



Cast all your cares on the Lord

It's me the Lord, open the door
Why won't you let me in?

You've been carrying a load of burdens untold
It's time to unfold and live

I am the Lord and instructed you to throw
Every burden and care unto me

Why do you insist on carrying so much?
Do you not see me in your midst?

Look deep within and feel me overshadow you
Under my Almighty wings

Let my perfect peace surround and shield you
To put your mind at ease

Put your trust in me, I will carry you through
Take my burdens it is lighter too

So no matter how big or small the problem may be
Cast all your cares on me

1 Peter 5:7 Amplified Bible (AMP)

Casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully].

Be encouraged to write your daily reflection and journal on how you gave your burdens to the Lord and also how relieved you were from all the pressures of life.

**Sonia Dougall on behalf of RWS
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