**HEART TO HEART**/A word of hope and encouragement by Mennie Morrison

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**YOU CAN LIVE CAREFREE (PART 3)**

Greetings to you in the powerful name of Jesus. In January of this year, I started a teaching entitled “**You Can Live A Carefree Life**”, and what a timely message for the times and seasons that we are living.

**Living a carefree life** is not as easy as it may sound, as we’ve previously mentioned; however, we can D**o It**! Not in our own strength or ability but through the power and strength of the Holy Spirit. Life brings many challenges that try to rob us of our peace and prevent us from living this **carefree life** that Jesus died to give us. But, know that we must pursue this kind of lifestyle every single day and even sometimes every single moment.

**John 14:27 (KJV)** says: *Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.* So, we can rest assure that we don’t have to carry our cares, worries, anxieties, but we can **live a Care Free Life** in Jesus and with the help of the Holy Spirit.

Our next scripture is another one of my favor, **Proverbs** **3:5-6 (AMP).** It is so many promises in God’s Word to encourage our hearts in knowing that we have a loving Heavenly Father that **cares** greatly for us and invite us to **cast all our cares on Him**; because **He Really Cares** for us.

Now, let’s read our scripture **Proverbs 3:5-6 (AMPC)** ***5****Lean on, trust in, and be confident in the Lord with all your heart and mind and do not rely on your own insight or understanding.* ***6****In all your ways know, recognize, and acknowledge Him, and He will direct and make straight and plain your paths.*

These two verses in **Proverbs 3** are power packed. In order for us as believers to truly be able to live **a carefree life**, we must Trust and Confidently Rely on the Lord. Knowing, acknowledging and recognizing Him, will also help us to be able to **cast every care on Him**.

This next scripture lets us know that, when **we carry our own cares**, it makes our heart heavy and weighs it down. **Proverbs 12:25 (AMP)***Anxiety in a man’s heart weighs it down, but an encouraging word makes it glad.*

Jesus wants us to **come unto Him** when **we have cares** because He said that He would give us Rest. Let’s read this in **Matthew 11:28 (GW)** *Come to me, all who are tired from carrying heavy loads, and I will give you rest.* We can walk in that peace and rest that Jesus died to give us, the choice is ours. So I am encouraging myself as well as you that are reading this to ask Holy Spirit to help us daily **to cast all our cares on Jesus**, because **He truly, truly Cares**.

When we feel that we can’t live this **carefree life** Jesus died for us to live, let’s remember this verse in **Philippians 4:13 (AMP)** *I can do all things [which He has called me to do] through Him who strengthens and empowers me [to fulfill His purpose—I am self-sufficient in Christ’s sufficiency; I am ready for anything and equal to anything through Him who infuses me with inner strength and confident peace.]*

Let’s look at another scripture to encourage us that we can do all things through Jesus that strengthen us and has made us an overcomer. **1 John 4:4 (KJV)** *Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world.*

**Living a carefree life** in this crazy and chaotic world as I mentioned before is not an easy task. However, if we can do what this next scripture says, we can be steadfast and not be moved.

**Psalm 16:8 (AMPC)** *I have set the Lord continually before me; because He is at my right hand, I shall not be moved.*

We will close this last part of this powerful teaching with **Proverbs 18:10 (GNT**) but before, we do that; let me give just a little more exhortation. **Casting our care on the Lord and living a carefree life** is a choice, just as everything else in the Kingdom of God is received into our lives based on our choices. However, the good news is, we don’t have to **cast our cares on the Lord** alone, we have a wonderful helper that lives on the inside of us as a believer in Jesus Christ. He is willing and ready to aid us in every situation and circumstance we encounter (**John 14:16**).

Now, let’s read our closing scripture in **Proverbs 18:10 (AMPC)** *The Lord is like a strong tower, where the righteous can go and be safe.* So let us be encouraged to know that **we can live a carefree life** because of the finish work of the cross and the awesome price that Jesus paid for us on that cross. He invites us to **live this kind of life**. Let’s not let what Jesus accomplished for us be in vain by **carrying our own cares**, but let’s make a choice to **Live this Carefree Life** that He died for us to have by **casting every care over on Him**. He is waiting with outstretched arms to receive them.

I pray that you have been blessed by this 3 part teaching series, and that if you have been **carrying any cares,** you will now begin to **cast them over on the Lord because He truly cares for you**. Remember that God has **Blessed You to Be A Blessing**. Please visit our site next month, as we will be sharing another powerful teaching from the Word of God.