

The Remarkable Life

WITH WARREN CURRY

A PRACTICAL FIELD GUIDE



Combat Cares: A Practical Field Guide

(Bonus Resource for Paid Subscribers)

This field guide equips you with tactical tools to defeat the very things Jesus warned would choke the word of God out of your life and disrupt your peace: **the cares of this life, the deceitfulness of riches, and the desire for other things (Mark 4:19).**

These sources of pressure are predictable, recognizable, and completely beatable when you understand how they operate.

Cares Defined

Scripture Focus: 1 Peter 5:7

“Cast all your cares upon Him, for He cares for you.”

Cares Defined:

Cares: A state of mind in which one is troubled; worry, anxiety, or concern. (Dictionary.com)

Biblical definition: Cares comes from the Greek word *merimna* which means:

- To draw someone in different directions
- To distract or to cause anxiety
- To scatter someone’s mind

It is apparent that cares have been designed to not just weigh you down, but to divide your focus, riddle you with anxiety, and sap your strength. If we’re going to be successful in life, we must learn how to cast our cares upon the Lord instead of carrying them.

Cares Come in Categories

Cares can manifest in a variety of different ways. They have a tendency of showing up in different buckets, depending on where life is pressing you the hardest. Below are some of the common categories of Cares:

- **Emotional cares** include stress, insecurity, fear, grief, and disappointment.
- **Financial cares** involve bills, responsibilities, unmet goals, and income pressure.
- **Relational cares** stem from family dynamics, broken trust, and strained friendships.
- **Leadership and calling cares** come from expectations, decision-making, spiritual responsibility, and visibility.
- **Health cares** surface through doctor reports, physical symptoms, fatigue, and decline.
- **Parenting and family cares** revolve around your children's wellbeing, their future, and their choices.
- **Unknown future cares** grow out of uncertainty, transition, timing, and fear of what's next.

Every care fits somewhere. That's why Scripture doesn't tell us to cast *some* of our cares, but *all* of them.

The Three Sources of Care

Scripture Focus: Mark 4:19

"and the cares of life, and the deceitfulness of riches, and the desires for other things, entering in, choke the word, and it becomes unfruitful."

These are the three "choke" points Jesus identified directly in Mark 4:19. They smothered people then and they still interfere with the mind, emotions, and spiritual focus of people today. Here's how to break them down in a way that hits modern life directly.

1. The Cares of This Life

These are the everyday pressures that slowly pile up until you feel buried under responsibility.

This includes:

- Work demands
- Family needs incl. parenting & relationship responsibilities
- Bills and financial pressure
- Health concerns
- Constant decision-making & endless tasks and obligations

Impact: They overload your schedule, weaken your focus, and overwhelm your soul.

The danger: These cares feel normal, so you don't notice how heavy they've become. They pull your attention away from God, drain your emotional bandwidth, and choke your capacity to receive peace.

2. The Deceitfulness of Riches

This is the lie that more money, more success, or more achievement will solve every problem.

The deception sounds like and shows up as:

- Chasing security through income instead of God
- Feeling behind because others are ahead
- Making decisions out of fear, scarcity, or competition
- Tying your worth to what you produce

Impact: It makes you restless, driven by pressure instead of purpose, and constantly comparing your life to others.

The danger: You start chasing provision and forget the Provider. You tie your identity to income and your worth to productivity.

3. The Desire for Other Things

This is the silent competitor to your spiritual focus. These are distractions that seem harmless but slowly dilute your devotion to God.

This includes:

- Status and recognition
- Comfort and convenience
- Wanting what others have
- Wishing for a different life instead of stewarding the one you have
- New “opportunities” that look good but pull you out of alignment
- The pursuit of things that don’t strengthen your calling

Impact: It weakens your spiritual appetite and redirects your attention toward what satisfies temporarily instead of what transforms permanently. Your ability to hear God gets clouded by competing desires.

The danger: Your heart gets divided. Passion gets compromised. Focus gets fractured.

The C.A.R.E. Breaker Framework

The C.A.R.E. Breaker Framework is a simple four-step system designed to interrupt stress and shift your mind back into alignment with truth.

C — Capture the Thought

Identify the care trying to dominate your attention. You can’t cast what you don’t acknowledge.

A — Ask What’s True

Evaluate the thought:

- What does God’s word say about this?
- What fear is driving this?
- What past experience is trying to speak here?

R — Redirect With Scripture

Replace the care with a specific verse or promise. Speak it out loud. Anchor your emotions in what God already settled.

E — Establish a New Confession

Declare a life-giving truth that resets your focus:

- "I refuse to carry what God promised to cover."
- "Peace belongs to me."
- "My mind is steady and clear."

You have to **name the care** that is trying to choke you, **release the care** to the Lord, and **replace** the space that it previously occupied in your life. Replace it with the word of God.

You can make powerful declarations (*out loud is ideal*) such as:

- I cast my cares and I keep my peace.
- I refuse to hold what God has offered to carry.
- My mind is clear and my heart is steady.
- Everything concerning me is in His hands.
- I choose alignment over anxiety.

The Evening Reset

Here's a nightly ritual that you can implement that will help to empty your mind and reset your spirit before going to bed for the night.

Practical Steps:

1. Identify the day's top three (3) stressors. Write them down so your mind stops rehearsing them.
2. Circle and/or identify the ones that you need to cast. Name them, release them, and replace them. Speak God's promises aloud in these respective areas daily.
3. Replace each care with biblical truth.

Always remember: Cares lose their power the moment you refuse to carry them. 1 Peter 5:7 is the "cheat code" concerning how to live an unburdened life. When you find yourself tired, bogged down, and weary, remind yourself of Jesus's words in Matthew 11:28-30:

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Cares were never designed to be carried. They were designed to be cast. Remember this the next time that one of these areas attempt to smother you and rule over your life in a manner that has only been set

aside for Christ.

Closing Prayer

Father God,

I come to You acknowledging that I was never created to carry everything on my own. You see the weight I've been holding, the thoughts that have been pulling me in different directions, and the cares that have tried to steal my peace.

Today, I choose to cast every care upon You. I release the worries I've named, the burdens I've been afraid to admit, and the pressures I've carried silently. I place them fully in Your hands, trusting that You care deeply about every detail of my life.

Where my mind has been crowded, bring clarity.

Where my heart has been heavy, bring peace.

Where fear has tried to take root, establish faith.

Where distraction has weakened my focus, restore alignment.

I ask You to guard my heart and mind with Your peace. Teach me to recognize when cares try to creep back in, and give me the discipline to release them quickly and consistently. Help me to replace worry with truth, anxiety with trust, and pressure with prayer.

I declare that I will not be ruled by fear, driven by pressure, or distracted by what competes for my devotion. I choose to live light, walk in confidence, and remain anchored in You.

Thank You for being a God who cares, a God who carries, and a God who never leaves me to face life alone. I receive Your rest, Your peace, and Your strength today.

In Jesus' name,

Amen.

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