

Answers for Anxiety

1 Peter 5:6-7

You can do battle against anxiety in your life by understanding worry and the fight against it.

1. The *stuff* of anxiety.

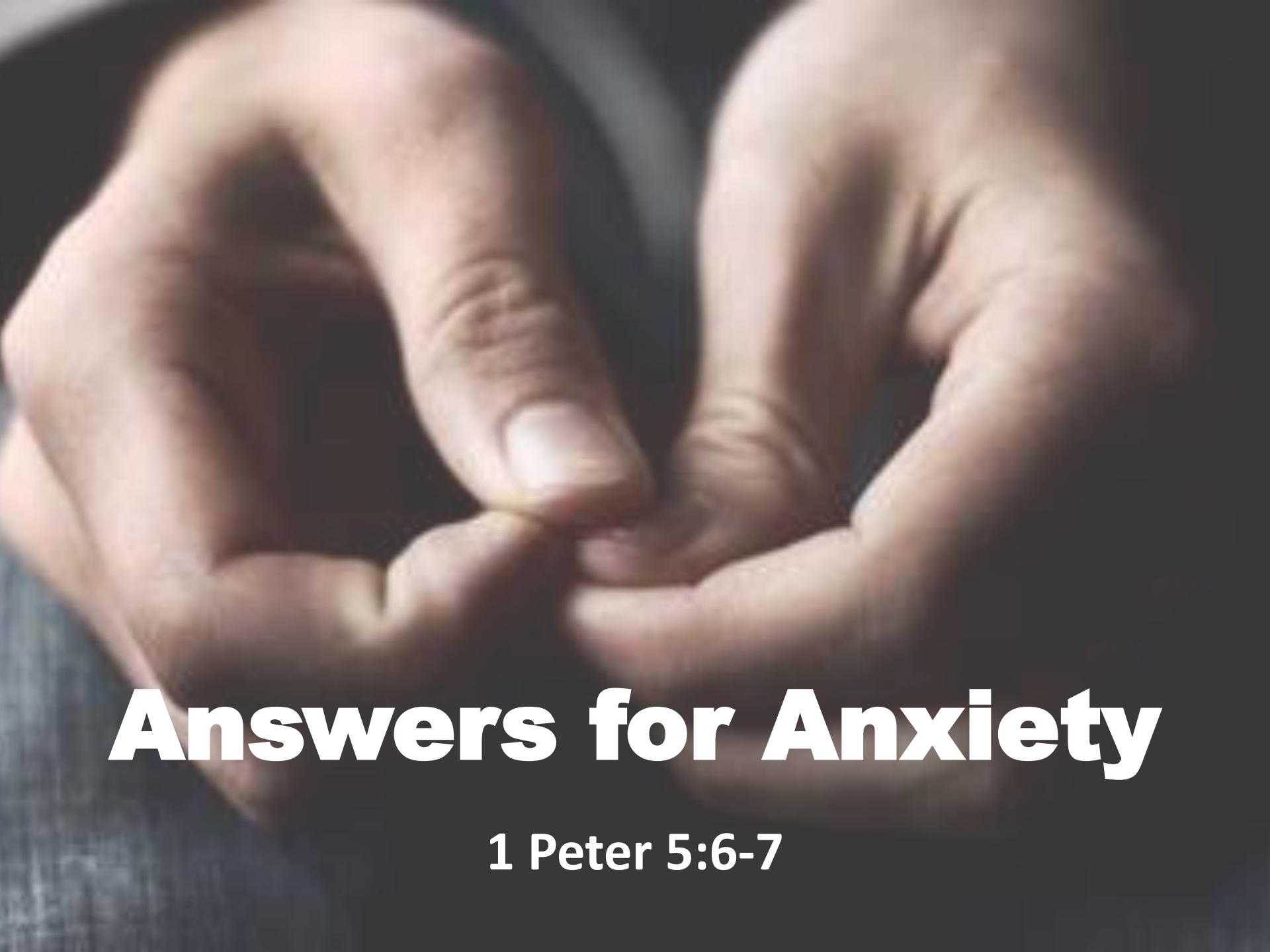
- a. _____ of life.
- b. _____ of relationships.
- c. _____ of faith.

