

I. Natural responses to suffering: flight or fight. (Psalm 55)

- A. Terror
- B. Desire to escape
- C. Sense of betrayal > desire for vengeance.

II. A Christian response

- A. Accept what is being dished out
- B. Because it comes from God (vs. our desire for escape)
- C. And He will exalt you at the proper time (vs. desire to take vengeance)

III. Give your anxiety to God, because he cares for you.

- A. How do we humble ourselves under the mighty hand of God?
- B. "Cast your cares on Him"
- C. "Because He cares for you" (Luke 12:22-32)
  - i. Prayer is an act of faith.
  - ii. We show that we believe that he can take care of us better than we can.
  - iii. We show that we believe that He cares for us.

IV. Jesus casting his cares on the Father

- A. At all times.
- B. In Gethsemane.
- C. Sought wisdom, did what he was called to do, trusted God.
- D. His cross pays for your failure to bear your own cross.
- E. His refusal to escape pays for your cowardice.
- F. His refusal to avenge pays for your bloody-minded pride.
- G. Jesus said, "Come to me, all who are weary and heavy-laden, and I will give you rest," (Matthew 11:28).
- H. If you stop trying to carry your own burden – your anxieties, your pride, your guilt – and cast at His feet, He will take it. Ask Him, don't wait.