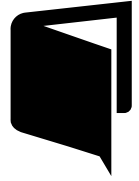


this *exile* life



A SERIES IN 1 PETER

Sunday, May 9, 2021 | Wawasee Community Bible Church | Milford, Indiana | Pastor Josh Weiland

Part 17 | **Fear, Anxiety, Worry...**

1 Peter 5:6-7

⁵ Likewise, you who are younger, be subject to the elders. Clothe yourselves, all of you,

with humility toward one another, for “God opposes the proud but gives grace to the

humble.” ⁶ Humble yourselves, therefore, under the mighty hand of God so that at the

proper time he may exalt you, ⁷ casting all your anxieties on him, because he cares for you.

Rest under **GOD'S CARE**

v. 6

humility = knowing your place

“the mighty hand of God”

Exodus 3:19; 13:9; Deut. 4:34; Hebrews 3:7-4:13

trust his timing

Proverbs 16:9; 21:30–31; Luke 2:52

by giving him your **ANXIETIES**,

v. 7a

fear, anxiety, worry

cast it on Jesus

1 Peter 2:24; 2

the manna principle

Exodus 16:4; Matthew 6:34

he **LOVES** you.

v. 7b

he knows and he cares

Exodus 2:25



What is this? – Each week people from Wawasee Bible meet in small groups in various homes to learn about Jesus, pray, eat, laugh, and live life together. We call them Life Groups. The questions here are based on the sermon each week (often a parallel passage of Scripture), and guide each group's study. If you're interested in connecting with a Life Group, let us know on the Connect Card in your bulletin.

Getting to Know You

Getting to Know You: Use this guide

for your personal and group study this week. Part of our goal together is getting to know one another. *What is your most irrational fear? (If it's answering this question, just raise your hand. :))*

* This week's Study Guide is adapted from a discussion guide by North Coast Church in Vista, CA. North Coast is a sister church of Wawasee Bible, part of the EFCA.

Getting Started

Review your message notes. **What stood out to you from the message this week?** Do you have questions? Disagreements? Discuss it with your group.

Digging Deeper

1. Fear, anxiety, and worry often reveal our focus in life. In **Philippians 4:4**, Paul gives the Philippians advice on focusing when he twice tells them to “rejoice in the Lord always.” How might each of the following verses motivate you to include more rejoicing in your life?

Romans 5:3-5

Matthew 5:11-12

Psalms 31:7

Luke 10:17-20

Have you seen the practice of rejoicing help you or someone you know deal with unhealthy worry? In what ways?

2. Jesus directly addressed the issue of worry in **Luke 12:22-31**. As you read the passage, jot down any reasons you see in it for not worrying.

If someone asked you to summarize what this passage says about worry in one sentence, what would you tell them?

What encouragement do you find in Luke 12:22-31 for the things you're prone to worry about?

3. Prayer can help with anxiety and worry. King David is an example of someone who often found himself in places that could easily cause anxiety and yet he responded by praying the right kind of prayers. He recorded several of these prayers in the Psalms. How do you see the principles of “tell God exactly what you want” and “thank God for all he's already done” reflected in David's prayers in **Psalms 13** and **Psalms 77:1-15**?

Pastor Josh talked about praying God's Word back to him. Can you think of any ways David's prayers could help you pray about the things that are causing you anxiety in your life right now? If so, explain?

4. In **1 Peter 5:7** we're told to “cast all your anxiety on him because he cares for you.” Are there any cares you have that you need to cast on him?

As you close, spend time praying for each person in your group.



APRIL/MAY/JUNE CHALLENGE:

Gather, Grow, Go!

We want to see every person who calls Wawasee home do 3 things:

1. **Gather** regularly on Sunday mornings. (Hebrews 10:25).
2. **Grow** by getting connected in a growth ministry like a Life Group, Forge, Women's Bible Study, etc. Don't just show up, *grow up!* (1 Corinthians 3:1-3; Heb. 5:12)
3. **Go** serve somewhere! Wawasee Bible will *never* feel like family to you until you're linking arms and serving somewhere. **Where are you serving?** More than ever, we need people willing to serve. (1 Peter 4:10-11)

How are you doing at these three things? Do you need to **Gather** and show up more regularly? Do you need to **Grow** up and get connected in a Life Group? Do you need to **Go** and get off the sidelines and into the game so that you can contribute rather than just consume?

This spring your challenge is to take some tangible steps to Gather, Grow, & Go!

Word Find for 1 Peter 5:5-7 (The Amplified Bible)

Find the words **bolded** below.

⁵ **Likewise**, you who are younger and of **lesser rank**, be **subject** to the **elders** (the **ministers** and **spiritual guides** of the **church**)—[**giving** them due **respect** and yielding to their **counsel**]. **Clothe (apron)** yourselves, all of you, with **humility** [as the **garb** of a **servant**, so that its **covering cannot possibly** be **stripped** from you, with **freedom** from **pride** and **arrogance**] **toward** one **another**. For God **sets** Himself against the **proud** (the **insolent**, the **overbearing**, the **disdainful**, the presumptuous, the boastful)—[and He opposes, frustrates, and defeats them], **but gives** grace (favor, blessing) to the **humble**. ⁶Therefore **humble yourselves** [demote, lower yourselves in your own estimation] **under the mighty hand of God, that in due time He may exalt you,** ⁷Casting **the whole of your care** [all your anxieties, all your worries, all your concerns, once and for all] **on Him, for He cares for you affectionately and cares about you watchfully.**

O V E R B E A R I N G I V E S
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P R O U D I S D A I N F U L W
P A C V C I W F R R T K M V A
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