



Our Anchor for Every Anxiety – Part II
I Peter 5:7

I Peter 5:7 (NIV)

“Cast all your anxiety on him because he cares for you.”

- I. Admit the truth about Your Anxiety.
- II. Embrace the Certainty that God Cares about You.
- III. Learn to Bring Your Anxiety to Your Father.

- IV. Use the Gifts God has Given You to Deal with Anxiety

Noam Shpancer - *Psychology Today*

If you want to change *how* you are *feeling*, change *what* you are *doing*.

- Time in His Presence

Luke 10:41-42 (NIV)

"Martha, Martha," the Lord answered, "you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her."

Psalms 16:8-11 (HCSB)

I keep the LORD in mind always. He is at my right hand. Therefore, my heart is glad, and my spirit rejoices; my body also rests securely. You reveal the path of life to me; in Your presence is abundant joy.

Psalms 94:17-19 (HCSB)

If the LORD had not been my help, I would soon rest in the silence of death. If I say, "My foot is slipping," Your faithful love will support me, LORD. When I am filled with cares, Your comfort brings me joy.

- Understanding of His Principles

Psalms 119:28, 76, 111 (NIV)

My soul is weary with sorrow; strengthen me according to your word. May your unfailing love be my comfort, according to your promise to your servant. Your statutes are my heritage forever; they are the joy of my heart.

Jeremiah 15:15 (NIV)

When your words came, I ate them; they were my joy and my heart's delight, for I bear your name, O LORD God Almighty.

- Connection with His People

1 Corinthians 12:18-21 (NIV)

But in fact God has arranged the parts in the body, every one of them, just as he wanted them to be. As it is, there are many parts, but one body. The eye cannot say to the hand, "I don't need you!" And the head cannot say to the feet, "I don't need you!"

1 Corinthians 12:24-26 (NIV)

But God has combined the members of the body ... so that there should be no division in the body, but that its parts should have equal concern for each other. If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. Now you are the body of Christ, and each one of you is a part of it.

- Passion for His Praises

Isaiah 61:1-3 (NIV)

"The Spirit of the Sovereign LORD is on me, because the LORD has anointed me to preach good news to the poor. He has sent me.... to comfort all who mourn, and provide for those who grieve ... the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair."

Psalms 30:4, 11 (NIV)

Sing to the LORD, you saints of his; praise his holy name. You turned my wailing into dancing; you removed my sackcloth and clothed me with joy,

- Surrender to His Plan

2 Corinthians 4:7-10 (NIV)

But we have this treasure in jars of clay, to show that the surpassing power belongs to God and not to us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be manifested in our bodies.