

Cast All Your Anxieties on Him

From the *Boomer Chronicles*
by Linda Guteres

Cast all your anxieties on him because he cares for you (1 Peter 5:7 ESV).



Boomer's paws seemed glued to the asphalt. A growl emanating from deep within his chest put me on alert. Something dangerous was in our path. It was an early fall morning before the sun was up; it was difficult for my eyes to see anything clearly. I heard a strange hissing noise in front of me, but the dark lawns surrounding us remained still. My pulse raced as I continued scanning the area to see what was alarming my dog.

That's when I saw them.

Lawn ornaments.

Boomer's growl transformed into barks as he turned and bolted for home. Yanking on the leash didn't stop him; he only ran faster. When we got home and I pushed the gate open, Boomer rushed in as I bent over trying to catch my breath. Seconds later, Boomer acted as if nothing had happened; he was safely home. I, on the other hand, had to sit down for a long time.

I knew the large colorful bags of air were harmless. However, to Boomer, the bright orange bulbous pumpkin and the large-eyed inflated scarecrow were perilous and life threatening.

Silly dog!

Maybe we, too, are anxious about things we do not know or understand. Or we are uneasy about new things, or we're concerned about our past returning to tap us on our shoulder. There are myriads of things we can worry about — death, medical test results, marriage breakdowns, wayward children or spouses, financial burdens — you name it.

And yet our heavenly Father tells us over and over again to worry not, to come to Him in prayer, and to trust Him and His promises. *Do not be anxious about anything, but in everything by prayer and petition with thanksgiving, present our requests to God* (Philippians 4:6).

We don't have to face anything alone. God invites us to confess our sins and leave our worries at the foot of the cross, where His story of love and faithfulness are manifest. Through the sacrifice of Jesus on the cross and His bodily resurrection, our sins are forgiven and we start anew, thanks to His grace.

Who of you by worrying can add a single hour to his life? Since you cannot do this very little thing, why do you worry about the rest? (Luke 12: 25–26)

And yet, there are still times I forget about the promise of peace that comes from God.

Like Boomer, I become keyed up, unable to face what is in front of me. My pulse begins to race. All I want to do is to run home where it's safe. I hide within my familiar home, burst into tears, and only then do I begin to calm down.

I'm grateful because God doesn't stop loving me even when I forget His promises. *Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you* (Deuteronomy 31:6 ESV).

Boomer is still jittery about things that wave and hiss in the night. As for me, I will continue to ask the Holy Spirit to increase my faith and to teach me to trust Him, so I can live in His peace and bravely share the story of God's love and faithfulness with others.

And I am thankful for Boomer and the blessing his life has been to mine. **Q**