

# “Cast All My Cares” List

As a mom of four young adults, I have had years of practice worrying. As the “kids” grow older, my worries just change. Instead of spelling tests and school bullies, my concerns have changed to college decisions, prospective jobs, friendships, and relationships.

And even though I know that logically my worrying in no way helps them or me or anyone, I still naturally lean toward excessive daily worry—even though I know what 1 Peter 5:7 exhorts me to do: “Cast all your anxiety on him because he cares for you.”

In a notebook, I have started a “Cast all my Cares” list where I write to God, listing out my concerns and asking Him to take my worries and burdens from my current situations and handle them in the way He knows will work out right. I start out each page with: *Dear Lord, please bless these situations today and help me to know You have it under control.*

I write about my daughter’s long-distance solo trips that she has planned and her desires to be out on her own “adulthood.” I write about two of my sons’ upcoming weddings and their jobs and locations and where they will land. I write about direction and friendships and decisions for my son in college.

I write about my husband and me in our new roles as observers and pray-ers in our kids’ lives instead of car-seat bucklers and sports shuttlers. I hand over all our family’s health and faith and relationships and safety. Some days, I go into deep specifics like weekend plans or the broken dryer. I just write about whatever is weighing heavily on my heart at the time—any weight that God can relieve from my shoulders.

“Handing over” my fears to God doesn’t cancel them out instantly, but it helps me to remember that all of my worrying and angst won’t accomplish anything. Only partnering with God

and asking Him for guidance will be my relief. It helps me to refocus my energy on trusting God. He knows the plan. It's okay if I don't. As long as we know God, ultimately all will be well.

I'm sure I'm not the only mom (or wife or sister or friend) who holds onto unnecessary worry. Everyone can benefit from sharing their burdens with God in prayer. He wants us to lean on Him. He wants to hold our hands and guide us through.

We just have to decide to let Him.

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