

1 Peter 5:7

Surrender to, Trust in, Receive from

or

Prayer as the Antidote to Anxiety

Philippians 4:6&7

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

1 Peter 5:7

Cast all your anxiety on him because he cares for you.

GET IN LANE

A66

A19





Ouch!

Definition of anxiety

A feeling of worry, nervousness or unease about something with an uncertain outcome.

Proverbs 12:25

An anxious heart weighs a person down.

Recent survey by Mind

1 in 6 people in the UK experience fairly significant issues with anxiety in any given week.

Quote

Anxiety and prayer are two great opposing forces in the Christian experience.

In 1 Peter 5:7 we can see the answer to 4 questions that give a 4 part formula for the antidote to anxiety:

How?



Cast

What?



All Your Anxiety

Where?



On Him

Why?



Because He Cares for You

How?



Cast

What does the word “Cast” bring to your mind?

Cast: Throw forcefully in a specified direction.





Worry says – I am in control

but

Faith says – God is in control

How?



Cast

What?



All Your Anxiety

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"I told you to ask for directions!"

What a friend we have in Jesus

*O what peace we often forfeit,
O what needless pain we bear –
all because we do not carry
everything to God in Prayer!*

(Joseph Scriven)

Psalm 139:1&2

You have searched me, LORD, and you know me.

You know when I sit and when I rise; you perceive my thoughts from afar.

How?



Cast

What?



All Your Anxiety

Where?



On Him



A problem shared is a problem doubled!

Psalm 46:1&2

1 God is our refuge and strength, an ever-present help in trouble.

2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though it's waters roar and foam and the mountains quake with their surging.

10 He says, "Be still, and know that I am God."

How?



Cast

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All Your Anxiety

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On Him

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Because He Cares for You

1 John 3:1

*See what great love the father has lavished on us,
that we should be called children of God! And that is
what we are!*



Gen 1:26 “Let us make man in our image, in our likeness”

Matthew 7:11

If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!

2 Corinthians 1:3&4

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles.

Romans 8:31

What, then, shall we say in response to these things? If God is for us, who can be against us?

There we have it then, 4 questions answered in this one short verse that give a 4 part formula for the antidote to anxiety:

How?



Cast

What?



All Your Anxiety

Where?



On Him

Why?



Because He Cares for You



.....not quite!

2 Timothy 3:12

In fact, everyone who wants to live a godly life in Christ Jesus will be persecuted.

Philippians 4:6&7

*Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.
And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

*...will guard your hearts
and your minds...*



*O what peace we often forfeit,
O what needless pain we bear –
all because we do not carry
everything to God in Prayer!*

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