

W @ K L J P r a J @ r J O u r n a l

**DAILY BIBLE STUDIES**

*“Anxiety & The Sovereign God”*

*1 Peter 5:7*

**AUGUST 19 – AUGUST 25, 2007**

Praise & Prayer	ADORATION Hallowed be Your name. (6:9)	AUTHORITY Your Kingdom come... (6:10)	APPEAL Give us this day... (6:11)	AQUITTAL Forgive us our debts... (6:12)	ASSISTANCE Deliver us from evil. (6:13a)	ADMIRATION For Yours is the Kingdom... (6:13)	Lord's Day	Mon	Tue	Wed	Thu	Fri	Sat

**THE LORD'S DAY** –This week as we return to our study in the Epistle of **1 Peter** and we want to focus our attention on just one verse. It is **verse 7** which reads, “...*casting all your care upon Him, for He cares for you.*” My prayer is that we will see beyond a superficial, shallow understanding of this verse to the deep, profound truth that “care-free” living is possible, commanded, and made a reality by the power of The Sovereign, Almighty God. Read: **1 Peter 5:5-7**.

*What truth(s) did I learn from God’s Word today?*

*Suggestion for prayer: Ask God to teach you from His Word this week.*

**MONDAY** –As I said yesterday, so many people come to this verse and see only some superficial and empty little “slogan” rather than immerse themselves in the powerful and awesome reality of what this verse is all about. If you remember back to our study of **verses 5-6** we see this truth in its context. It is the humble and submissive person who recognizes that they are “*under the mighty hand of God*” who will find exaltation and grace. As a believer lives out *humility* and *submission*, they will also find themselves understanding the truth of this verse; namely that they can *trust* in The All Powerful and Sovereign God for He has a perfect purpose for **ALL** things that take place. The worry and anxiety (sin) we find in our lives can be directly traced back to a lack of trust in God and His promises. Meditate on The Sovereign God today as you read **Daniel 4:34-37**.

*What truth(s) did I learn from God’s Word today?*

*Suggestion for prayer: O God, help me glorify You by humble submission. Praise You Father, for Your “mighty hand” that no one can restrain.*

**TUESDAY** – If you desire to live without worry and anxiety in this life you **MUST** get a hold of what we spoke of yesterday. Its truth **MUST** settle deep in your heart and mind. That truth is; that our Father, The Almighty Lord of Eternity, is **ALL** Sovereign. The moment you take

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sovereign power out of God's hands and place it into man's hands, you are in trouble. You might just as well pour gasoline on the "fire" of your anxiety and worry. Not just in this matter of trusting God, we can actually trace all sin back to a wrong view of God (a lower view) and a wrong view of man/ourselves (a higher view). O how gracious God is in His Word to over and over tell us to have a proper view and fear of Him! The worry, anxiety, emotional distress, despondency, discouragement, depression, and so on, that so many people view as coming "upon them" from other external sources actually originate from within their own sinful hearts as they blaspheme the Almighty by failing to trust Him as Sovereign God. Read **Psalm 22:28, 115:3, 135:6, Isaiah 26:3, Romans 11:33-36.**

*What truth(s) did I learn from God's Word today?*

*Suggestion for prayer: Ask God to help you realize it is your wretched sinful heart, and the effects of sin which bring so much pain and misery. Ask God to help you see His glory and beauty as a deterrent from sin.*

**WEDNESDAY** –In the past days we have laid a foundation necessary to fully appreciate and understand what is being said in our text. Now let's look specifically at this wonderful **verse 7**. Peter partly quotes **Psalm 55:22** where the Psalmist was also speaking of the matter of trusting God. In the Psalm, David cries out to God because he has been betrayed by a close friend. He expresses a wide variety of emotions in the Psalm but ultimately reveals that he has placed his confidence in the Lord his God. After prayers for God to vindicate him and deal with his enemies, David ends up where Peter is telling us as believers to end up in our text...trusting The Sovereign God. Read **Psalm 55**.

*What truth(s) did I learn from God's Word today?*

*Suggestion for prayer: Ask God to help you to like David, bring your troubles and concerns to Him and watch Him in strength "sustain you".*

**THURSDAY** –Peter tells us in our text "casting all our care upon Him..." This terminology reminds us of **verse 22** from **Psalm 55** where David speaks of the very same thing. Peter no doubt is drawing from the Old Testament Scriptures here. Peter uses the Greek "epirrhpto" (to throw upon, to place upon) while David used the Hebrew "shalak" (to throw, cast, hurl or fling). Both words speak of throwing something away from ones self. Here we are clearly told to throw our "care" upon "Him". With the understanding of who God is as Sovereign Lord of all, we are

commanded by Scripture to cast our care upon Him. As the hymn writer says, "O what peace we often forfeit, O what needless pain we bare; all because we do not carry, everything to God in prayer". Read **Matthew 6:25-34, Philippians 4:6-7.**

*What truth(s) did I learn from God's Word today?*

*Suggestion for prayer: Go before the Lord God today and cast your burden upon Him. Praise Him that He is strong enough to bare it and deal with it for His glory and your good.*

**FRIDAY** –Peter says we are to cast "all your care..." How often do we want to hold on to a bit of it, somehow thinking we can fix a situation in our own strength? This is the height of pride and ignorance toward our all powerful and sovereign God. He designs the situations that come into our lives to make us rely only upon Him for deliverance. This is where God gets the utmost glory; when we see and understand that He alone can deliver us from trouble. There is NOTHING that is too hard for our great God to handle; He is not caught off guard by our problems; He is actually controlling all events for the good of us as His children. Read **Romans 8:28-30, 2 Corinthians 12:7-10.**

*What truth(s) did I learn from God's Word today?*

*Suggestion for prayer: Thank You God that You alone are the Sovereign One in control of ALL things. Help me to praise You and trust You more.*

**SATURDAY** –Peter ends this **verse 7** by saying, "...for He cares for you". This trust in God amidst the anxiety and trials of life is anchored in the blessed fact that our God cares for us as His own children. The "you" is obviously those of us that are born again as children of God as we find the Psalmist uses the words, "He shall never permit the righteous to be shaken". The "righteous" and the "you" will never be lost or slip from their foundation because they are anchored IN and upon The Rock, Jesus Christ; who is forever secure and sure. What a great thought for us to meditate upon, that in Christ Jesus we are forever cared for, safe, secure and loved. Read **Psalm 131, Nahum 1:6-8, Hebrews 13:5-6.**

*What truth(s) did I learn from God's Word today?*

*Suggestion for prayer: God, thank You for loving and keeping me in Your care. Help me to cast all my anxiety upon You.*