



FOREIGNERS & EXILES

ANXIETY: CAUSES & CURE

1 PETER 5:7

To the elders among you, I appeal as a fellow elder and a witness of Christ's sufferings who also will share in the glory to be revealed: Be shepherds of God's flock that is under your care, watching over them—not because you must, but because you are willing, as God wants you to be; not pursuing dishonest gain, but eager to serve; not lording it over those entrusted to you, but being examples to the flock. And when the Chief Shepherd appears, you will receive the crown of glory that will never fade away.

1 Peter 5:1-4

In the same way, you who are younger, submit yourselves to your elders. All of you, clothe yourselves with humility toward one another, because,

“God opposes the proud but shows favor to the humble.”

Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time.

1 Peter 5:5-6

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

1 Peter 5:7

Cast your cares on the Lord
and he will sustain you;
he will never let
the righteous be shaken.

Psalm 55:22

Anxiety is the feeling of worry,
nervousness or unease typically about
some future event with an uncertain
outcome.

Anxiety is a form of fear.
It is the fear of not having control of
the future.

The seed falling among the thorns refers to someone who hears the word, but the worries of this life and the deceitfulness of wealth choke the word, making it unfruitful.

Matthew 13:22

Anxiety weighs down the heart.

Proverbs 12:25

Anxiety starts with momentary
atheism.

Think of your anxiety as an
alarm clock.

In moments of anxiety don't
listen to your heart, speak to
your heart.

"A man in the crowd answered, "Teacher, I brought you my son, who is possessed by a spirit that has robbed him of speech. Whenever it seizes him, it throws him to the ground. He foams at the mouth, gnashes his teeth and becomes rigid. I asked your disciples to drive out the spirit, but they could not."

"You unbelieving generation," Jesus replied, "how long shall I stay with you? How long shall I put up with you? Bring the boy to me."

Mark 9:17-18

But if you can do anything, take pity on
us and help us."

"If you can?" said Jesus. "Everything
is possible for one who believes."

Immediately the boy's father
exclaimed, "I do believe; help me
overcome my unbelief!"

Mark 9:22-24

