

Sermon Title: "I Can Do It"
Sermon Series: Overcoming Doubt & Anxiety
Scripture: 1 Peter 5:6-7
Speaker: Pastor Mike Barnhart



How do you think you “*can do it*”?

Our best efforts to figure out the greatest problems in our lives tend to lead to worry, fear, discouragement, depression, doubt, and anxiety.

1 Peter 5:6–7 ESV

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you.

God cares for you!

Matthew 6:25–34 ESV

“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? 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? And which of you by being anxious can add a single hour to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these. 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? Therefore do not be anxious, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the Gentiles seek after all these things, and your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you.

“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

God is glorified in you when you depend on Him.

1 Peter 5:6 ESV

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you,

***Because God is glorified when you depend on Him,
live _____.***

1 Peter 5:6 ESV

Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you,

**1. Because God is glorified when you depend on Him, live with
_____ in _____.**

***Anxiety rises when we have a swollen view of self & a diminished
view of God.***

***Because God is glorified when you depend on Him, live with
confidence in God.***

1 Peter 5:7 ESV

casting all your anxieties on him, because he cares for you.

**2. Because God is glorified when you depend on Him, _____ your
_____ on God.**

“Cast” - to throw; to throw away.

Matthew 15:30 ESV

And great crowds came to him, bringing with them the lame, the blind, the crippled, the mute, and many others, and they put them at his feet, and he healed them,

Matthew 27:5 ESV

And throwing down the pieces of silver into the temple, he departed, and he went and hanged himself.

God invites us to cast our doubts & anxieties & burdens to Him *in faith.*

Psalms 37:5 ESV

*Commit your way to the LORD;
trust in him, and he will act.*

Psalms 55:22 ESV

*Cast your burden on the LORD,
and he will sustain you;
he will never permit
the righteous to be moved.*

Romans 15:13 ESV

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

Philippians 4:6–7 ESV

do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Talk to God.

What's on your *'I can't do'* list?

Jesus says: "*I can do it. I can do it for you.*"

Because God is glorified when we depend on Him, live humbly.