

Sermon Title: The 30,000 Foot View
Sermon Series: Overcoming Doubt & Anxiety



Scripture: 1 Peter 5:10-11
Speaker: Pastor Ian Bonthron

To suffering there is a _____; to fearing, _____. — Francis Bacon, Sr.

What's the _____ view of anxiety and doubt?

1 Peter 5:10-11 ESV

10 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. To him be the dominion forever and ever. Amen.

In Doubt and Anxiety - Keep in Mind

1. You will _____

- 1 Peter 5:10a - "And after you have **suffered...**"

"...for a little while..."

1 Peter 1:6 ESV - In this you rejoice, though now **for a little while**, if necessary, you have been **grieved by various trials...**

2. God's _____

1 Peter 5:10a,b - "And after you have suffered a little while, the God of all **grace...**"

_____ - **God** _____ **what we do deserve**
_____ - **God** _____ **us what we don't deserve**

Ephesians 2:1-3 ESV

And you were dead in the trespasses and sins in which you once walked, following the course of this **world**, following the **prince of the power of the air**, the spirit that is now at work in the sons of disobedience— among whom we all once lived in the passions of our **flesh**, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind.

Ephesians 2:4-7 ESV

But God, being rich in **mercy**, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by **grace** you have been saved— and raised us up with him and seated us with him in the heavenly places **in Christ Jesus**, so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus.

Ephesians 2:8-9 ESV

For by **grace** you have been saved through **faith**. And this is **not your own doing**; it is the gift of God, **not a result of works**, so that no one may boast.

Romans 8:1 ESV

There is therefore now **NO CONDEMNATION** for those who are in Christ Jesus.

3. God's Eternal _____

1 Peter 5:10a,b,c ESV – And after you have suffered a little while, the God of all grace, who has called you to his eternal **glory** in Christ...

- Heaviness
- Praise, honor, worship
- God's presence

Luke 23:43 ESV – And he said to him, “Truly, I say to you, today **you will be with me** in paradise.”

4. God's _____ in _____

1 Peter 5:10 ESV – 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.

Romans 8:16-18 ESV – The Spirit himself bears witness with our spirit that we are children of God, and if children, then heirs—heirs of God and fellow heirs with Christ, provided we **suffer** with him **in order** that **we may also be glorified** with him.

Your worst days are never so bad that you are beyond the reach of God's grace. And your best days are never so good that you are beyond the need of God's grace. — Jerry Bridges

Because God is _____, your suffering will be _____ it.

3 books by Ed Welch on dealing with Anxiety

- Running Scared: Fear, Worry, and the God of Rest
- When I Am Afraid: A Step-by-Step Guide Away from Fear and Anxiety
- A Small Book for the Anxious Heart

5. We can _____ him _____.

1 Peter 5:11 ESV – To him be the dominion forever and ever. Amen.

Because God is gracious, your suffering will be worth it.

Small Group Discussion Questions

Because God is Gracious, your suffering will be worth it

[1 Peter 5:10-11](#) -

1. When you are anxious and doubting, why is it hard to get a 30,000 ft view of your circumstances?

2. Read [1 Peter 5:10-11](#) and [Ephesians 2:1-10](#) -

Can you think of a specific example of God's mercy or grace in your life for which you are thankful?

3. How could being thankful to God for His grace and mercy help you to work through doubt and anxiety?

4. Have you ever seen God use doubt, anxiety, or a situation of suffering to help you grow to be more like Jesus? Can you share the experience?

5. What do you look forward to most about experiencing God's grace and glory in Heaven? How can focusing on this help you when you're in the pit of anxiety and doubt?

Questions to take steps in dealing with Anxiety ~ David Whiting

1. What are you anxious about?
2. What is your time like in prayer and God's Word?
3. For the goal of helping you see God's glory and Grace, how can you take a step to improve on that this week?
4. Are you eating and sleeping right?
5. Do you feel you need to see a doctor so you can be able to do the other steps well?
6. What worries are you facing in this? Are they reasonable?
7. What tasks do you need to do that relate to dealing with your anxiety. Can you do the first 1-3 of them this week?
8. How can we pray for you/help you this week?

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