

## Prayer of Commitment

1 Peter 5:7 (AMP) Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately *and* cares about you watchfully.

### I. Cast your cares to the Lord: Casting all your worries, concerns, anxieties on the Lord

*It is amazing what God can do with your problems when He has them*

As we cast our cares on the Lord we definitely commit our problems to him

Psalms 55:22 Cast your burden on the Lord, And He shall sustain you; He shall never permit the righteous to be moved.

(Context in the midst of being treated badly/Warfare)

Cast means to throw upon, place upon; Place responsibility upon another

Sustain: support, nourish, supply

Psalms 34:19 Many are the afflictions of the righteous, But the Lord delivers him out of them all.



### II. Commit your way to the Lord:

Psalms 37:5 (AMP) Commit your way to the Lord [roll and repose each care of your load on Him]; trust (lean on, rely on, and be confident) also in Him and He will bring it to pass.

It is not going to do any good to pray concerning your cares, anxieties, worries, and your concerns unless you are going to do what God tells you to do about them.

*The Battle is the Lord's but the victory is mine*

This is something we do, not God. People pray for God to take away their anxiety – when He told them how to do it.

Proverbs 16:3 Commit your works to the Lord, And your thoughts will be established.

Proverbs 16:3 (AMP) Roll your works upon the Lord [commit and trust them wholly to Him; He will cause your thoughts to become agreeable to His will, and] so shall your plans be established *and* succeed.



### III. Deal with worry:

Matthew 6:31-34	Truths about worry:
<p>31 "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'"</p> <p>32 "For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things."</p> <p>33 "But seek first the kingdom of God and His righteousness, and all these things shall be added to you."</p> <p>34 "Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble."</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> We all have needs, but worrying about them will not produce results.</li> <li><input type="checkbox"/> Worry is a sin (Some people act like they are doing a good thing)</li> </ul> <p style="text-align: center;">Romans 14:23 For whatever is not from faith is sin.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Worry is a habit – a learned behavior</li> <li><input type="checkbox"/> Worry will rob your faith and make you sick</li> </ul>

### Philippians 4:6-7

<p>Philippians 4:6-7 (AMP) Do not fret <i>or</i> have any anxiety about anything, but in every circumstance <i>and</i> in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God.</p> <p>7 And God's peace [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall garrison <i>and</i> mount guard over your hearts and minds in Christ Jesus.</p>	<p>Philippians 4:6-7 (The Message) Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.</p>
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Some things in my life I am better off not praying about multiple times. It can create unnecessary anxiety

### Conclusion:

1. Recognize your tendency to be a worrier
2. Stop justifying worry as personality, family trait, love and personal concern - Confess it as sin
3. Break the spirit of being a life time worrier
4. In some cases it is a spirit in a persons life:
  - a. Panic attacks
  - b. Obsessive-compulsive – an anxiety disorder
  - c. Causes: Natural learned behavior; traumatic event; medical causes)
5. Give it all to God once and for all

**2 Timothy 1:7 For God has not given us a spirit of fear, but of power and of love and of a sound mind.**

