

God Cares for You

From: Good News in Times of Trouble
From Day 9 of Overcoming the Overwhelming

Chapter 3: God Cares for You
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Especially when it comes to difficult relationships, it is easy to start to feel that no one is concerned at all about what we are going through. Financial struggles, too, can bring about these thoughts of no one caring. Please be encouraged to know that God does care.

We are instructed to weep with those who weep, and we know that when Jesus saw the pain of Mary and Martha, He wept. **God will not be less than He asks us to be.** He is compassionate. We are told to cast all of our cares upon Him because He cares for us.

God isn't in heaven apathetically looking down on our demise. Still, it's easy to think He's on His throne with His arms folded, waiting for *us* to fix things. We cry out for help and picture Him too busy even to listen, or we imagine Him turning away in disgust. This couldn't be further from the truth. He sees you. He hears you. He cares about you. When you feel that you can't go on, take a minute to remind yourself that *God cares for you personally.*

My mom told me about something she did when she was worried about my brother and me, which is an illustration of casting your cares upon the Lord. She said that, in her mind, she took a napkin in her hands and put my brother and me inside. Then she folded it up and handed us to Jesus. She said that once in a while, she'd check inside the napkin, but then she'd give us right back. So many times in life this has helped me—just to take whomever or whatever it is that's over my head (more than I can handle), place it in a napkin, and hand it to Jesus.

Say this prayer or something similar.

“Lord, I can't bear this situation.

It's just too much for me.

So, I place this in Your hands

because I believe that You care for me.”

1 Peter 5:6-7

Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time,⁷ casting all your care upon Him, for He cares for you.

