

November 17, 2019

When Anxiety Attacks (Week 3 of 4)

Clothe yourselves, all of you, with humility toward one another, for “God opposes the proud but gives grace to the humble.” Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you. Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour. Resist him, firm in your faith, knowing that the same kinds of suffering are being experienced by your brotherhood throughout the world. And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. To him be the dominion forever and ever. Amen.
1 Peter 5:5-11 ESV

1. Know your _____.

To humble yourself means to . . .

- _____ God’s wisdom.
- _____ in God’s sovereignty.
- _____ God’s promise.

God’s mighty hand . . .

2. Rest in God’s _____.

Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken. Psalm 55:22 NIV

3. Take life _____.

Don’t be anxious about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this you will experience God’s peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Fix your thoughts on what is true and honorable and right. Philippians 4:6-8 NLT

Conversational _____ (“pray about everything”)

Concentrated _____ (“fix your thoughts”)

For God has not given us a spirit of fear, but of power and of love and of a sound mind. 2 Timothy 1:7 NKJV

Developing a Sound Mind:

- _____ (2 Corinthians 10:5)
- _____ (Proverbs 18:21)
- _____ (Proverbs 25:28)
- _____ (Proverbs 23:7)

4. Resist _____.

5. Trust _____.

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