



WILLOWS OF GRACE COUNSELING

Casting Your Cares

A reflection and practice on 1 Peter 5:7 — what surrender actually means, and why freedom from fear is God's power at work in you, not willpower you have to manufacture.

“Cast all your anxiety on him,
because he cares for you.”

1 PETER 5:7

What “casting” really means

The word Peter uses is not a gentle setting-down. It is the same word used for throwing a cloak over the back of a donkey — a deliberate heave of something heavy onto a stronger back. Surrender is not passivity, and it is not pretending you are fine. It is an honest, physical act of transfer: this is too heavy for me, and I am handing it to the One who can carry it.

Notice too that Peter gives a reason, not a rule. Cast it on Him — because He cares for you. You are not throwing your worry into an indifferent sky. You are giving it to a Father who is already paying attention.

Freedom from fear is His power, not your willpower

Most of us try to fight fear by trying harder — more discipline, more positive thinking, more white-knuckling. When that fails, we assume the problem is us. But Scripture never asks you to generate your own courage. It says God has not given us a spirit of fear, but of power and of love and of a sound mind (2 Timothy 1:7). Power is given. Peace is given. Your part is to keep bringing what you are carrying back into His hands — sometimes many times a day — and to receive what He has already offered.

Surrender is rarely one dramatic moment. It is a practice. You will pick the worry back up. You get to hand it over again, without shame.

Three things to remember when you hand it over

- **You are not dismissing it.** Surrender begins with telling the truth about how heavy it is.
- **You are not doing this alone.** His power, not your effort, is what sets you free from fear.
- **You can do it again tomorrow.** Picking the worry back up is not failure. It is being human.

Naming It, Then Releasing It

1 Name it honestly

What am I carrying right now? Say it plainly — no softening, no spiritualizing.

2 Name the fear underneath

If the worst happened, what am I most afraid it would mean about me, or about God?

3 What is mine to do today?

One faithful, doable step. Not the whole outcome — just the next step.

4 What is not mine to carry?

The outcome, the timing, another person's heart, the past.

5 Hand it over in your own words

Lord, I am giving you...

6 What do I need to receive from Him?

Peace, rest, courage, a steady mind, the reminder that I am loved.

A prayer for the overwhelmed

“Jesus, I know you are with me. I need help. Help me know your peace.”