2. The *source* of anxiety.

- a. Your _____ of faith.
- b. Your _____.

3. The *solution* to anxiety.

- a. _____ yourself before God.
- b. Throw your _____ on God.
- c. Grow your _____ in God.



Answers for Anxiety

1 Peter 5:6-7

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Humble yourselves, therefore,
under the mighty hand of God,
that He may exalt you at the proper time,
casting all your anxiety upon Him,
because He cares for you.

Theme

You can do battle against anxiety in your life by understanding worry and the fight against it.

Anxiety?

Anxiety is a state of apprehension, uncertainty, and fear resulting from the anticipation of a realistic or fantasized threatening event or situation.

(Webster's Dictionary)

Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure.

(American Psychological Association)

A Subtle Problem Reinforced

1 Peter 5:6-7

Humble yourselves, therefore,
under the mighty hand of God,
that He may exalt you at the proper time,
casting **all your anxiety** upon Him,
because He cares for you.

A Subtle Problem Reinforced

Matthew 6:25-34 (ESV)

Therefore I tell you, do not **be anxious...**

And which of you by **being anxious...**

And why **are you anxious...** Therefore do not
be anxious... Therefore do not **be anxious...**

Luke 10:41 (ESV)

But the Lord answered her,
"Martha, Martha, you **are anxious**
and troubled about many things."

A Subtle Problem Reinforced

Philippians 4:6 (NAS)

Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

This translation suggests to our modern minds that biblical anxiety is *a state of being or a feeling*, and this can be confusing to us.

But...

1 Peter 5:6-7

Humble yourselves, therefore,
under the mighty hand of God,
that He may exalt you at the proper time,
casting **all your worry (care)** upon Him,
because He cares (worries) for you.

But...

Matthew 6:25-34

Therefore I tell you, do not **worry**...

And which of you by **worrying**...

And why **are you worrying**... Therefore do not **worry**... Therefore do not **worry**...

Luke 10:41

But the Lord answered her,

"Martha, Martha, you **are worrying**
and *being troubled* about many things."

But...

Philippians 4:6

Don't worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

A grayscale photograph of two hands clasped together in a supportive grip. The hands are positioned in the center of the frame, with fingers interlaced. The background is a soft, out-of-focus light gray. The text is overlaid on the hands in a bold, black, sans-serif font.

**Anxiety is what you feel;
worry is what you do.**



Doing Battle Against Worry

What is the *stuff* of worry?

1 Peter 5:6-7

Humble yourselves, therefore,
under the mighty hand of God,
that He may exalt you at the proper time,
casting all your worry (cares) upon Him,
because He cares for you.

What is the Stuff of Worry?

The Pressures of Life

Matthew 6:25

For this reason I say to you, do not worry for your life,
as to what you shall eat, or what you shall drink;
nor for your body, as to what you shall put on.
Is not life more than food, and the body than clothing?

Matthew 13:22

The one on whom seed was sown among the thorns,
this is the man who hears the word,
and the worry of the world,
and the deceitfulness of riches choke the word,
and it becomes unfruitful.

What is the Stuff of Worry?

Pressures of Life

The Pressures of Relationship

1 Peter 3:8-9

To sum up, let all be harmonious, sympathetic, brotherly, kindhearted, and humble in spirit; not returning evil for evil, or insult for insult, but giving a blessing instead; for you were called for the very purpose that you might inherit a blessing.

1 Peter 4:8-9

Above all, keep fervent in your love for one another,
because love covers a multitude of sins.
Be hospitable to one another without complaint.

What is the Stuff of Worry?

Pressures of Life

Pressures of Relationship

The Pressures of Faith

1 Peter 4:12-13

Beloved, do not be surprised at the fiery ordeal among you, which comes upon you for your testing, as though some strange thing were happening to you; but to the degree that you share the sufferings of Christ, keep on rejoicing; so that also at the revelation of His glory, you may rejoice with exultation.

