

1 Peter 5:5b-7
Matthew 6:34
Philippians 4:6

March 16, 2013

Access Denied "To Anxiety"

Introduction:

We began last week discussing the things in our lives that we must not give place to.

MUST DENY ACCESS-(Last week-Old Man/Nature)

Today-Denied Access to Anxiety

Understanding the Context

1. Suffering of Peter's readers

- a. Part of the Diaspora who had fled Jerusalem (1:1)
- b. Their experience of persecution/trials (1:6, 7)
- c. But Peter has already said suffering can be God's will

***For it is better, if it is the will of God, to suffer for doing good than for doing evil.
1 Peter 3:17 NKJV***

- d. Thought it not foreign to their existence as Christ's followers

Beloved, do not think it strange concerning the fiery trial which is to try you, as though some strange thing happened to you; 1 Peter 4:12 NKJV

- e. It is actually God's purging fire

For the time has come for judgment to begin at the house of God; and if it begins with us first, what will be the end of those who do not obey the gospel of God? 18 Now "If the righteous one is scarcely saved, Where will the ungodly and the sinner appear?" 19 Therefore let those who suffer according to the will of God commit their souls to Him in doing good, as to a faithful Creator. 1 Peter 4:17-19 NKJV

2. But the believer is called in the midst of this to humble themselves (make oneself low) under God's hand

(ILL) Comes from a word describing the Nile River when almost dry-makes itself low

3. Then to cast all their care (anxiety) on God

NOTE: Word-not one worry at a time but the entirety of worry (a one-time act, deposit of one's worry or anxiety)

Worry, anxiety, obsessive concern about present or future can be crippling!

I. When we deny access to anxiety we are free to embrace the call of God.

NOTE: v. 5b—“Be clothed with humility, for God resists the proud, but gives grace to the humble.”

A. Humility is a grand theme of the New Testament Christian

Let nothing be done through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. 4 Let each of you look out not only for his own interests, but also for the interests of others. Philippians 2:3-4 NKJV

(ILL) Picture of Jesus washing feet-girded with a towel

B. WE put on humility because God resists the proud

1. Military term
2. Sets armies against the proud

C. Great barrier to putting others first and serving them is anxiety-“if I care for others, who will care for me?” (attitude)

D. When I am freed from anxiety (therefore trust God to meet my needs). I am free to serve others

Now before the Feast of the Passover, when Jesus knew that His hour had come that He should depart from this world to the Father, having loved His own who were in the world, He loved them to the end. 2 And supper being ended, the devil having already put it into the heart of Judas Iscariot, Simon's son, to betray Him, 3 Jesus, knowing that the Father had given all things into His hands, and that He had come from God and was going to God, 4 rose from supper and laid aside His garments, took a towel and girded Himself. 5 After that, He poured water into a basin and began to wash the disciples' feet, and to wipe them with the towel with which He was girded. John 13:1-6 NKJV

NOTE: Knew God was in control so he could serve others-could embrace God's call!

II. When we deny access to anxiety we are surrendering to the sovereignty of God.

Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, 7 casting all your care upon Him, for He cares for you. 1 Peter 5:6 NKJV

- A. The suffering and persecution that Peter's readers were experiencing was acknowledged to be under God's hand.
- B. The hand is a good biblical image, deeply rooted in Scripture
 - 1. God to Pharaoh

Then the Lord said to Moses, "Now you shall see what I will do to Pharaoh. For with a strong hand he will let them go, and with a strong hand he will drive them out of his land." Exodus 6:1 NKJV

- 2. God's hand was behind His work in the New Testament

And all those who heard them kept them in their hearts, saying, "What kind of child will this be?" And the hand of the Lord was with him. Luke 1:66 NKJV

- 3. Hand of the Lord in judgment on Elymas (a-lu-mas) in Acts 13-struck blind
- 4. Peter's prayer-Acts 4

And being let go, they went to their own companions and reported all that the chief priests and elders had said to them. 24 So when they heard that, they raised their voice to God with one accord and said: "Lord, You are God, who made heaven and earth and the sea, and all that is in them, 25 who by the mouth of Your servant David have said: 'Why did the nations rage, And the people plot vain things? 26 The kings of the earth took their stand, And the rulers were gathered together against the Lord and against His Christ.' "For truly against Your holy Servant Jesus, whom You anointed, both Herod and Pontius Pilate, with the Gentiles and the people of Israel, were gathered together 28 to do whatever Your hand and Your purpose determined before to be done. Acts 4:23-28 NKJV

God's hand

- C. When I cast off anxiety, and humble myself under whatever comes my way-I see it as God's hand and I am surrendering to His sovereignty.

IMPORTANT:

I won't be anxious because I trust the hand of God.

He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. 2 I will say of the Lord, "He is my refuge and my fortress; My God, in Him I will trust." 3 Surely He shall deliver you from the snare of the fowler and from the perilous pestilence. 4 He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and buckler. 5 You shall not be afraid of the terror by night, nor of the arrow that flies by day. Psalms 91:1-5 NKJV

No anxiety-surrendered to His hand.

III. When we deny access to anxiety, we are accepting the timing of God.

Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, 1 Peter 5:6 NKJV

“In due time...”

- A. At the time God deems best
- B. But just at the right time

NOTE: due=idios=God’s self, personal or private

- ✓ He knows, but may hold time in His hand
- ✓ David-Psalm 31

In You, O Lord, I put my trust; Let me never be ashamed; Deliver me in Your righteousness. Psalms 31:1 NKJV

Into Your hand I commit my spirit; You have redeemed me, O Lord God of truth. Psalms 31:5 NKJV

But as for me, I trust in You, O Lord; I say, "You are my God." Psalms 31:14 NKJV

My times are in Your hand; Deliver me from the hand of my enemies, And from those who persecute me. Psalms 31:15 NKJV

IV. When we deny access to anxiety, we will receive the promises of God.

Casting all your care upon Him, for He cares for you. 1 Peter 5:7 NKJV

A. The picture of casting anxiety seen in the Gospels

Then they brought him to Jesus. And they threw their own clothes on the colt, and they set Jesus on him. Luke 19:35 NKJV

B. Rooted in the teachings of Jesus

And Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things. Luke 10:41 NKJV

But when they deliver you up, do not worry about how or what you should speak. For it will be given to you in that hour what you should speak; Matthew 10:19 NKJV

"Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? 26 Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? 27 Which of you by worrying can add one cubit to his stature? 28 "So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; 29 and yet I say to you that even Solomon in all his glory was not arrayed like one of these. 30 Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? 31 "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. 33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you. 34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble. Matthew 6:25-34 NKJV

C. Anxiety will choke out the word of God

And the cares of this world, the deceitfulness of riches, and the desires for other things entering in choke the word, and it becomes unfruitful. Mark 4:19 NKJV

"But take heed to yourselves, lest your hearts be weighed down with carousing, drunkenness, and cares of this life, and that Day come on you unexpectedly. Luke 21:34 NKJV

Conclusion: Anxiety threatens us

1. Proudful response is, "I will take care of myself."-no time to care for others
2. Humble response is, "I trust Him."-Cast my cares on Him
3. He will exalt me in due time, provide all I need.

Therefore let those who suffer according to the will of God commit their souls to Him in doing good, as to a faithful Creator. 1 Peter 4:19 NKJV

NOTE: Then free to serve