

Sermon Notes – August 31, 2025

Hooked

Week 7: Learning To Cast Your Worries Away
Pastor Curtis Gudrie

SCRIPTURE: 1 Peter 5:7; Philippians 4:6-7 NLT

"⁷Give all your worries and cares to God, for he cares about you." – 1 Pet. 5:7

"⁶Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." – Philippians 4:6-7

1) WEIGHED DOWN IN WORRY

- For many, worrying about something is second nature.
- If we let it, fret, worry, or anxiousness can consume us and leave us feeling like we are weighed down, drowning, or that our life is all in tangles physically and emotionally.
- Worry can paralyze us and make it hard for us to move forward into all that God has for our lives.
- The Scriptures show us that although trials, uncertainty and burdens are going to be present, we don't have to be weighed down and all "tangled up in worry" (Ps. 55:22; Matt. 11:28-30).

2) CAST YOUR CARES, BECAUSE HE CARES

- We are commanded to trust in the Lord and not in ourselves (Prov. 3:5-7; Philippians 4:6-7).
- We can cast the weight of our worries and burdens away because He cares for us – He is God, and He personally cares about you, your circumstance and situation (1 Pet. 5:5-7).
- He says don't worry about anything, because He wants us to tell Him everything. He's not shying away from your worry or circumstance. He wants to meet us in it and relieve us of the weight that we are carrying.
- "Come to me all of you who are weary and carry heavy burdens, and I will give you rest...." Jesus cares about you and your situation; He's on the scene invested, engaged, and there for you (Matt. 11:28-30).
- When we cast our cares, we are promised that we will find rest for our souls and supernatural peace that guards/protects our hearts and minds.
- Rest and peace is assured because it is based on who He is; Our burden or "care" may still exist but we can be assured that he will sustain, equip, and empower us.

3) GETTING UNHOOKED

How can we get unhooked and start practicing our casting this week?

1) Pray about it: Talk to God about it instead of worrying about it.

- "Pray about it as much as you think about it."

2) Take captive every thought: Negative, anxious, worry-filled, and overwhelming thoughts can run rampant. We need to ask Holy Spirit to help us take captive these thoughts (2 Cor. 10:5). Replace the

negative or anxious thoughts and lies with His Word/truths. (Write down some of God's promises and keep them in a spot where you can easily access or see).

3) Remember that He cares and is able: Daily remember that He is God; He cares, and He is more than able! When facing a difficult moment, circumstance, or decision – Pray about it; listen and obey by doing your part, and trust him with the rest!

- "Thinking you have to solve all your own problems can also be false humility. Remember, when you carry the care, you work, and God rests. When He carries the care because you have cast it on Him, He works, and you rest." - Unknown

4) Give Him thanks: Give Him thanks and remember what He's done - write it down, read it regularly and say thanks.