

The incredible damage we do ourselves when we take Care

What is Care

Take Care ? When we say that, do we really know what we are saying?

Webster's definition of the word Care includes:

Care: A suffering mind; synonymous with concern, anxiety and worry. Care implies oppression of the mind, weighed down by responsibility or disquieted by apprehension; Anxiety stresses anguished uncertainty or fear of misfortune or failure; Worry suggests fretting over matters that may or may not be real cause for concern.

We thoughtlessly say to one another "Take care", that is "A suffering mind ...".

What does God say about Care

In contrast to what we say to each other, God wisely says to us:

Be careful (full of care) for nothingPhil. 4:6
(In other words do not worry, fret or be anxious for anything)

Cast all your care upon me ... 1 Pet. 5:7
(Dump and unload immediately on God any worry or anxious thought that comes to my mind – God really wants me to be totally free from care)

Is this really possible? Well, if God says I am not to take care over anything but rather cast every one of my care thoughts over on Him, then that tells me right away it has to be possible.

An example of Care - Martha

Luke 10:38 Now it came to pass, as they went, that he entered into a certain village: and a certain woman named Martha received him into her house.

Luke 10:39 And she had a sister called Mary, who also sat at Jesus' feet, and heard his word.

Luke 10:40 But Martha (over occupied and too busy) was distracted with much serving, and came to him, and said, Lord, do you not care that my sister has left me to serve alone? Therefore tell her to help me.

Luke 10:41 And Jesus answered and said unto her, Martha, Martha, you are careful (full of care and worry) and troubled about many things:

Luke 10:42 But one thing is needful: and Mary has chosen that good part, which shall not be taken away from her.

Notice how when someone is burdened by worry, in this case Martha, they (or the spirits that are behind the care) always want other people to also be weighed down with the same anxiety – see verse 40, “Lord, don’t you care..?”.

While Martha was consumed with worry thoughts, even though the everlasting God, the Lord, the Creator of the ends of the earth stood in her presence, Mary on the other hand chose the one thing that is needful, that good part – what is that one thing? Verse 39 - To sit at God’s feet and to hear His word.

So what’s so bad about taking care, where’s the harm in worrying?

Mark 4:11 And he (Jesus) said unto them, Unto you it is given to know the mystery of the kingdom of God: ...

Mark 4:14 The sower sows the word.

[God is the sower, the seed is the word of God and my heart is the soil. The seed gets sown when I hear a word from God, to me, with my heart. The seed may be the word that saves me from my sins (1 Pet. 1:23) or the word that delivers me from some terrible habit (John 8:32) or the word that heals my body (Psa. 107:20) or the word that gives me light to see by in what was otherwise darkness (Psa. 119:130) or the word that replaces part of my old corrupt nature with some of God’s pure nature (2 Pet. 1:4) or a word of promise God has given me to stand on in believing prayer for the salvation of a loved one (Psa. 2:8), or any word from God to me].

Mark 4:18 And these are the ones (the seeds of God’s words) which are sown among thorns; they are the ones which hear the word (a word that could change my life for ever),

Mark 4:19 And the cares of this world,entering in (to my heart), choke the word, and it becomes unfruitful.

Mark 4:23 If any man has ears to hear, let him hear.

So, those seemingly harmless worry thoughts that I have continued daily to entertain as a Christian turn out to be thorns, spiritual thorns with the devastating power to choke, kill and destroy the life changing words from God sown in my heart. Words that God may have waited years to get me to hear to meet some great need that I had - now those words are rendered useless all because I let care thoughts and anxieties consume me. What a terrible price to pay for “taking care” robbing me of my growth in God. God has so truly said: It is

...**The little foxes that spoil the vines:**

Song of Sol. 2:15

How then can I be free from care and not worry or be anxious?

Do I believe that God wants me to be free from care?

Be careful for nothing

Phil 4:6

Do I believe that it is actually possible to be free from worry?

You shall know the truth and the truth will make you free

John 8:32

Do I believe that God cares for me enough to make me free from care?

Because He cares for you

1 Pet. 5:7

Am I willing to do what He tells me to do to keep me free from the burden of cares?

In everything, by prayer and supplication with thanksgiving, let your requests be made known unto God and the peace of God (the God of peace) which surpasses all understanding, will guard your hearts and minds through Christ Jesus. ... Whatever things are true (God's words) whatever things are honest (God's words) whatever things are just (God's words) whatever things are pure (God's words) whatever things are lovely (God's words) whatever things are of a good report (God's words) if there is any virtue and if there is any praise, meditate and think on these things (God's words).

Phil. 4:6-8

In prayer, God invites me to cast each care on Him in the confidence that He will take good care of me – take it to the Lord in prayer.

In meditating on God's words, God through His peace and life that are in those very words I am meditating on, guards my heart and mind from anxiety. Thank you Jesus. **Whom the Son makes free is free indeed.**