

The Surprising Cure for Anxiety

Pastor Dan Phillips

October 13, 2013

Copperfield Bible Church

1 Peter 5:5b-7

^{5b} ...and all of you, clothe yourselves with humble-mindedness towards one another, because God “opposes the arrogant, but to the humble He gives grace.”¹ ⁶ Be humbled therefore under the mighty hand of God, in order that He might exalt you in *His* time,⁷ by casting all your anxiety² upon Him, because it matters to Him about you. (1 Pet. 5:5b-7, DJP)

Introduction:

I. What God Calls Us To Do: Embrace _____

A. Toward One Another (v. 5b)

1. *What* we are to do
 - a. The verb
 - i. Meaning
 - ii. Imagery: John 13:1-17
 - iii. Implication
 - b. The noun:
 - c. The indirect object:
2. *Why* we are to do it:

B. Toward _____ (v. 6)

1. *What* we are to do:
2. _____ we are to do it:
 - a. Because of *who He is*:
Daniel 5:23

Acts 4:27-28
 - b. Because of *where we are*:
 - c. Because of *what He plans*:

1 Peter 1:13

¹ Quoting from Proverbs 3:34.

² Literally “all your anxiety casting...”

II. How God Calls Us to Do It: Casting All Your Anxiety Upon Him (v. 7)

A. The _____ing Method

1. Object: “all your anxiety” [παῖσαν τὴν μέριμναν ὑμῶν]
 - a. Word-order

- b. What anxiety *is not*

Proverbs 16:1, 3, 9
1 Timothy 5:8

2 Corinthians 11:28
Philippians 2:20

- c. What *is* this anxiety, then?

Matthew 6:24-33

2. Action: “casting”
 - a. The grammar
 - b. The verb
Luke 19:35

3. Surprising lesson:

B. The Reassuring Rationale

1. What it is: “because it matters to Him about you”
John 10:11–15
2. How to take it in (cf. 1 Peter 1:2-5)
 - a. Remember who He is (v. 2):
 - b. Remember who He is to us (v. 3):
 - c. Remember what He has promised (vv. 4-5, 13; cf. Rom. 8:28, 35-39)
3. How to do it:
 - a. **First**, ask yourself: what’s the worst that could happen?
 - b. **Second**, take the issues of your life and categorize them: