

# HOW Can I Cast My Anxieties on God?

## Introduction:

- A. "Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him..." (1 Pet 5:6-7a).
- B. Sounds good. But how? **HOW** do I go about casting my anxieties on God?

## I. A God-Breathed Reality-Check on the Pointlessness and Foolishness of Worry (Matt 6:25-34)

- A. "\_\_\_\_\_ is bigger than many of the things I worry about" (6:25).
- B. "God \_\_\_\_\_ me more than the birds for which he richly provides" (6:26).
- C. "Being anxious about things I cannot control will not produce \_\_\_\_\_" (6:27).
- D. "Worry is an indicator that I need to evaluate the source and health of my \_\_\_\_\_" (6:28-30).
- E. "Anxiousness is a symptom of being more in sync with the \_\_\_\_\_ than my Father" (6:31-33).
- F. "\_\_\_\_\_ has enough to worry about and doesn't need my help" (6:34).

## II. A God-Breathed Link Between Casting My Anxieties and Humbling Myself (1 Pet 5:5-7a)

- A. Casting your anxiety on God isn't simply a separate thing to do after you humble yourself.
- B. It's something you do *in order to* humble yourself, or in the process of humbling yourself.
- C. Our heavenly Father knows what he is talking about! I have two options:
  - 1. I can \_\_\_\_\_ my cares and be \_\_\_\_\_.
  - 2. I can \_\_\_\_\_ my cares and enjoy \_\_\_\_\_ (Phil 4:7).

## III. A God-Breathed Verb to Help Us Understand How to Conquer Our Anxieties (1 Pet 5:7)

- A. **Step #1:** Remember who the main character is (1 Pet 5:6-7a): \_\_\_\_\_.
- B. **Step #2:** "\_\_\_\_\_" your anxieties on him; a word that appears only one other time (Luke 19:35).
  - 1. The God of the Bible "acts" for his own (Isa 64:4; 46:3-4; Psa 55:22; Matt 11:28).
  - 2. Burden-bearing demonstrates his power and puts him in a class by himself. He wants to!
- C. **Step #3:** \_\_\_\_\_ that he cares for you (1 Pet 5:7b).
- D. **Step #4:** Express your trust in God through \_\_\_\_\_ (Phil 4:4-7).
- E. **Step #5:** Point your concern in the right \_\_\_\_\_ (2 Cor 11:28; Phil 2:20; 1 Cor 12:25; 7:32-33).