

# GOD'S CARE: FREEDOM FROM ANXIETY

Sunday, March 15 -- 1 PETER series -- msg 30 -- Pastor Andrew Coleman

## MAIN THEME of 1 PETER:

**TAKE HEART!** Because of the suffering, death and resurrection of Jesus Christ, those who persevere in Him can have true \_\_\_\_\_ amidst their own suffering and hardships knowing that God's saving promises will be delivered both now and forever.

(See 1 PETER 2:21-25 and 1:6-8)

## FIRST PETER HAS SHOWN US POWERFUL LIFE LESSONS:

### LIFE Lesson 1 – Chosen Exiles: Our \_\_\_\_\_ in Christ 1 Peter 1:1–12

- Elect exiles of the Dispersion (1:1–2)
- New birth into a living hope (1:3–5)
- Rejoicing in trials (1:6–7)
- The greatness of God's salvation (1:10–12)

Application: ***How should our eternal identity shape our earthly mindset?***

### LIFE Lesson 2 – Be \_\_\_\_\_ : Conduct and Character of God's People 1 Peter 1:13–2:12

- Be holy in all conduct (1:13–16)
- Redeemed with the precious blood of Christ (1:18–21)
- Love one another earnestly (1:22–25)
- Long for pure spiritual milk (2:1–3)
- You are a chosen race and royal priesthood (2:4–12)

Application: ***What does it mean to live a holy life in an ungodly, hostile world?***

### LIFE Lesson 3 – \_\_\_\_\_ for the Lord's Sake 1 Peter 2:13–3:7

- Submission to human authorities (2:13–17)
- Enduring unjust suffering (2:18–25)
- Christ as the suffering servant (2:21–24)
- Godly conduct in marriage (3:1–7)

Application: ***How does submission to authority display Christ's character?***

### LIFE Lesson 4 – \_\_\_\_\_ with Christ: A Life of Blessing 1 Peter 3:8–4:11

- Unity, blessing, and suffering for righteousness (3:8–17)
- Christ's suffering and victory (3:18–22)
- Living for God's will, not human passions (4:1–6)
- Use gifts to serve others (4:7–11)

Application: ***How can we see suffering as a privilege, not a punishment?***

### LIFE Lesson 5 – Fiery \_\_\_\_\_ and Future 1 Peter 4:12–19

- Do not be surprised by fiery trials (4:12–13)
- Rejoice in sharing Christ's sufferings (4:13–14)
- Judgment begins with the household of God (4:17)

Application: ***What does it mean to trust God while suffering for His name?***

### LIFE Lesson 6 – Humble Shepherds and Firm 1 Peter 5:1–14

- Shepherd the flock willingly and eagerly (5:1–4)
- Humble yourselves under God's mighty hand (5:5–7)
- Be watchful against the devil (5:8–9)
- The God of all grace will restore and establish you (5:10–11)

Application: ***How does humility, watchfulness, and hope help us stand firm?***

*6 Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, 7 casting all your anxieties on him, because he cares for you.*

1. Notice these are part of the \_\_\_\_\_ **thoughts** of Peter's letter. These ideas are narrowing down to the very important, big picture items on how to \_\_\_\_\_ **well** in a broken world.

There are \_\_\_\_\_ here.

There are \_\_\_\_\_ here.

These are extremely \_\_\_\_\_ concerns for your daily life.

These are foundational to experiencing God's \_\_\_\_\_ in your daily life.

**ON THE GROUND** \_\_\_\_\_:

- 1) God made all things good. (Genesis 1-2)
- 2) Sin cursed and complicated the physical and spiritual universe. (Gen 3)
- 3) Pride grows out of sin, and it \_\_\_\_\_ relationships (with God and others).
- 4) Our sin-sick brokenness produces much \_\_\_\_\_.  
(sin and all its consequences gives you something to \_\_\_\_\_ about)
- 5) \_\_\_\_\_ is a pervasive reality for everyone in the world.

**FROM THE HEAVENS** \_\_\_\_\_:

- 1) God, for those who are being saved, is sustaining and restoring His goodness.
- 2) Jesus Christ is the one \_\_\_\_\_ to the brokenness and curse of sin.
- 3) Christ's death and resurrection makes the \_\_\_\_\_ of the \_\_\_\_\_ possible.
- 4) True Christians live in **Christ's great reset** by \_\_\_\_\_ and obedience.

2. The **RESET** starts with your \_\_\_\_\_. vs 6

*Humble yourselves, therefore, under the mighty hand of God*

- This is an \_\_\_\_\_/command. It is **not** a suggestion.
- True Christians \_\_\_\_\_ themselves in faith and obedience.  
(Everyone will eventually bow, Christians just do it now.)

