Cast your Cares - Psalm 62:5-8

*Rest in God alone, my soul, for my hope comes from Him. He alone is my rock and my salvation, my stronghold; I will not be shaken. My salvation and glory depend on God, my strong rock. My refuge is in God. Trust in Him at all times, you people; pour out your hearts before Him. God is our refuge. Selah*

Do you ever feel completely beat down and tired? I mean all the time. It seems like you cannot get enough rest, physically, emotionally, or spiritually? I have found in my own walk, that the main reason is I am not doing my part in Christ. I found that when you start to make God a priority again things will start coming together. This is not a prosperity type of coming together but a spiritual type of coming together.

When we rest in God our joy is unquenchable, our love is abundant, and our rest is greater than anything the world can give us. The Lord alone is our rock and our foundation. He alone is our rest and our love; He alone is our ultimate joy. We are to trust Him always, and always be able to tell Him anything.

We are to use Jesus as our ultimate refuge in times of trouble and times of burdens, our rest is alone in the Lord. He will give us rest, He told us so much in Matthew 11:28 where our Savior says “28 “Come to me, all you who are weary and burdened, and I will give you rest.”

Psalm 62:8 states:” Trust in Him at all times, you people; pour out your hearts before Him. God is our refuge. Selah” Our refuge is the Lord, He is our safety net and with that we pour out our hearts before His throne of grace and He will hear us.

So as we go on this week remember to cast your cares upon Christ, take your problems before the mercy seat of Christ, and allow Christ to work in your life. When we do this we will have ultimate joy in Christ Jesus our Lord.