

# CASTING ALL OF YOUR CARES UPON THE LORD

REV. JASON HARVEY

MESSAGE FROM SUNDAY, MARCH 15, 2026

## KEY SCRIPTURE

### 1 Peter 5:7 AMPC

Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully.

### Opening Prayer

Begin your time together by thanking God for His Word and asking the Holy Spirit to teach and reveal truth to your group.

## DISCUSSION QUESTIONS

### Understanding the Message

1. **What does it mean to "cast" your cares versus simply praying about them?** How is this different from what you've practiced before?
2. **Rev. Jason mentioned that casting our cares requires skill, like a fisherman casting a net.** What does it mean to become "skillful" at casting our cares? How do we develop this skill?
3. **Rev. Jason said, "It's not your job to take care of yourself and the people and things in your life."** How does this challenge common thinking about personal responsibility? What's the balance between faith and action?





### Going Deeper

1. **Read Proverbs 4:20-22.** How is God's Word described as "medicine"? What specific "medicine" (scripture) do you need to take for your current situation?
2. **Of these three scriptures that were shared, which one resonates most with your current need?**
  - **Philippians 4:19** - "My God shall supply all your needs"
  - **Psalms 138:8** - "The Lord will perfect that which concerns me"
  - **Philippians 4:13** - "I can do all things through Christ"
3. **Mark 11:23-25 connects unforgiveness with receiving from God.** Why do you think unforgiveness hinders our ability to receive from God?

### KEY TAKEAWAYS

1. **To "cast" means to hurl, fling, and throw violently** - It's not a gentle handing over, but a deliberate, decisive act of releasing our burdens to God.
2. **"Care" means that which distracts or divides** - We are to throw out anything that distracts us from God's promises or divides our attention from Him.
3. **God takes you personally - You are His personal concern.** He's not just aware of you; He's actively caring for you and watching everything that concerns you.
4. **You know you're still worried if you're still thinking about it** - If you're trying to figure it out, it's still in your hand, not His.
5. **The Word of God is your medicine** - But like natural medicine, it only works if you take it.
6. **You have what you say - Your words matter.** What you pray and what you say throughout the day should agree with God's Word.

## PRACTICAL APPLICATIONS

### **This Week's Challenge**

Choose one of the following to practice this week:

#### **The Casting Exercise**

- Write down your top 3 cares/worries
- Speak out loud: "God, I give you [specific care]. I'm not taking this back. It's Yours to handle."
- Thank Him that He has it and is working on it
- When the thought returns, say: "I gave that to God. He has it now."

#### **2. Scripture Medicine**

- Identify the specific need you're facing (healing, provision, peace, etc.)
- Find 3-5 scriptures that address that need
- Write them on index cards or in your phone
- Read them out loud 3 times daily (morning, afternoon, evening)

#### **3. Monitor Your Words**

- Pay attention to what you're saying about your problem
- Take every thought captive and adjust your speech to align with God's Word

#### **4. Change the Channel**

- When worry thoughts come, immediately replace them with a scripture
- Practice this: "No, I'm not thinking about that. Instead, [quote your scripture]"

#### **5. Forgiveness Inventory**

- Ask the Holy Spirit to reveal any unforgiveness in your heart
- Write down names that come to mind
- Pray: "Father, I choose to forgive [name] for [offense]. I release them and let it go. I ask You to forgive me for holding onto this."





## REFLECTIONS FOR PERSONAL STUDY

- Is there anything you are currently worried, anxious, or concerned about?
- How do you know if you've truly cast a care on the Lord or if you're still carrying it? What are the signs in your thought life?
- Rev. Jason emphasized getting God's Word in your eyes, ears, heart, and mouth. Which of these could you improve upon?

## PRAYER FOCUS

### As a Group:

- Pray for specific needs mentioned - Have each person share one care they're casting on the Lord right now. Pray together, agreeing that God has it.
- Pray for skill in casting cares - Ask God to help the group become masterful at releasing burdens to Him.
- Pray for revelation of God's Word - Ask the Holy Spirit to highlight specific scriptures each person needs for their situation.

## NEWS & EVENTS

Scan QR code for Upcoming Events, News, Giving and more!  
<https://linktr.ee/cornerstonejc>

### UPCOMING EVENTS:

- Pastor Andrew is starting a series Sunday 3/22 through Easter called "The Path To The Cross" These messages will follow the steps of Jesus through pivotal moments leading to the cross and beyond.
- Think of family, friends & co-workers that you can invite to our Easter services & events!
- Celebrating Jesus in the Passover - March 25; Registration is open! We expect to sell out, so register early to guarantee your seat.
- Palm Sunday, Easter Communion, Easter Egg Hunt (Volunteers needed!) & Resurrection Sunday!
- If you've never been Water Baptized, sign up!
- Intro to Cornerstone Life registration is open!

