

Finding Peace in the Midst of Anxiety

March 8, 2009

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I Peter 5:6-11

I Peter 5:6 - Prologue

Humility is the foundation of _____ and therefore _____

I Peter 5:7 - Cast all your cares on him (Jesus) because he cares for you.

What is it that makes you anxious?

Why use the word cast?

Casting – requires a letting go, as well as, a knowing that I am not able to _____ or _____ them on my own.

Understanding the care of our Creator gives us _____, _____, and _____.

I Peter 5:8-9a – Don't let your Anxiety lead you to _____

Notice Peter's charge to the church:

- Be self-controlled
- Be alert
- Resist the enemy
- Stand firm in your faith

How do you deal with Stress/ Anxiety/ Uncertainty?

Our Nature pushes us in two unhealthy ways to deal with stress.

1. We can turn _____ and choose _____ with our pain.

"I have learned now that while those who speak about one's miseries usually hurt, those who keep silent hurt more." - C. S. Lewis

2. We can turn _____ to find something _____ the pain.

How have these unhealthy ways of coping with stress affected your Faith?

I Peter 5:9b - 11 - Making our Anxiety Bearable

Peter asks the church to remember:

- You are _____
- Who _____...
- _____

There is a place for _____ in our lives.

There is a _____ that can only come through _____

- James 1:2-4

Facing Uncertainty with Certainty:

Faith is trusting God enough to take action.

March Memory Verse – Hebrews 11:6 (NIV) And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.