

1 Peter:

The Humble are Less Anxious!

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.

1 Peter 5:5-7 (NIV)

- **Humility is shown through _____.**

Now Elihu had waited before speaking to Job because they were older than he. ⁵ But when he saw that the three men had nothing more to say, his anger was aroused.

⁶ So Elihu son of Barakel the Buzite said:

*“I am young in years,
and you are old;
that is why I was fearful,
not daring to tell you what I know.
I thought, ‘Age should speak;
advanced years should teach wisdom.’*

*⁸ But it is the spirit in a person,
the breath of the Almighty, that gives them understanding.*

*⁹ It is not only the old who are wise,
not only the aged who understand what is right.*

Job 32:4-9 (NIV)

But Samuel replied:

*“Does the Lord delight in burnt offerings and sacrifices
as much as in obeying the Lord?*

*To obey is better than sacrifice,
and to heed is better than the fat of rams.*

*²³ For rebellion is like the sin of divination,
and arrogance like the evil of idolatry.*

*Because you have rejected the word of the Lord,
he has rejected you as king.”*

1 Samuel 15:22-23 (NIV)

- **Anxiety is a lack of _____ in God’s _____.**

The angel of the Lord found Hagar near a spring in the desert; it was the spring that is beside the road to Shur. ⁸ And he said, “Hagar, slave of Sarai, where have you come from, and where are you going?”

“I’m running away from my mistress Sarai,” she answered.

Then the angel of the Lord told her, “Go back to your mistress and submit to her.”¹⁰ The angel added, “I will increase your descendants so much that they will be too numerous to count.”

*The angel of the Lord also said to her:
"You are now pregnant
and you will give birth to a son.
You shall name him Ishmael,
for the Lord has heard of your misery.
He will be a wild donkey of a man;
his hand will be against everyone
and everyone's hand against him,
and he will live in hostility
toward all his brothers."*

*She gave this name to the Lord who spoke to her: "You are the God who sees me," for she said,
"I have now seen the One who sees me." ¹⁴ That is why the well was called Beer Lahai Roi; it is
still there, between Kadesh and Bered.
Genesis 16: 7-14 (NIV)*

*The Lord said, "I have indeed seen the misery of my people in Egypt. I have heard them crying
out because of their slave drivers, and I am concerned about their suffering
Exodus 3:7 (NIV)*

*When I consider your heavens,
the work of your fingers,
the moon and the stars,
which you have set in place,
⁴ what is mankind that you are mindful of them,
human beings that you care for them?
Psalm 8:4 (NIV)*

- **The Antidote to Anxiety is _____.**

*Come to me, all you who are weary and burdened, and I will give you rest.
Matthew 11:28 (NIV)*

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

*Even to your old age and gray hairs
I am he, I am he who will sustain you.
I have made you and I will carry you;
I will sustain you and I will rescue you.
Isaiah 46:4 (NIV)*

*Since ancient times no one has heard,
no ear has perceived,
no eye has seen any God besides you,
who acts on behalf of those who wait for him.
Isaiah 64:4 (NIV)*

*"I know that you can do all things;
no purpose of yours can be thwarted.
Job 42:2 (NIV)*