



Our Anchor for Every Anxiety – Part I
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.

- Anxieties are *Present* in Every Life

Job 30:27 (NIV)

“The churning inside me never stops; days of suffering confront me.”

Psalms 40:12 (NIV)

“For troubles without number surround me; ...and my heart fails within me.”

Luke 10:41 (ESV)

“But the Lord answered her, ‘Martha, Martha, you are anxious and troubled about many things...’”

- Anxieties are *Powerful* in Every Life

Matthew 13:22 (ESV)

As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the deceitfulness of riches choke the word, and it proves unfruitful.

Worry or Concern? – 4 questions to ask:

- Is it the last thing you think about when you go to bed?
- Is it the first thing you think about when you get up?
- Do you continue to think about it during every spare minute?
- Do you bring it up in most every conversation?

II. Embrace the Certainty that God Cares about You.

“He cares for you.”

Job 31:2,4 (NIV)

“For what is man’s lot from God above, his heritage from the Almighty on high? ...Does he not see my ways and count my every step?”

Psalms 139:1-2 (NASB)

“O LORD, You have searched me and known me. You know when I sit down and when I rise up; You understand my thought from afar. You scrutinize my path and my lying down and are intimately acquainted with all my ways.”

Matthew 6:26-30 (NIV)

“Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?”

III. Learn to Bring Your Anxiety to Your Father.

“Cast all your anxiety on Him.”

Philippians 4:6-7 (ESV)

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Matthew 6:27 (ESV)

And which of you by being anxious can add a single hour to his span of life?