Northwest Bible Church - Jan. 16, 2021 - 1 Peter - Alan Conner

**1 Peter 5:7**

The Cure for Anxiety

Intro

**A. HUMILITY AND CASTING ANXIETIES ON THE LORD (1 Peter 5:6-7).**

 1. Anxiety is a form of pride.

 2. The humble heart trusts in God.

**B. WHAT IS ANXIETY?**

 1. Definition

 2. Biblical evaluation. Mt. 6:25-30

 3. The effects of anxiety. Mt. 13:22; Lk. 21:34

**C. THE CURE FOR ANXIETY (1 Peter 5:7).**

 1. Exhortation: Casting all your anxiety of Him.

 2. Reason: Because He cares for you.

 3. How do we do this?

 a. Our impotence.

 b. God’s provision. Mt. 6:25-33; Phil. 4:19

 c. God’s control. Rom. 8:28; Eph. 1:11; Proverbs 16:9

 d. God’s power. Mt. 8:26; Proverbs 21:1; Gen. 1:1; Job 42:2

Conclusion