

## SERMON-BASED STUDY: THAT MAKES ME ANXIOUS

**1 Peter 5:6-11, ESV** – <sup>6</sup> *Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you,* <sup>7</sup> *casting all your anxieties on him, because he cares for you.* <sup>8</sup> *Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.* <sup>9</sup> *Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.* <sup>10</sup> *And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you.* <sup>11</sup> *To him be the dominion forever and ever. Amen.*

### Notes:

- 1.
- 2.
- 3.
- 4.
- 5.

### QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time or that caught your attention, challenged, or confused you?

### ENGAGE WITH THE MESSAGE

- 1 Looking at 1 Peter 5:6-11, what "actions" is Peter expecting from his readers? Why?
- 2 In what ways does God exalt us if we humble ourselves?
- 3 Why is it important to stay alert during times that we feel anxious?

## DIGGING DEEPER

A

**Matthew 6:25-34, ESV** – <sup>25</sup>“Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing? <sup>26</sup>Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? <sup>27</sup>And which of you by being anxious can add a single hour to his span of life? <sup>28</sup>And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, <sup>29</sup>yet I tell you, even Solomon in all his glory was not arrayed like one of these. <sup>30</sup>But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O you of little faith? <sup>31</sup>Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup>For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. <sup>33</sup>But seek first the kingdom of God and his righteousness, and all these things will be added to you. <sup>34</sup>“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

4

Why do people worry about the things mentioned in verse 25? What are some side effects of worrying?

5

What lesson can we learn from the birds and lilies in this illustration?

6

What does “seek first the kingdom of God and his righteousness” mean? How does this affect our anxiety?

7

Looking at the passage above, we see that Jesus’ statement, “do not be anxious” is a command. Does this change the way you think about anxiety and things that make you anxious? Explain.

B

**Joshua 1:9, ESV** – *Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go.*”

**Isaiah 41:10, ESV** – *fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.*

8

What does the passages above say about God? Why is this an important reminder?

## TAKING IT HOME

This week, we learned that when we feel anxious, we need to remember that God is in control and that we need to give our anxiety to Him. How are you doing in this area? What is your typical response when you become anxious? How can you improve in not allowing anxiety to take control of your life? Share with your group what God is showing you. Pray that each of you will be people who respond appropriately in times of anxiety.

## PRAISES AND PRAYER REQUEST

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## FOR FURTHER STUDY

Psalm 55:22

John 14:27

Philippians 4:6-7