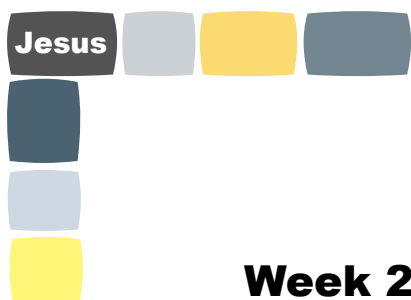


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Week 2 Church Shutdown

29th March

**Cast all your anxiety on him
because he cares for you.**

How do you cast your anxiety on God?

This word “casting” in verse 7 occurs one other time in the New Testament – in Luke 19:35 in exactly the same form. It’s Palm Sunday and the disciples have been sent to get a donkey for Jesus to ride on. Then in verse 35 it says “They brought it to Jesus, and casting their garments on the colt, they set Jesus on it”

So the meaning is simple and straightforward: if you have a garment on and you want an animal to carry it for you, you “cast” the garment on the animal. In this way you don’t carry it anymore it’s on the animal not on you. The donkey works for you and lifts the load.

I heard John Sentamu tell the story of a farmer and his son riding into market in their old pickup truck and they passed a young boy carrying a huge stork of bananas they stopped and gave the boy a lift, he climbed in the back of the truck and they set off again. When the old farmer looked round he saw the young boy sat in the back of the truck but he was still holding the bananas on his shoulder, he shouted to the boy to put them down he had given him a lift so that he didn’t have to carry the load .

We are so like that little boy!

God is willing to carry your anxieties the same way a donkey carries your baggage.

One of the greatest things about the God of the Bible is that He commands us to let Him work for us before commanding us to work for Him.

“Come to me all you who labour and are heavy laden, and I will give you rest” (Matt 11:28)

“Cast your burden on the Lord, and He will sustain you” (Psalm 55:22)

How practically do you do that?

You do it by trusting the second half of verse 7 very specifically in relation to your specific anxiety. The first half of the verse says, . . casting all your anxiety on Him . . “ and the second half of the verse says, . . because He cares for you.”

Here is where the rubber meets the road. How do you practically make the anxiety transfer from your back to God’s back?

The answer is: Trust that He cares for you. Believe this promise. Trust Him. It’s a matter of practical trust. That promise does not hang in the air. It’s connected to a command and the promise is meant to show you how to obey the command.

The command is, cast your anxiety on God. The promise is, God cares for you. That means, He cares about the thing that has you worrying. He wants to be trusted for that.



Philippines 4:6 says, "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; (NKJV)

The connection is simple. Trusting that God cares about your anxiety is expressed in prayer. Prayer is the trust turned towards God and spoken.

Getty Family Hymn Sing LIVE | Tuesdays at 7:15 PM CT

We are thrilled to announce that we will be making the Getty Family Hymn Sing LIVE a weekly event every Tuesday at 7:15 PM CT on Facebook Live.

Unfortunately 7-15 pm CT is 15 minutes past midnight GMT so if you can't sleep here's something to listen to

Here's a song that reminds us that our God is faithful and unchanging the words are below but you can find it on you tube and have a listen https://www.youtube.com/watch?v=gUH_NzfRmbs cut and paste the link

Give thanks to the Lord – Our God and King
His love endures forever, For He is good, He is
above all things
His love endures forever

Sing praise, sing praise

With a mighty hand and an outstretched arm
His love endures forever
For the life that's been reborn
His love endures forever

Sing praise, sing praise, Sing praise, sing praise

Forever God is faithful ,Forever God is strong
Forever God is with us ,Forever Forever

From the raising to the setting sun
His love endures forever
By the grace of God We will carry on
His love endures forever

Sing praise, sing praise, Sing praise, sing praise

A Prayer for Those Who Are Worried about the Spread of the Coronavirus

Father,

Worry and fear are not of Your heart. 1 John 4 reminds us that perfect love casts out all fear, and we pray Your perfect love upon the hearts of all those who are burdened with the fear of this virus. Lord, we know with no doubt that You are bigger than the threat of anything, especially illnesses. Please comfort those who are living in fear, please free them from the bondage that anxiety creates within. Remind them that You are still on the Throne and that You are still in control. Fully rain down the serenity that comes only from the Prince of Peace. Help those who are living in unease to trust You in this time so that in times to come we may rest assured that You will be faithful to be with us until the end of the age. We rest at the Throne of the Almighty such fears and cast them upon You (1 Peter 5:7), for Your burden is Light and Your Yoke is easy (Matthew 11:30), we know You cover us with Your wings (Psalm 91:4).

In Jesus' name, Amen



Our Granddaughter sent her mum this hand made Mother's day card last Sunday :-

Roses are *Red*

Violets are *Blue*

I hope in quarantine

I won't kill you.

xo xo



If you need any help during the social isolation then please contact either Sara on 07736 972683 or Stuart on 07467 024552

Keep in touch let us know how you are getting on either on the Cornerstone Facebook page or our email address on page 1