

**OVERWHELM  
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OVERWHELMED  
OVERWHELMED**

**WINNING THE WAR  
AGAINST WORRY**

## **When Anxiety Attacks**

**1 Peter 5:5-11**

**1. YOU CAN'T CARRY THE WEIGHT – (1 Peter 5:5b-7)**

*All of you, clothe yourselves with humility toward one another, because, “God opposes the proud but shows favor to the humble.” Humble yourselves, therefore, under God’s mighty hand, that He may lift you up in due time. Cast all your anxiety on Him because He cares for you.*

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**2. YOU HAVE AN ENEMY – (1 Peter 5:8)**

*Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.*

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**3. YOU ARE NOT ALONE – (1 Peter 5:9)**

*Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.*

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**4. YOU HAVE A SAVIOR IN JESUS – (1 Peter 5:10-11)**

*And the God of all grace, who called you to His eternal glory in Christ, after you have suffered a little while, will Himself restore you and make you strong, firm and steadfast. To Him be the power for ever and ever. Amen.*

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**Q: Who is carrying your anxiety?**