

# CASTing Our Cares on Him

Cathy D. Sigmund, PhD

ACAC CH3 Care Centers, Lead Chaplain

# Care, Anxiety, Fear & Us

- Anxiety Statistics
- Before Care, Anxiety & Fear...Us (Gen.1)
  - v. 1 In the beginning, God created...
  - v. 24 Then God said, “Let Us make man in Our Image, according to Our likeness..
- Fall of Humankind=Care, Anxiety, Fear (Gen.3)
  - Defacement of Us (Image/Relationship)
    - Defacement/Corruptions Spirit, Soul, Body
    - Anxiety – temporary case of atheism
    - Fear – a type of worship, reverence

# Methods of Addressing Anxiety

- Secular Methods
  - Biopsychosocial Models/Approaches
  - Often effective, but often incomplete
- Biblical Methods
  - Often includes above, but Ultimately...Perfect
- Restoring Us - Displaces Fear
  - There is no fear in love; but perfect love casts out fear...We love Him because He first loved us. (1 John 4:18 in part & 19)

# CAST: A Christ-Centered Us-Care Model

Casting all your cares (anxieties/fears)  
on Him; for He cares for you. (1 Peter 5:7)

- C – Come
- A – Ask
- S – Seek
- T – Trust

# CAST – C is for COME

- COME to Him
- COME to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light” (Matt. 11:28-30)

# CAST – A is for ASK

- ASK Him for Help
- (So I say to you) ASK, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and he who seeks, finds, and to him who knocks it will be opened (Luke 11: 9-13, esp. 9 & 10)
- And whatever you ASK in My name, that I will do, that the Father may be glorified in the Son. If you ASK anything in My name, I will do it. (John 14:13, 14)

# CAST – S is for SEEK

- Seek the Lord & His Answer(s)
- SEEK the Lord while He may be found, call upon Him while He is near. (Isaiah 55:6) – When
- SEEK first the kingdom of God and His righteousness and all of these other things will be added unto you. (Matt. 6:33) – What
- And you will SEEK Me and find Me, when you search for Me with all of your heart. (Jeremiah 29:13) – How

# CAST – T is for TRUST

- TRUST in the Lord
- TRUST in the Lord with all of your heart, and lean not on your own understanding; in all of your ways acknowledge Him, and He will direct your paths. (Prov. 3:5-6)
- TRUST in the Lord, and do good;... Commit your way to the Lord, Trusts also in Him & He shall bring it to pass... (Psalms 37:3a & 5)

# CAST – Closing Remarks

- CAST: Moving from Our Cares to His Care
  - Come to Him
  - Ask Him for Help
  - Seek Him & His Answers
  - Trust Him to Care for you
- Prayer: You will keep him in perfect peace, whose mind is stayed on You, b/c he trusts in You. We Trust in the Lord forever (Isa. 26:3 & 4a)