

FREEDOM FROM ANXIETY

1 Peter 5:6-11

1. CAST YOUR CARE. 5:6-7

1 Peter 5:6-7 *Therefore, humble yourselves under the mighty hand of God, that He may exalt you in due time, ⁷ casting all your care upon Him, for He cares for you.*

Four aspects of casting your care:

- a. Admit your Limitations
- b. Believe that God is Big enough
- c. Trust God's Timing
- d. Give God Your Worries and Leave Them There

2. BE AWARE. 5:8-9

1 Peter 5:8-9 *Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. ⁹ Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood in the world.*

- a. Be Serious
- b. Be Alert.

The devouring devices of the devil:

1. Distortion:
 2. Doubt:
 3. Distraction:
 4. Discouragement. Deflation. Depression:
 5. Defiance. Disobedience.
 6. Division;
- c. Resist the Devil.

- d. Be Firm in the Faith
- e. Remember that You aren't the Only One.

3. BELIEVE THE PRAYER AND THE PROMISE. 5:10-11

1 Peter 5:10-11 *Now the God of all grace, who called you to His eternal glory in Christ Jesus, will personally restore, establish, strengthen, and support you after you have suffered a little. ¹¹ The dominion belongs to Him forever. Amen.*

- a. Present pain will one day yield to great *glory*.
- b. Present pain will one day yield to *eternal* glory
- c. Present pain yields present gain.