

Sermon Questions

“Abandoning our Anxieties”

1 Peter 5:7

1. What stood out to you in this week’s message?
2. Our passage for this week is 1 Peter 5:7. Before we go any further, please read that verse together. After reading this, discuss what our anxieties are. Share what things in life cause you to be anxious. Pastor Jim explained that we are able to cast our cares on God because He cares for us. Please read the following passages and discuss what it means to have a God who cares for us: Matthew 6:25-28, 10:30-31; Psalm 103:13-14.
3. Please look once more at our passage for this week. Read the first half of 1 Peter 5:7, “Cast all your anxieties on God.” Read also from Psalm 55:22. Discuss together what it means to cast your anxieties and cares on God. How are we able to do this as believers?
4. Pastor Jim shared with us that the word in our passage for “cast” truly means “to abandon.” Peter is telling us that we need to abandon our anxieties, our doubts and our fears to the Lord. We need to abandon all of our concerns to God. We can find our confidence to give God control in His Word. Read together: Matthew 6:30, 19:26; Joshua 1:9; Psalm 18:32. Think of that part of your life that causes you anxiety. How can knowing and trusting in God’s sovereignty over all things help to give you confidence to give things to Him?
5. In order to learn how to give our anxieties to God, Pastor Jim shared with us Philippians 4:6 and Psalm 55:1,17. Please read those together. What this means for us as believers is that we are to abandon our anxieties to God by giving them over to Him through prayer. Please take a moment and discuss as a group the idea that was explained to us this morning: When you give your anxieties to God in prayer, you are leaving them there, meaning you can go and visit your anxieties but you are visiting them in God’s throne room (through more prayer). Take time to talk through this idea together.
6. Please spend time praying together. First, give thanks to God for being our almighty, sovereign Father. Praise Him for His wisdom and knowledge. Pray to God and offer Him your anxieties, even if you are only able to offer one right now. Pray that God will handle the situation and can give you the confidence and comfort to know that He is in control. Thank the Lord for caring for you.