

Dive! FBCD Women's Ministry  
*Dwell Differently* by Natalie Abbott and Vera Schmitz  
Chapter 6 (Truth When You're Anxious)  
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**"Cast all your anxiety on him because he cares for you" (1 Peter 5:7).**

**Anxiety** = an uneasy feeling of uncertainty, agitation, dread, or fear

- The Greek word *merimna* is also translated as "care" or "worry" and is a derivative of *merizó*, which refers to **distraction** and **division**.
- According to *Baker's Evangelical Dictionary of Biblical Theology*, "Anxiety frequently manifests itself in **ungodly concern** about provision, performance, or reputation, and appears to be rooted in incomplete knowledge, lack of control over circumstances, or failure to take an 'eternal' perspective on things."

### **TRUTH TO OVERCOME ANXIETY**

"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 5:6-11).

### **LIE #1: MY SITUATION IS IN CONTROL**

- "Sometimes it feels like life is happening *to me*, that my situation is master over me, and I am subject to its bidding" (102). *If only \_\_\_\_\_, then I wouldn't be anxious.*
- "It feels like our situation is just too much for us. It's overwhelming and impossible. There's nothing we can do. Our situation is in control. It is *the* thing, *the* focus; we see it above and before everything else, even God" (102).

### **TRUTH #1: GOD IS IN CONTROL OF MY SITUATION**

- No situation is unique, and God's grace is sufficient for every situation.

- “What a comfort to know we do not have an absentee Father, a distant Savior, or a ‘hands off’ Spirit! The Lord who has eternal dominion over all things has restored us and secured us to himself. We endure suffering and confidently live for him because he has provided such overwhelming, sustaining, eternal, and compelling grace for us” (*Gospel Transformation Study Bible*).
- “...at the proper time he may exalt you...” (1 Peter 5:6). We will not always be in this position! We must wait patiently for God’s sovereign timing. Whether this verse is fulfilled in this life or the next, its fulfillment is certain.

## **LIE #2: I AM IN CONTROL**

- “**Humble** yourselves, ... casting all your anxieties on him” (1 Pet. 5:6-7).
- Anxiety is a form of **pride** because it involves taking concerns upon ourselves instead of entrusting them to God. “Pride is at the root of most of our anxiety. To human pride it is humiliating to cast everything upon another and be cared for” (*Vincent’s Word Studies*).
- “The way we handle our anxieties about personal cares, family cares, cares for the present, cares for the future, for yourselves, for others, for the church are not only burdensome but **sinful**. They arise from **unbelief** and **distrust**, they **torture** and **distract** the mind, make us **unfit** for duties, and **hinder our delight** in the service of God” (Matthew Henry).

## **TRUTH #2: GOD IS IN CONTROL OF ME**

- “Cast your burden on the LORD, and he will sustain you; he will never permit the righteous to be moved” (Psalm 55:22).
- “Our anxiety is to be swallowed up in our trust in the loving Providence of the Father” (*Cambridge Bible for Schools and Colleges*).
- “Firm belief that the Divine will and counsels are right, calms the spirit of a man” (Matthew Henry).
- God is for us. Everything he does is for our good and his glory.

## **LIE #3: THE ENEMY IS IN CONTROL**

- “Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour” (1 Pet. 5:8). This verse has potential to make us more anxious! Peter essentially says to cast our distracting cares on God so that the task of watchfulness can be our care.
- Peter’s plea is backed by personal experience. “And [Jesus] came to the disciples and found them sleeping. And he said to Peter, ‘So, could you not

watch with me one hour? Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak" (Matthew 26:40-41).

- "So then let us not sleep, as others do, but let us keep awake and be sober" (1 Thess. 5:6).

### **TRUTH #3: GOD IS IN CONTROL OF THE ENEMY**

- "Devour" means to drink down and signifies utter destruction. It's the same word as "swallowed up" in 1 Corinthians 15:54, which says, "Death is swallowed up in victory."
- "Resist him, firm in your faith" (1 Pet. 5:9). Literally, stand and face him instead of running away. The enemy is overcome by watchfulness and faith. Only faith can give us the firm foundation we need. "Be steadfast, or solid, by faith. A man cannot fight upon a quagmire, there is no standing without firm ground to tread upon" (Matthew Henry).
- Augustine says, "Christ is called 'a lion' (Revelation 5:5) because of his courage: the devil, because of his ferocity. The one lion comes to conquer, the other to hurt."

"Peter connects every command to a gospel promise.

'Humble yourselves' **because** God will exalt you (v. 6).

'[Cast] all your anxieties on him, **because** he cares for you' (v. 7).

'Be sober-minded' and 'watchful,' **because** you have an Enemy who is out to get you (which presupposes that we are on the Lord's side; v. 8).

'Resist' the Devil and stand 'firm,' **because** you are not alone" (*Gospel Transformation Study Bible*).

"God provides, therefore do not be anxious. The devil seeks, therefore watch"  
(*Jamieson-Fausset-Brown Bible Commentary*).

The anxieties that plague us are common. We can cast them aside as we consider the victory of the saints around us and those who have gone before us. The grace that sustained them will also sustain us.

"And I am sure of this, that **he who began** a good work in you will bring it to completion at the day of Jesus Christ" (Philippians 1:6).