THE BASKET CASE

Cast All Your Cares

BETH MOORE

ACTION GUIDE
1 PETER 5:5-11 ESV
ANXIETY

noun | anx-i-ety

painful or apprehensive uneasiness of mind usually over an impending or anticipated ill

1 = I rarely struggle with anxiety.
2 = I sporadically struggle with anxiety.
   (A few times a month or less)
3 = I often struggle with anxiety.
4 = Anxiety is one of my biggest struggles.

1 Peter 5:5-11 ESV

5 Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you, with humility toward one another, for “God opposes the proud but gives grace to the humble.”

6 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. 7 Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. 8 Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. 9 And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. 10 To him be the dominion forever and ever. Amen.

CAST ALL YOUR CARES

ACTION:

- Still your heart before Jesus.
- Get your pretenses off and defenses down.
- Approach Him with humility but liberated by His cross from all timidity.
- Come to Him with absolute confidence in Him.

Anxiety isn’t doing our personality any favors

Christ Jesus our Lord, in whom we have boldness and access with confidence through our faith in him.

Ephesians 3:11b-12
Thank Jesus for the certainty of His Presence.

And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.

- 1 John 5:14-15

Express to Jesus that you have come to Him for healing and deliverance from anxiety and all its side effects.

Thank Him in advance for the certainty that you will have what you ask.

You have the privilege of knowing without a shred of doubt that He intently wills for you to be free of anxiety.
The following verses are to provide proof and increase your confidence in what you’re asking.

**MATTHEW 6**

“Therefore I tell you, do not be anxious about your life…” 27 And which of you by being anxious can add a single hour to his span of life?

28 And why are you anxious about ____________    ________________

___________________________    _________________________

___________________________    _________________________

…31 Therefore do not be anxious, saying,

‘What shall we __________________________    ?’

… your heavenly Father knows that you need them all. 33 But seek first the kingdom of God and his righteousness, and all these things will be added to you. 34 therefore do not be anxious about tomorrow…

**MATTHEW 10:19-20 ESV**

Do not be anxious how you are to speak or what you are to say, for what you are to say will be given to you in that hour. For it is not you who speak, but the Spirit of your Father speaking through you.

**PHILIPPIANS 4:5-7 ESV**

The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

**PROVERBS 12:25 ESV**

Anxiety in a man’s heart weighs him down.
The Basket Case

Make this confession to Jesus aloud.

1. I matter to you.
2. The things making me anxious matter to you.
3. They have relevance to You.

Action:
Express to Jesus how aware you are that:

Anxiety is rooted in and watered by fear.

That spirit of fear harassing you is not coming from Jesus.

For God gave us a spirit not of fear but of power, love, and self-control.

2 Timothy 1:7 ESV
**ACTION:**

List to Jesus the specific things you are afraid of.

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Lay it on the floor as a demonstration of laying your fears before Jesus.
The Latin origin for the English word “anxiety” is angere.

Anger often plays a role in our anxiety, intensifying it and adding woefully to its destructive capacities.

Let’s make sure we bring any element of anger to the altar of God so that He can treat it.

Lord, I am (a little/somewhat/very) angry about…

(name the situation or situations)

I am also angry at…

(name person or persons)

I am also angry at myself for…

(if it applies)
Hold your hands out to Jesus

Expectancy is the perfect swap for anxiety.

**OFFER** Him your anger.

**ASK** Him to diffuse it and, where the adrenalin from it has energized you, to replace it with the energy of holy passion, fiery faith and hell-defying prayer.

**CONFESS** any pride or any beating your ego is taking over the situation (or situations).

**ASK** Him to miraculously transform that beating into the killing of the flesh and the full release of Christ’s resurrection life in you.

**CONFESS** any unbelief or distrust to Jesus, knowing that you are safe to speak and that He already knows.

**POUR OUT YOUR HEART TO JESUS.**

**ASK** Jesus to fully activate His Holy Spirit to convict and catch you the moment you default into assuming the worst outcome.

**ASK** Him to replace your expectation of the worst outcome with the expectation of the best IN-come of His very presence and power in your situation.
Complete the following sentence with as many statements as you need to make until you feel that you've come to the bottom of them:

Lord, I confess to You that I cannot control…

Speak these aloud and adamantly!

Anxiety is a neon sign that says “I DON’T TRUST GOD.”
Surrender your loved ones by name who are helping fuel your anxiety.

Instead, ask to be given a clear head and clear insight into the situation.

Now, stand to your feet.

Ask Jesus boldly and confidently to deliver you.

Ask Him to continue to deliver you from the stronghold of anxiety and any addition you’ve acquired to it.

Still on your feet, cast those anxieties on Jesus with all your heart.

Casting: (an idiom, literally ‘to throw upon’ or ‘to cast upon’) to cause responsibility for something to be upon someone—’to put responsibility on, to make responsible for’ ...’put upon all the responsibility for your cares’ or ‘make him responsible for all your worries’ 1 Peter 5:7. (Source: Louw, J.P., & Nida, E. A. (1996). Greek-English lexicon of The New Testament based on semantic domains. New York: United Bible Societies.)

**Anxiety has a robust remedy:** CAST THAT THING.

Beth Moore

BE CLEAR HEADED! BE ALERT!

1 Peter 5:8
When it comes to anxiety, we can pray or be prey.

SAY ALOUD and like a flashing neon sign: I TRUST GOD.
(Make sure the ears of the prowling lion can’t miss it.)

Strengthen the weak hand, and make firm the feeble knees.

Say to those who have an anxious heart, “Be strong: fear not! Behold your God… He will come and save you.”

Isaiah 35:3-4

MAKE IT PERSONAL...

“Be strong; fear not! Behold, my God….He will come and save me.”

Isaiah 35:3-4

STAR Turn on some great worship music.

STAR Praise Jesus like crazy.

Finally, tear up your page of fears (page 5) and throw it in the trash!