

Casting all your care upon Him

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"Which of you by worrying can add one cubit to his stature?" - Matthew 6:27 "Casting all your care upon Him, for He cares for you."- 1 Peter 5:7 Worry in life only causes harm to both mind and body. There is nothing we gain but only lose. So, why worry. Worry is not an alternative to be lazy, but casting all our cares upon our Creator and living in His perfect will is the right solution. Our Lord has offered us rest when we cast our burdens upon Him. So, why not? Praise the Lord!