

Hope for the Anxious Heart

1 Peter 5:5-7

Questions to answer:

How do we fight against anxiousness in our hearts?

What does humility have to do with anxiety?

PRIDE is the root of our ANXIETY

- 1) PRIDE believe I ought to be in CONTROL.
- 2) PRIDE believes my CARES are the most important things in life.
- 3) PRIDE leads to EXPECTATIONS that result in IDOLATRY.

We must battle ANXIETY with HUMILITY

Trust in God who is...

- 1) A GRACIOUS GIVER
- 2) A POWERFUL PROVIDER
- 3) A CARING KING

Discussion Questions

- 1) What do you get most anxious and worried about?
- 2) Which one of the PRIDE statements do you most relate with?
- 3) How does humility help us battle anxiety?
- 4) What can we learn from the word of Paul in Philippians 4:6-7?
- 5) Which truth about God brings you the most comfort?