



# RELEASING OUR ANXIETIES

1 Peter 5:6-7

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- **1 Peter 5:6-7** - *Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. <sup>7</sup> Cast all your anxiety on him because he cares for you.*

# 3 TALKING POINTS

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- 1. **A**nxiety
- 2. **A**ction we need to take concerning our anxiety
- 3. **A**ssurance we have in taking that action



# 1. ANXIETY

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- **Anxiety** is an emotion characterized by an unpleasant state of inner turmoil, often accompanied by nervous behavior. It is the subjectively unpleasant feelings of dread over **anticipated** events.
- **Anxiety** is not the same as fear, which is a response to a **real or perceived** immediate threat, whereas anxiety is the expectation of **future threat**
- **Greek** - 3809 (mer-im-nah'-o) is "an old verb for worry and anxiety – literally, to be *divided*, distracted"

## 2. ACTION WE NEED TO TAKE CONCERNING OUR ANXIETY

- <sup>7</sup> *Cast all your anxiety on him because he cares for you.*





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- *<sup>6</sup> Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time.*

## LUKE 10:38-42

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<sup>38</sup> *As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. <sup>39</sup> She had a sister called Mary, who sat at the Lord's feet listening to what he said. <sup>40</sup> But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"*



## LUKE 10:38-42

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<sup>41</sup> *“Martha, Martha,” the Lord answered, “you are worried and upset about many things,*  
<sup>42</sup> *but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”*

### 3. ASSURANCE WE HAVE IN TAKING THAT ACTION

➤ ...*because **He** cares for you*

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- *“You can throw the whole weight of your anxieties upon him, for you are his personal concern.” - Phillips paraphrase*





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