In all your ways acknowledge Him, And He shall direct your paths.

Putting it into practice: Sometimes, we just need to get things out of our system so we can more clearly hear from the Lord. There are several ways to accomplish this, but here's one practical example:

- **List your concerns.** Make a list of everything you are concerned about. Be totally honest with the Lord, because He truly does care for you. When finished with the list, seal it up in an envelope. You can either put it away somewhere you know it won't be found, or you can entrust it to an accountability partner.
- **Take your thoughts captive.** Whenever you find your thoughts turning towards those concerns, take them captive by saying something like, "I will not focus on or talk about my problems right now. Instead, I will choose to trust God and not lean on my own understanding, so He can direct my path."
- **Be accountable to someone for a specified time period.** Commit to taking your thoughts captive for a specific time period determined by you and the person you are accountable to. Then, do it! That means you cannot talk to ANYONE about your problems, nor can you dwell on them. You are to take those thoughts captive by trusting in God's ability to lead, guide, and direct you through those circumstances.
- **Follow-up.** At the end of the specified time period, schedule time with your accountability partner, so the two of you can open the envelope to see which concerns the Lord has addressed and which ones still exist.
- **Recommit as needed.** If there are still items on your list that upset you, recommit to another specified time period and consider taking time to renew your mind in those areas.

Praying through the process: In order to facilitate healing while casting your cares, several prayers are attached: one for the morning, one to take your thoughts captive, and one when you're faced with a situation you just don't agree with. The morning prayer should be done for at least 7-10 minutes for at least 21 days.²

¹ Notes from this meeting can be downloaded from the website (www.wow2women.com) and accessing the Meeting Notes page.

² Based upon a principle taught by Dr. Caroline Leaf for removing toxic thoughts.



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CASTING YOUR CARES PRAYER – EVERY MORNING:

Father, today, I will not talk about my problems or anything else going on in my home or any other circumstance I do not have control over. Whenever I feel these thoughts rising in my mind or I want to talk about my problems, I will verbally take my thoughts captive and control my desire to talk about my problems by saying, "I will not talk about my problems right now. Instead, I choose to cast my cares on the Lord for He cares for me, and I choose to trust God and not lean on my own understanding, so He can direct my path today." Instead of focusing on my problem, I will focus on something good You have done in my life, and I will praise you from a thankful heart.

TAKING YOUR THOUGHTS CAPTIVE – PRAY AS NEEDED:

I will not talk about my problems right now. Instead, I choose to cast my cares on the Lord for He cares for me, and I choose to trust God and not lean on my own understanding, so He can direct my path today. Instead of focusing on my problem, I will focus on something good You have done in my life, and I will praise you from a thankful heart.

ADDRESSING THINGS YOU DON'T AGREE WITH – AS NEEDED:

Father, this situation is beyond my control; therefore, I will leave it in Your hands. Once You have healed my heart, I know You will show me how to address things I don't agree with in a way that honors You. Until then, I will work on my own healing and trust Your plan in this situation."