Matthew 10:19-20

But when they deliver you up, do not worry about how or what you will speak; for it shall be given you in that hour what you are to speak. For it is not you who speak, but it is the Spirit of your Father who speaks in you.



Doing Battle Against Worry

The Stuff of Worry

What is the *source* of worry?

What's the Source of Worry?

Your Pride

1 Peter 5:6-7

Humble yourselves, therefore,
under the mighty hand of God,
that He may exalt you at the proper time,
casting all your worry upon Him,
because He cares for you.

How is worry prideful?

Worry reveals self-reliance.

Worry reveals distrust in the plan of God.

Worry reveals distrust in the power of God.

Worry reveals an inflated perception of self-importance.

Worry is a rejection of God's help and comfort in favor of your worry.

What's the Source of Worry?

Your Pride

Your lack of faith

1 Peter 5:6-7

Humble yourselves, therefore,
under the mighty hand of God,
that He may exalt you at the proper time,
casting all your worry upon Him,
because He cares for you.

Matthew 6:27-31

And who of you by worrying can add a single hour to his life? And why are you worrying about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, yet I say to you that not even Solomon in all his glory clothed himself like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you, O men of little faith? Do not worry then...



Doing Battle Against Worry

The Stuff of Worry
The Source of Worry

What are *solutions* to worry?

A Cautionary Note

No one can teach you
techniques for overcoming anxiety
because the solution is not found
by following a regimen
but by forging a relationship.

What's the Solution for Worry?

Humble Yourself before God.

1 Peter 5:6-7

Humble yourselves, therefore,

under the mighty hand of God,
that He may exalt you at the proper time,
casting all your worry upon Him,
because He cares for you.

Let yourself be humbled!

1 Peter 5:6-7

Be humbled under the mighty hand of God in order that He will lift you up at the proper time.

Do this by throwing all your worries on Him because He cares for you.



It is prideful for you to hang
onto your worries.

You humble yourself by
entrusting yourself
to God's care for you.

What's the Solution for Worry?

Humble Yourself before God


Throw your worries on God

1 Peter 5:6-7

Be humbled under the mighty hand of God in order that He will lift you up at the proper time

by throwing all your
worries on Him

because He cares for you.



“Casting” is a term used of throwing a saddle onto a horse.


Casting your worries onto the Lord is to throw them onto Him so that He can carry them for you.

By knowing His love

1 Peter 5:6-7

Humble yourselves, therefore,
under the mighty hand of God,
that He may exalt you at the proper time,
casting all your worry upon Him,

because **He cares for you.**

A close-up, grayscale photograph of two hands clasped together in prayer. The hands are positioned in the center of the frame, with fingers interlaced. The lighting is soft, highlighting the texture of the skin and the creases in the fabric of the sleeves. The background is a plain, light gray. Overlaid on the center of the image is a block of text in a bold, black, sans-serif font.

**God's love and care
for you is most clearly
seen and understood
through the gospel.**

God's love for you!

Isaiah 43:4-5

Since you are precious in My sight,
Since you are honored and I love you,
I will give other men in your place
and other peoples in exchange for your life.
Do not fear, for I am with you.



Jesus was given in your place; He was
given in exchange for your life.

Knowing and believing this
is what will free you to let
go of your worries.

What's the Solution for Worry?

