Moving the Chains toward Gratitude: Blocking Anxiety
1 Peter 5:4-12
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1 Peter 5:4-12: 4 And when the Chief Shepherd appears, you will receive the crown of glory that will never fade away. 5 In the same way, you who are younger, submit yourselves to your elders. All of you, clothe yourselves with humility toward one another, because, "God opposes the proud but shows favor to the humble." 6 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. 7 Cast all your anxiety on him because he cares for you. 8 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. 9 Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. 10 And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. 11 To him be the power for ever and ever. Amen. 12 With the help of Silas, whom I regard as a faithful brother, I have written to you briefly, encouraging you and testifying that this is the true grace of God. Stand fast in it. (NIV)

Our Vision: Connect with Christ, Church, and Community

1. _____ in gratitude through grace

_____ your mind with hope: Therefore, gird the loins of your mind with a mature clarity that is only found in the aggressive hope of grace given to you through the revelation of Jesus Christ. 1 Peter 1:13 (JOT)

Humility _____: Put on the gear of humility to submit to one another because God stands in opposition to the proud but gives grace to the humble. Humble yourself under God's mighty hand to endure hardship and God will lift you up! 1 Peter 5:5-6 (JOT)

2. _____ line to confront anxiety

_____ prayer: Throw your anxiety upon God as you would a blanket to saddle a donkey, because he is deeply concerned for you! Rejoice in the Lord always! You heard correctly, Rejoice! Through graciousness let people know that the Lord is near to you! 1 Peter 5:7 and Philippians 4:4-5 (JOT)

_____ the devil's darts: Be careful—watch out for attacks from Satan, your great enemy. He prowls around like a hungry, roaring lion, looking for some victim to tear apart. Stand firm when he attacks. Trust the Lord. 1 Peter 5:8-9 (TLB)

_____ strength to endure suffering: In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation. 11 All power to him forever! Amen. 1 Peter 5:10-11 (NLT)

3. _____ the best possible vision for your life

_____ God's focus: Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today. Matthew 6:33-34 (NLT)

Spiritual Action Step:

Where are you struggling to find hope? Is anxiety destroying your sense of gratitude? How has God's grace been active in your life? The Apostle John says: Out of the fullness of Jesus we have all received grace in place of grace already given. (John 1:16, NIV) God wants to give you hope and confidence that is firmly planted in his love and grace. Decrease the anxiety of your life by admitting you need God's help and love. This week, read Matthew 6 and 1 Peter 5 to allow the Holy Spirit to share with you a grace that you cannot earn!

Translations: NIV: New International Version; JOT: Jon's Own Translation; TLB: The Living Bible; NLT: New Living Translation