

**I. Reality of Anxiety**

**1 Peter 5:6-7** Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, <sup>7</sup> casting all your **anxieties** on him, because he cares for you.

**II. Road out of Anxiety**

**1 Peter 5:6-7** **Humble yourselves**, therefore, under the mighty hand of God so that at the proper time he may exalt you, <sup>7</sup> **casting all your anxieties on him**, because he cares for you.

**Exodus 3:19** But I know that the king of Egypt will not let you go unless compelled by a **mighty hand**.

**Luke 19:35** And they brought it to Jesus, and throwing their cloaks on the colt, they set Jesus on it.

**Philippians 4:6** **do not be anxious about anything, but in everything by prayer and supplication** with thanksgiving let your requests be made known to God.

**III. Reassurance in Anxiety**

**1 Peter 5:6-7** Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, <sup>7</sup> casting all your anxieties on him, because **he cares for you**.

**Matthew 6:25-26** “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? <sup>26</sup> 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?**

**Psalm 34:18** The LORD is near to the brokenhearted  
and saves the crushed in spirit.

**1 Peter 5:6** Humble yourselves, therefore, under the mighty hand of God so that at the proper time **he may exalt you**