Humble Yourself before God

Throw your anxiety on God

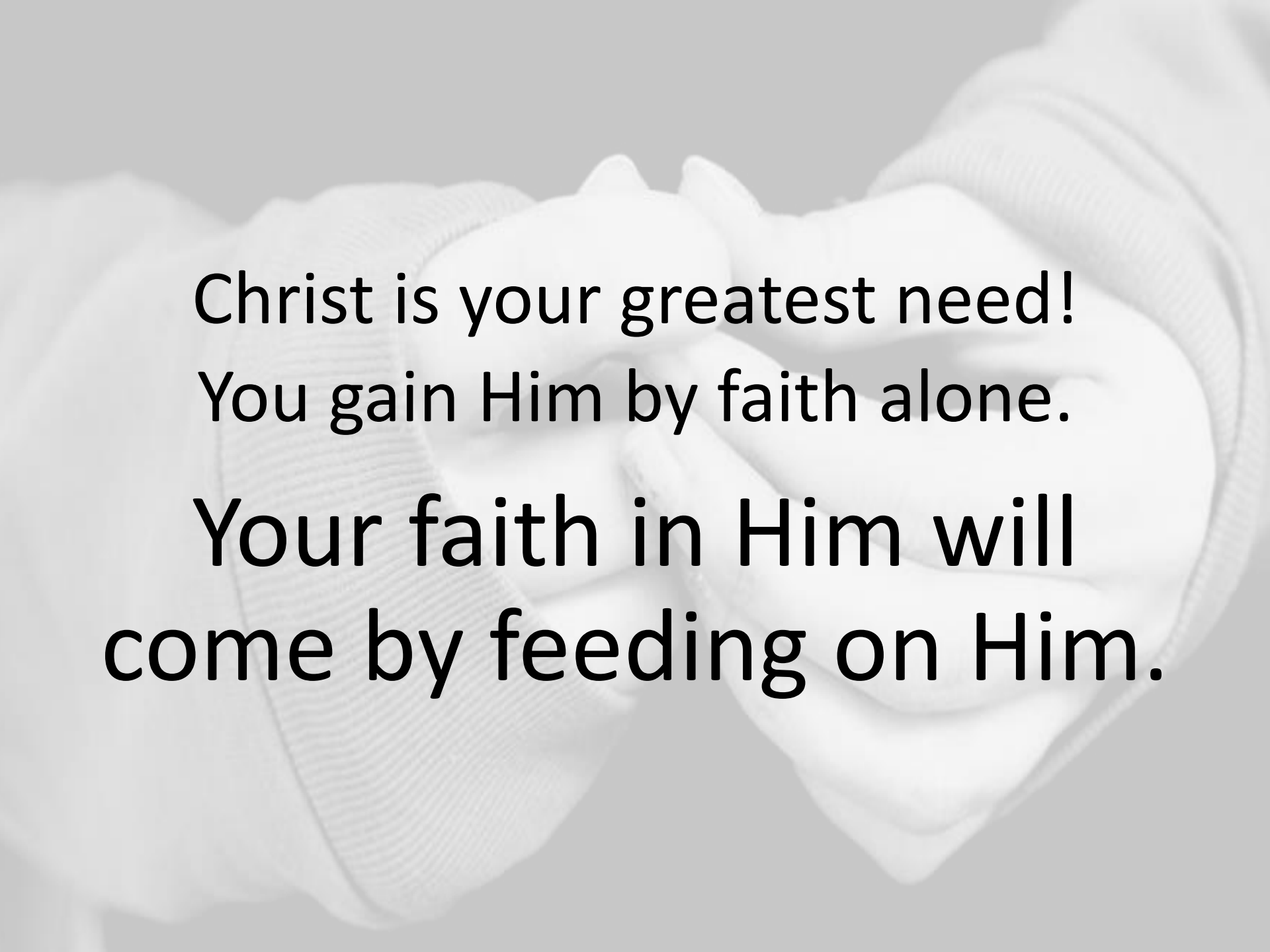
Grow your faith in the God
of the gospel.

The Problem

Matthew 6:27-31

And who of you by worrying can add a single hour to his life? And why are you worrying about clothing? Observe how the lilies of the field grow; they do not toil nor do they spin, yet I say to you that not even Solomon in all his glory clothed himself like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the furnace, will He not much more clothe you,

O men of **little faith**? Do not worry then...



Christ is your greatest need!
You gain Him by faith alone.
Your faith in Him will
come by feeding on Him.

John 6:49 and 48

Your fathers ate the manna in the wilderness,
and they died.

I am the bread of life.



Have you taken Christ as
the bread of your life?

Are you regularly feeding on Him?

**Your faith will not
grow otherwise.**

Romans 10:17

So faith comes from hearing,
and hearing by the word of Christ.

Conclusion

Anxiety may be a feeling,
but *worry is a choice.*

Choose to entrust your life
to the God of the gospel,
and throw all of your
worries on Him!