

BASICS OF SPIRITUAL SURVIVAL

1 Peter 5:6-7

- I. GOD IS ALL POWERFUL - HUMBLE YOURSELF UNDER GOD'S MIGHTY HAND (6A).
- II. GOD IS IN CONTROL - BELIEVE THAT HE WILL LIFT YOU UP IN HIS PERFECT TIMING (6B).
- III. GOD CAN HANDLE OUR PROBLEMS - OBEY HIS COMMAND TO CAST ANXIETIES ON HIM, INSTEAD OF HOLDING ONTO THEM (7A, PHILIPPIANS 4:6-9).

CASTING IS...

- Thank God for what you are struggling with.
- Pray to Him asking for help and humbling yourself under His control and timing.
- Think on true, noble, pure, lovely, admirable, excellent and praiseworthy things.
- Obey what you know to be true from the Scripture.

- IV. GOD REALLY CARES - BELIEVE IT DESPITE WHAT I SEE OR FEEL (7B).