



S E R M O N   G U I D E



## An Answer For Anxiety

1 Peter 5:6-7

### INTRODUCTION

We live in a world filled with people who feel they are constantly under pressure. Pressure to succeed, pressure to perform, pressure to keep winning, pressure to keep going, pressure at work, pressure at home, pressure in relationships, pressure with finances, and the list keeps going. It doesn't matter what your bank account says, where you went to college, what zip code you live in, or how many followers you have on social media; none of us is exempt from the pressures that come in life. The symptoms range from impaired judgment, irritability, restlessness, sleeplessness, fatigue, increase muscle aches, soreness, and the inability to concentrate. If you're dealing with anxiety, recognize the symptoms and talk to someone – a professional, a counselor – and get help. In our text today we discover that God has something to say about how to handle anxiety, not if it happens, but when. And in these short yet salient verses in 1 Peter chapter 5, I believe we are given some answers on how to deal with anxiety.

### KEY POINTS

#### 1. Don't Pre-Judge Your Journey

One of the things I've discovered about life is that life is like a journey, and this journey from one destination to another is not a straight line without interruption. Instead, it is a journey with twists and turns, ups and downs, pauses and stops, and you can't judge how things will turn out at the end based on how they appear at the start.

Some people experience anxiety because they pre-judge life's outcomes by how things appear at the start. They have their lives all mapped out. While there's nothing wrong with having a vision for one's life, the problem with having it all mapped out is that when things don't go according to your plan, you freak out, get thrown off, and start stressing out.

To address this, Peter says "stay humble," because stress is oftentimes related to having a picture-perfect idea of what your life is supposed to look like, and then being thrown off when things don't work out the way you thought they would. If you pre-judge the journey, you will pre-determine the outcome, and if you pre-determine life's outcomes, you might miss the gift God wants to give you if it didn't come packaged the way you thought it should.

### NOTES

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## No Limits with Pastor Delman

## An Answer For Anxiety

*1 Peter 5:6-7*

## 2. Give Up Control

There are two words that are key in these verses: “under,” in verse 6 and “cast” in verse 7. Peter says, humble yourselves, “under” God’s mighty hand. That means to recognize that God is in control of all that happens and everything you are going through. Humble yourself, “under” God’s might hand. It means whatever you’re facing, and whatever you’re enduring, trust God with it and give up control.

The way you know that you are giving God control and humbling yourself “under” God’s mighty hand is when you cast or throw your anxieties on Him. See, the recognition of anxiety is key. There’s no sense that Peter wants anxiety to be ignored. It’s there, and therefore it needs to be dealt with and remedied.

In essence what Peter is suggesting here is that we learn how to “throw” or cast our burdens away from ourselves, releasing them to a higher power. He says, “cast your anxiety on God.” Every care that you are carrying is in this verse—there is no care or burden that you cannot take to God. But despite the reality of anxiety, the good news is you don’t have to keep it, you can cast it.

### 3. Remember He Cares

Sometimes people develop anxiety because they falsely assume that their problems and challenges mean that God does not care for them. But the text says, "He cares for you." Be reassured of that.

We've all had times when we've wondered if anyone really cares. The world can sometimes be a lonely, scary place. Difficult life situations can make a person feel rejected, isolated, and abandoned. It seems like nobody really cares. Well, the good news is that there is someone who cares. God cares. God loves you and He cares very much about you! In fact, He cares so much that He paid the supreme price to rescue you. God demonstrated just how much He cared for you by giving His only begotten Son Jesus Christ for you. Christ died for you.

This is proof that God cares for you. Furthermore, He's here to take care of you. You have a loving Heavenly Father who wants to take care of you. He is very concerned about you, and He graciously offers to take care of you. So, go ahead; cast it all on Him. Let yourself go to Him. Give the Lord all you are and all you have. He will take care of you and yours.

## NOTES

[illegible]

# No Limits with Pastor Delman

## **An Answer For Anxiety**

*1 Peter 5:6-7*

### **QUESTIONS TO CONSIDER**

1. What are you feeling anxious about right now?
2. Do you have trouble letting go of control and surrendering things over to God? If so, why do you think that is?
3. How does it make you feel to know that the Lord cares about you and wants to take care of you?

---

---

---

---

---

---

---

---