

**Cast all your Cares on the Lord**  
**21<sup>st</sup> March 2020**

*Cast your cares on the LORD and he will sustain you;*  
*Psalm 55:22*

All too often I hear people saying that they have a specific problem and they want to leave it with God. So they pray telling God all about it and leave it in his hands – or do they? They then pick it up from God's hands and have a tinker with it themselves; doing this, saying that, trying to do things ourselves to solve the problem or at least try to help. On many occasions people come to me when they have done this many times and now are at their wits ends. God's not answered their prayers!

Instead of trusting God from the beginning, we tamper with the situation and usually make things worse.

The situation we face today is one we can mess with, by not following the Governments guidelines, but choosing our own way.

God is working through the scientists, the Health Care workers, through the emergency services to bring about a solution to this terrible and unprecedented situation.

When we can do nothing, God can always do something. So why not trust in Him with all our heart, cast all our cares on Him and he will sustain us. It may not happen tomorrow or even the day after but things will get better and the sun will shine again and we will all be able to go out and mix together safely with family and friends.

Cast your cares on the Lord and he will sustain you!

Let's pray

Lord we cannot control things that happen in our world,  
there are too many

and we want to put our trust in you,

so today we choose to give you,

all that is worrying us...

We are frightened that we or those we love will catch the virus,

We are concerned about not having enough to eat,

We are concerned that a vaccine or treatments won't be found to treat people,

But instead of us being worried and concerned

Let's just give to God all these concerns and let him help,

Let him encourage and sustain us in these times we face.

Placing all things in the hands of our Lord God,  
Creator and sustainer of our world,  
Means that through prayer we are actively doing something  
To make a difference,  
We are casting our cares on the Lord  
And he will make the difference in our lives  
And the lives of the world.

Without God we have nothing to hope for,  
With God we have nothing to fear.  
We ask these and all our prayers  
Through Jesus Christ our Saviour and Lord,  
Amen.