

Anxiety's Antidote – Outline

焦虑的解药——大纲

Text: 1 Peter 5:5-7 (NASB1995)

⁵ You younger men, likewise, be subject to *your* elders; and all of you, clothe yourselves with humility toward one another, for God is opposed to the proud, but gives grace to the humble. ⁶ Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, ⁷ casting all your anxiety on Him, because He cares for you.

Sermon Idea: Humility before God is the solution for anxiety.

I. Introduction

- Anxiety is fear of the unknown and an enemy of faith.
- It affects our minds, bodies, and relationships.

II. Three Commands to Be Humble

1. Submit to church elders (v.5a) – Especially younger men, who may be most prone to resist submission.
2. Clothe yourselves with humility toward one another (v.5b) – Like tying on a servant's apron.
3. Humble yourselves under God's mighty hand (v.6) – Trust His sovereignty in all circumstances.

III. Four Incentives to Be Humble

1. God opposes the proud (v.5)

Ten Biblical truths about pride:

1. Pride is self-satisfaction (Hosea 13:4-6)
2. Pride is self-sufficiency and self-reliance (Deuteronomy 8:11-17)
3. Pride considers itself above instruction (Jeremiah 13:9-10)
4. Pride is insubordinate (Psalm 119:21)
5. Pride takes credit for what God alone does (Daniel 4:30-32)
6. Pride exults in being made much of (Matthew 23:6)

7. Pride aspires to the place of God (Isaiah 14:12–14)
8. Pride opposes the existence of God (Psalm 10:4)
9. Pride refuses to trust in God (Proverbs 28:25)
10. Pride is anxious about the future (Isaiah 51:12–13)

2. God gives grace to the humble (v.5)

- Humility is not earning grace but receiving it as a spiritual beggar.
- “Blessed are the poor in spirit.” (Matthew 5:3)

3. God will exalt the humble (v.6)

- He will vindicate your faith in due time (Psalm 37).

4. God cares for the humble (v.7)

- As Jesus taught in Matthew 6 – Do not worry, your Father knows your needs.

IV. The Connection Between Humility and Casting Cares

- Casting your anxieties on Him' is how we humble ourselves (v.7).
- Casting is not dumping – it is entrusting. We trust His sovereign care.
- Trust is the opposite of pride and essence of humility.
- Anxiety is prideful because it withholds trust from God.
- Humility says: “God’s mighty hand is not here to crush me, but to care for me.”

V. Conclusion / Application

When anxiety arises, say to your heart, “Heart, who do you think you are to be afraid of the future and nullify the promise of God? No, heart, I will not exalt myself with anxiety. I will humble myself in peace and joy as I trust this precious and great promise of God – He cares for me.”