



## *“Anxiety’s Antidote”*

1 Peter 5:7  
PART 27

### INTRODUCTION

- an age-old problem...an age-old sin...

Phil. 4:6  
Mt. 6:25, 31, 34

### 1. *The Problem*

- the harmful consequences of worry

“Worry does not empty tomorrow of sorrows; it empties today of strength.”

– Charles Spurgeon

“Anxiety is a thin stream of fear, trickling through the mind. If encouraged, it cuts a channel into which all other thoughts are drained.”

– Aurthur Roche

- God’s liberation

1 Cor. 10:13; Phil. 4:6

*Emmanuel Bible Notes*

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### 2. *The Solution* (5:7a)

- context for Peter’s readers

- “casting”

Acts 22:23; Mt. 15:30; 9:36

### 3. *The Solution-Maker* (5:7b)

- the nature of God’s care

Ps. 55:22-23; Ps. 34:15-22; Ps. 91:1-6, 11-15; Is. 43:1-4

- where faith begins, anxiety ends

### CONCLUSION

“Never be afraid to trust an unknown future to a known God.”

– Corrie Ten Boom