**PHILIPPIANS 2:10-11**

*10 so that at the name of Jesus every knee will bow, of those who are in heaven and on earth and under the earth, 11 and that every tongue will confess that Jesus Christ is Lord, to the glory of God the Father.*

- This God is worthy of your humility because has the ultimate \_\_\_\_\_.

**LUKE 1:49-51 (Mary's song of Praise)**

49 *for he who is mighty has done great things for me,  
and holy is his name.*

50 *And his mercy is for those who fear him  
from generation to generation.*

51 *He has shown strength with his arm;  
he has scattered the proud in the thoughts of their hearts;*

6 Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, 7 casting all your anxieties on him, because he cares for you.

**3. Notice the automatic \_\_\_\_\_ of His reward. vs 6b**

...so that at the proper time he may exalt you,

- Humility \_\_\_\_\_, exaltation \_\_\_\_\_.

- A reoccurring theme throughout God’s Holy Word:

**James 4:10** *Humble yourselves before the Lord, and he will exalt you.*

**Luke 14:11** *For everyone who exalts himself will be humbled, and he who humbles himself will be exalted.*

**Psalms 147:6** *The LORD lifts up the humble; he casts the wicked to the ground.*

**Proverbs 22:4** *The reward for humility and fear of the LORD is riches and honor and life.*

**Isaiah 66:2** *But this is the one to whom I will look:*

*he who is humble and contrite in spirit and trembles at my word.*

**Psalms 34:18** *The LORD is near to the brokenhearted and saves the crushed in spirit.*

**Psalms 51:17** *The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.*

<u>HUMAN POSTURE</u>	<u>GOD’S RESPONSE</u>
Pride	God _____.
Self-exaltation	God _____.
Humility	God _____.
Brokenness	God _____.
Obedience	God <u>lifts up</u>
Seeking Him	God _____.

**Hebrews 11:6** ... for the LORD is a rewarder of those who seek Him.

- Exaltation by God usually does not involve \_\_\_\_\_, fame, or earthly power.
- Exaltation by God almost always involves \_\_\_\_\_ vindication, and lasting \_\_\_\_\_.
- Exaltation by God ultimately points to \_\_\_\_\_ rewards in heaven with Him.

**4. Notice the real privilege of \_\_\_\_\_ from anxiety. vs 7**

...casting all your anxieties on him

**A. God invites us to \_\_\_\_\_ our burdens to Him.**

- The word *casting* implies **actively throwing something off of yourself**.
- God does not merely sympathize with our burdens—**He invites us to \_\_\_\_\_ on Him.**
- This echoes Psalms 55:22 “Cast your burden on the LORD, and he will sustain you.”

**God never intended for His children to \_\_\_\_\_  
what He has invited them to, in faith, \_\_\_\_\_.**

6 *Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, 7 casting all your anxieties on him, because he cares for you.*

**B. God invites us to bring \_\_\_\_\_ without exception.**

- Peter says “\_\_\_\_\_ **your anxieties.**”
- Not just the spiritual concerns.
- Not just the respectable concerns.
- Every \_\_\_\_\_, **fear, pressure, disappointment** and \_\_\_\_\_.

**Philippians 4:6** *“Do not be anxious about anything, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God.”*

There is nothing too small for God’s \_\_\_\_\_;  
there is nothing too large for God’s \_\_\_\_\_.

**C. God Himself is the place where our anxieties belong.**

- Peter does not say cast them **away**.
- He says cast them **on Him**.
- The Christian life is not anxiety suppression—it is **anxiety** \_\_\_\_\_.

The gospel does *not* teach us to **deny** our burdens but to \_\_\_\_\_ them.”

**5. Real relief comes from \_\_\_\_\_.**

*...because he cares for you.*

- Notice the \_\_\_\_\_ of God toward your burden state.
- Anxiety grows when we \_\_\_\_\_ God’s care. (Satan’s lie.)
- Peace grows when we \_\_\_\_\_ in His care.

The antidote to anxiety is **not** \_\_\_\_\_—  
it is confidence (faith) in the \_\_\_\_\_.”

**MATTHEW 11:28-30** Jesus speaking...

*28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light.”*

### APPLICATION TO MY LIFE:

The vast majority of anxiety in your life can be dealt with \_\_\_\_\_,  
rather than medically or therapeutically.

- Letting God speak and inform us through His \_\_\_\_\_.
- Letting God minister to us through His \_\_\_\_\_.
- Letting His instructions change our \_\_\_\_\_ and understanding.
- Letting His care and promise \_\_\_\_\_ our \_\_\_\_\_.

\_\_\_\_\_ **IN THE MIND BRINGS** \_\_\_\_\_ **TO THE HEART.**