

Sermon Title: Resistance Fighting
Sermon Series: Overcoming Doubt & Anxiety
Scripture: 1 Peter 5:8-9
Speaker: Pastor Ian Bonthron



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

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

Richard Baxter - "Depression, Anxiety, and the Christian Life" - 4 potential causes of anxiety:

- _____ *Cause*
- _____ *Cause*
- _____ *Cause*
- _____ *Cause*

What role does _____ play in our Doubts and Anxiety and how do we _____ him?

1 Peter 5:8-9

8 Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. 9 Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.

3 general approaches to Satan in our world

- Naturalism
- Super Spiritualism

C.S. Lewis - Screwtape letters - *"There are two equal and opposite errors into which our race can fall about the devils. One is to disbelieve in their existence.*

The other is to believe, and to feel an excessive and unhealthy interest in them. They themselves are equally pleased by both errors and hail a materialist or a magician with the same delight.”

– Biblical Approach

Vs. 8 - 8 Be **sober-minded**; be **watchful**. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

1. Watch out for the _____.

Underestimate

Luke 22:31, 33-34 NIV

31 “Simon, Simon, **Satan has asked to sift all of you as wheat**...33 But he replied, “Lord, I am ready to go with you to prison and to death.” 34 Jesus answered, “I tell you, Peter, before the rooster crows today, you will deny three times that you know me.”

Devil means false accuser, slander

John 8:44 ESV

44 You are of your father the devil, and your will is to do your father’s desires. He was a murderer from the beginning, and has nothing to do with the truth, because there is no truth in him. When he lies, he speaks out of his own character, for he is a **liar** and the father of lies.

He doesn’t make a good person _____, he tempts a _____ person to be _____.

The Devil's strategy for people is:

_____ unbelievers

2 Cor. 4:4 ESV In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God.

_____ Believers

1 Thessalonians 3:5 ESV For this reason, when I could bear it no longer, I sent to learn about your faith, for fear that somehow the tempter had tempted you and our labor would be in vain.

_____ Believers

Rev. 12:10 ESV And I heard a loud voice in heaven, saying, "Now the salvation and the power and the kingdom of our God and the authority of his Christ have come, for the accuser of our brothers has been thrown down, who accuses them day and night before our God.

Temptation / Accusation

1 Peter 5:9 ESV Resist him, **firm in your faith**, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world.

2. _____ the Devil by standing _____ in your faith.

Overestimate

Luke 22:31-32 NIV

31 "Simon, Simon, Satan has asked to sift all of you as wheat. **32 But I have prayed for you, Simon, that your faith may not fail. And when you have turned back, strengthen your brothers.**"

Colossians 1:21-23 ESV

21 And you, who once were alienated and hostile in mind, doing evil deeds, 22 he has now reconciled in his body of flesh by his death, in order to present you **holy** and **blameless** and **above reproach** before him, 23 if indeed you continue in the faith, stable and steadfast, not shifting from the **hope of the gospel** that you heard, which has been proclaimed in all creation under heaven, and of which I, Paul, became a minister.

“The emphasis in Scripture is, “When I am afraid, I will trust in you” (Ps. 56:3). The issue isn’t so much whether or not we are afraid and worry. Scripture assumes that we will be afraid and anxious at times. What is important is where we turn, or to whom we turn when we are afraid.”— Running Scared: Fear, Worry, and the God of Rest by Edward T. Welch

“The way to be anxious for nothing is to be prayerful in everything.” (HB Charles Jr)

3. Be _____ by _____.

1 Peter 5:9 ESV

Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by **your brotherhood** throughout the world.

Because we have a firm _____ to fight with, _____ the _____.

Questions for Groups:

How was this message more helpful in understanding the works and ways of the Enemy?

Read 1 Peter 5:8-9 and Ephesians 6:10-18 - What do these verses tell us about spiritual warfare?

Out of the 4 potential causes for depression and anxiety (Physical, Psychological, Moral, Demonic), which ones have you faced in your life? How did they affect you? What were some of the outcomes?

When you heard the strategies of Satan and how he uses temptation and accusation, which one do you tend to lean towards? Why is that? Do you have an example?

What are some of the “lies” you face from the enemy when you are dealing with doubt and anxiety?

How have you seen anxiety and doubt paralyze you or cause you to shrink away from others?

In an effort to not be paralyzed by doubt or anxiety, what are some ways you can turn to scripture to help you work through your doubt and anxiety? Are there any specific scriptures you’ve clung too?

What some ways others have helped or could help you face your doubts and anxieties?

What is one step you can take this week in trusting God in your doubt and anxiety? How can this group help?