

We will consistently have anxiety that we will need to cast upon the LORD



6Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, 7casting all your anxiety on Him, because He cares for you. 1 Peter 5:6-7

Cast All Your Anxiety on Him

I appreciate the verse above (as well as a number of other ones like it in the Scripture) because it presupposes that we will be anxious; and that at these times we will need to actively cast these concerns on the LORD. I have been camped out on the necessity of not letting my heart be troubled for a couple of years in a general way and with a greater intensity the last few weeks. I am learning some things that have been quite helpful to me.

Even this week--after blogging and teaching about this topic last week--I had a bout of anxiousness that I had to contend with. I had to actively apply some of

the things that I had been looking at. I was encouraged that as I did (over the course of a couple of days) that my heart became lighter and more at peace as I continued to talk to Yeshua about what was bothering me. I know that I will have to continue to "work this muscle" with the LORD because we are promised by Him that we will have difficulty and challenges as we are on this journey with Him.

It is also important to realize that God's transformation in our life is a process that takes time, persistence, and consistency on our part as we draw near to him. He has promised to draw back near to us as we consistently do our part. Here's a progression that I've found very accurate and helpful:

1. **Information** – we get divine knowledge (Bible truths). This can take some time and diligence on our part to search and find these things.
2. **Conversation** – we communicate with God related to this information (we talk to Him). This is the most important part and is often neglected. We are talking with a real Person who will help us as we engage with Him.
3. **Illumination** – we receive small divine touches related to this and other information (new insights). These insights are usually small and seemingly at random times. As we consistently ask Him for help, He will increase these insights.
4. **Inspiration** – these insights motivate us to do new things (we have renewed motivation to obey). This is a divine work in our hearts--to have a greater desire to do the right thing.
5. **Transformation** – this is what we are ultimately looking to grow into: we develop new emotions and thoughts that are satisfying and pleasurable.

Dear saint, this process takes a little time so don't be discouraged if your personal transformation is slow or seems stalled. So many times I want a vision, dream, or supernatural encounter to zap me into a right place. This has almost never happened to me. Instead the process is slower and less profound in the changing part. I continue to bring my messed up life and heart into His presence and ask Him to help me. As I do that over time, I've seen Him

change me. I look forward to sharing more tomorrow about what I'm discovering related to this topic.