

Supporting Christian Unity in the Alfred Community



Cast Away (August 2002)

I have lived long enough to see many forms of heartache and troubles. I myself have been know to worry about circumstances ranging from the trivial to the overwhelming and, sadly, I have even let these concerns sap my strength and affect my immune system. I have even seen friends and loved ones suffer to point of severe physical and psychological ailments. Now, we do the best we can for those who are suffering but I have always felt that I came up short in providing comfort in times of need.

We have all had people in our lives that have cared for us deeply but have you ever experienced the wonder and joy of God's awesome love and care? God cares for us on an unimaginable and intimate level. Not one moment passes that He is unaware of everything that grieves and/or worries us. He is aware of our deepest needs and concerns and He is ready to lift our burdens. God knows our innermost thoughts and fears ~ even those we keep hidden from others. He alone is able to bear our troubles and He alone can handle them.

Let me encourage you today to get away from the clanging and clamoring of day to day life and find a quiet place where you can seek God and cast away your cares upon Him.

Casting all your anxieties on Him, because He cares for you. ~ 1 Peter 5:7

Dedicated to my friends R, B & C

May God's Peace Be With You!