

# Cast Away

I Peter 5: 7

Pastor Joseph M. Johnson MLM

I Peter 5:7  
KJV

---

<sup>7</sup> Casting all

---

your care

---

upon **Him**;

---

for **He** careth for you.

# Life's Demands

We live in a  
world that  
never stops.

Life can  
become  
overwhelming.

# Signs of Anxiety

- Trouble sleeping/shutting down
- Increased irritability
- Reduced focus
- Feeling overwhelmed
- Lack of Energy/too much energy



**Pile Up:** Circumstances that Create Anxious Moments

DEBT

HEARTACHE

DOUBT

UNEMPLOYMENT

LONELINESS

PAIN

**ANXIETY?**

PHOBIAS

WORK

NEGATIVITY

FINANCIAL

TRAUMA

RELATIONSHIPS

PERSONALITY

HEALTH

LOSS

ARGUMENTS


CAST  
AWAY


How can we  
reverse the pile up?

How can we  
reclaim health?

# MAKE THE CONNECTIONS

PILE ON  THROW OFF

ALL CARE  CARE-FREE  
CARE-LESS

SELF-  CHRIST BURDENED  
BURDENED