

# Humble Yourselves and The Monster Of Anxiety

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Psalms 55:5, Psalms 94:19, Psalms  
27:1, Psalms 34:4, Psalms 46:1-2, 1 Peter  
5:6-7, Psalms 55:22, Matthew 6:25-34, 1  
Peter 2:25, 1 Timothy 3:6, Romans 12:3, 1  
Samuel 15:17, James 4:6, Psalms  
31:9, Psalms 31:5



# Humility and Qualification

A large, weathered wooden cross stands on a small mound of earth. The background is a dark, misty, and atmospheric scene, possibly a cemetery or a rural landscape. The lighting is soft and diffused, creating a somber and reflective mood. The cross is the central focus, with its vertical post and horizontal arms clearly visible against the dark background.

- Physical strength must not be confused with spiritual strength.
- Churches in New Testament times and later had elders who were qualified, holy, and disciplined.
- The word “elder” means an individual of maturity, an older individual, an individual of good standing.
- Experience is a necessary requirement when you are dealing with overseeing a congregation of God’s people.

# Anxiety

A large, weathered wooden cross stands on a small mound of earth. The background is a dark, misty, and atmospheric landscape, possibly a field or a hillside, with a soft glow of light behind the cross, creating a sense of depth and solemnity. The overall tone is somber and reflective.

- It is a privilege to cast all our anxieties on God.
- David recognized that God cared for him and would sustain him.
- We must not take back our commitment from God's hand.
- We must believe that God will never fail us as "*our times are in God's hands.*"

# The Answer Is Always In The Psalms



- There is something in the Psalms for every condition in which we find ourselves.
- The Psalms help us to have contentment and not be troubled or anxious.
- God is not a fair-weather God to be called on in difficult circumstances.
- God answers our prayers but not always in ways we expect or for which we hope.
- We must let go in faith and let God take full control.

# Jesus Always Cares For Us

A large, dark wooden cross stands on a hill. In the foreground, a smaller, similar cross is mounted on a shield-shaped wooden board, leaning against the base of the larger cross. The background is a soft, hazy landscape with a light sky.

- Casting means to throw fully and completely on the Lord and to leave it with God.
- Anxiety is burdensome and sinful, as it arises from unbelief and distrust.
- Firm belief that God's will and counsels are right will calm our spirit.
- Peter knew the Lord's care to be ongoing; Jesus Christ is the same yesterday and today.

# Conclusion



- When we feel there is no earthly help for our trials and suffering, we are to cast our anxiety on God.
- God is a compassionate God, whose mercy and grace sustain us through Jesus Christ our Lord.
- A function of the shepherd was to gather up the fallen and injured sheep that had found the going too tough.
- Jesus is the Good Shepherd Who is able to protect us from all the anxieties and troubling concerns of life.
- Cast all your anxiety upon Him, because He cares for you.