

## Overcoming anxiety

<sup>5</sup> There is no change for younger ones: submit to those who are mature.

All of you strap on humility toward one another, because, "God opposes the proud, but gives grace to the humble."

<sup>6</sup> Therefore, be humble, under the powerful hand of God, in order that He may exalt you in the right season;

having cast all that you worry about upon Him, because, with Him, you are surrounded with care.

1 Peter 5:5-7

### Overcome anxiety by setting . . . . .

Priority: . . . . . submission

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### Overcome anxiety by a key . . . . .

I choose my attitude to . . . . .

I choose my attitude to . . . . .

I choose my attitude to . . . . .

### Overcome anxiety for a helpful . . . . .

God is my right . . . . .

God is my right . . . . .

God is my right . . . . .

### Overcome anxiety by facing . . . . .

. . . . . all your anxiety

. . . . . for all you achieve

. . . . . all God's answers

## My prayer priorities for this week

S 28 Moses, Sharon and the Peniel Ministry in Myanmar

M 29 Bill B; Lorna T; other past members

T 30 Our online congregation

W 1 Taina, May, Ian and Eleanor

T 2 Val. Joan.

F 3 Lorraine. Jim.

S 4 Deirdre. Lyn.

S 5 Stuart and Kaye

## Thought starters for personal reflection or group discussion

1. Why do some people have more worries than others?
2. List some advantages, and disadvantages, of worrying. When do the disadvantages outweigh the advantages?
3. Why does God oppose the proud; and why does He give grace to the humble? What does grace to the humble look like in practice?
4. Why would we be told to "cast" all our worries upon God?
5. Why do we still worry after we have cast our worries upon God; and what can we do about on-going worries?
6. This text ends with a reminder that we are "surrounded with care". How, and why, does He surround us with care?

## Tithes and offerings (Target: \$2,700 per week)

At the bank, LifeChurch Panania. BSB: 034 866. Account: 005 008 757.

Online, LifeChurch Panania. BSB: 704 922. Account: 005 008 757.

## Donations to mission in Myanmar (Target: \$1,000 per month)

Account name: LifeChurch Panania. BSB: 032 260. Account: 422732.