

March 1st, 2020

Look at the Birds

1 Peter 5:6-7
Rev. Michael Hux

Whatever we get ANXIOUS about the MOST is often where we trust God the LEAST.

Someone has written that an average person's anxiety is focused on

- 40% -- things that will never happen
- 30% -- things about the past that can't be changed
- 12% -- things about criticism by others, mostly untrue
- 10% -- about health, which gets worse with stress
- 8% -- about real problems that will be faced

1 Peter 5:6-7

1) What am I supposed to do with my Anxiety?

Cast all your anxiety.

Cast- word cast there literally means to throw everything upon, place upon

Psalm 55:22

ANXIETIES are meant to be CAST not CARRIED!!

ANXIETIES are meant to be CAST not KEPT!!

ANXIETIES are meant to be CAST not REELED BACK.

Anxiety is meant to draw us to our knees.

Anxiety- to divide or draw different directions

We begin to think things like "Will this turn out to be a bad thing or a good thing?"

Are we praying about it as much as we are worrying about it??

We worry so much because we pray so little.

2) Where do I cast my anxiety?

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Anxiety should cause us to recognize our NEED for JESUS!!

"Casting... upon" is a participle (ends in "-ing") making it dependent upon verse six

1 Peter 5:6

Jesus says whenever you are facing ANXIETY, come to ME or give it to ME!!

Are we casting our anxiety on God first or our spouse first?

Matthew 11:28

Philippians 4:5-7

You can't BURDEN God with what BURDENS you!!

God is not OVERWHELMED by your life!!

3) Why do I cast my anxiety on God?

God cares for you!

Cares (melo)- means to be interested in, to show watchful care and affection or to show concern for.

God cares for us continually.

God does exist, and he cares. He is aware of our needs and is committed to meet our needs.

Matthew 6:26-27

Look at the birds and if He takes care of them, He will take care of you!

Just take one look at the cross and realize how much God cares about you!!

Jesus CARED about you when NOBODY else CARED about you!!

If Jesus can take care of your ETERNITY, He can take care of your ANXIETY!!

