

You worry too much: How to really cast your cares on Jesus

One of my favorite verses is:

Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof. – Matthew 6:34 (KJV)

That's how I have it memorized. Here's a more straightforward translation:

So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today. – Matthew 6:34 (NLT)

I've had this verse memorized for years, and I frequently speak it out loud. Despite my best efforts, I sometimes worry about things. I've ESPECIALLY worried about things in the season Michael and I have been in for the past year and a half. After much saving and blessing from the Lord, we were able to build a house on some land. This is a dream come true for me. But realizing that dream has been absolutely plagued with worry. Pro tip: don't build a house. I digress.

Through this season, God has been constantly reinforcing: *I've got you. This is my plan for you. Take comfort in me.*

I don't think I've ever understood faith until this season. I also don't think I understood what it means to take *comfort* in Jesus.

If you're finding your comfort in Jesus, you won't be worried. I learned how I *really* got comfort in this life in the past year. Food, snacks, ice cream, movies, social media. Spoiler alert, I do not recommend dealing with discomfort in these ways. But, this experience opened my eyes to how my flesh likes to be comforted, and made me realize that I needed to figure out how to find my comfort in the Lord. After all, that's what he wants for us.

2 Corinthians 1:3-4: Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.

Psalms 23:4: Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

The No. 1 way to seek comfort is to lean on the Comforter.

But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you. – John 14:26

If you haven't received the Holy Ghost, that's a great place to start. Read the book of Acts, especially Acts 2:38. Pray for the gift of the Holy Ghost, and He will give it to you.

If you have the Holy Ghost, think of it as a muscle. The more you use it, the stronger it gets. The Holy Ghost gives you power, yes. It gives you authority, sure. It gives you boldness, absolutely. But Jesus calls it the Comforter. Pray in the Spirit more to have more of the Comforter at work in your life.

This might come as a shock because it isn't logical to our flesh, but I've seen the effects of weekly fasting not only in my prayers but also in feeling comfort. Hang with me here. Fasting is uncomfortable in the flesh because it denies the flesh to be more in touch with the Spirit of God. If the Holy Ghost is the comforter, and we need to feel more comfort, then we need to fast! In the first few weeks, it will just feel hard. But as you deny your flesh more, it becomes weaker, and the Spirit gets stronger.

But I was praying in my words and in the Spirit and reading the Word every day. I attended church every time the doors were open. I fasted weekly. I was praying throughout the day. I was fellowshiping with other believers. But I still wasn't feeling comforted in this season? Why?

Because while I was doing everything that should've brought me comfort, I was also snacking...and scrolling...and rewatching *The Chronicles of Narnia*. And the thing about feeding your flesh is it's never enough. So I started praying instead of reaching for a snack. I started getting up and walking around instead of scrolling. And reading the Bible or a few verses about worry instead of rewatching movies.

The result hasn't been perfect. But when I've allowed the things of God to actually comfort me, I've felt so much more at peace. What does that look like? Praying for God to comfort my heart and take away my worry and not only the direction, protection, other's needs and the checklist of other stuff we pray about (even though it is important). Telling God in prayer that He is my comfort. Singing songs that talk about God being my comfort. Mentally visualizing handing God my worries. Quoting comforting scripture to myself. Getting outside in nature and taking a walk.

I was asking God to guide my steps but not comfort my heart. To take care of all the things but not my emotions. To give me strength but not be my strength. God gives us rest, but we have to choose to take it. If he gives us time, but we fill it up with things that will only momentarily comfort us, we won't find true rest. We won't find God's comfort for our worries.

Use these seasons to build your faith as it's built mine. I was worried, but God came through. When something didn't go according to plan, God provided an answer. And even if he didn't, I rested my mind that He would. I stopped the thought spiral and repeated God's promises. No matter what is happening in your life, give it to God. Make a conscious effort to cast your cares on Jesus. And cast down all the imaginations of what could happen, as the Bible says. He won't let you down.

The passage earlier about the Holy Ghost being the comforter? It goes on to say:

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid. - John 14:27

Peace. Not as the world gives. But that the Lord gives to us. God's giving it to us, but we must take it and literally stop our hearts from being troubled and afraid. Take some action today, friends, and then take some more. Peace is out there. And you can have it.