

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 hope** 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 Identity 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 Holy: 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 – Submission 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 – Suffering 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 Trials and Future Glory 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 Faith 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 closing thoughts of Peter's letter. These ideas are narrowing down to the very important, big picture items on how to persevere well in a broken world.

There are instructions here.

There are promises here.

These are extremely practical concerns for your daily life.

These are foundational to experiencing God's victorious power in your daily life.

ON THE GROUND REALITIES:

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

FROM THE HEAVENS RESET:

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

2. The RESET starts with your HUMILITY BEFORE GOD. vs 6

Humble yourselves, therefore, under the mighty hand of God

- This is an instruction/command. It is **not** a suggestion.
- True Christians humble 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 mighty hand.

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 PROMISE of His reward. vs 6b

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

- Humility now, exaltation to come.
- 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.*
 - Psalm 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.*
 - Psalm 34:18** *The LORD is near to the brokenhearted and saves the crushed in spirit.*
 - Psalm 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 <u>opposes</u>
Self-exaltation	God <u>humbles</u>
Humility	God <u>gives grace</u>
Brokenness	God <u>draws near</u>
Obedience	God <u>lifts up</u>
Seeking Him	God <u>rewards</u>

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

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

4. Notice the real privilege of real relief from anxiety. vs 7

...casting all your anxieties on him

A. God invites us to transfer 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 place them 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 carry alone what He has invited them to, in faith, place on Him.

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 every anxiety without exception.

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

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 attention;
there is nothing too large for God’s ability.

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 relocation.

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

5. Real relief comes from trusting God’s care.

...because he cares for you.

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

The antidote to anxiety is not control—
it is confidence (faith) in the care of God.”

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 **biblically**, rather than medically or therapeutically.

- Letting God speak and inform us through His Word.
- Letting God minister to us through His Spirit.
- Letting His instructions change our behavior and understanding.
- Letting His care and promise secure our minds.

TRUTH IN THE MIND BRINGS HOPE TO THE HEART.