

The name "Chief Shepherd" provides a clear picture and reveals the truth about who cares for you.

Psalm 23:1-6

"The Lord is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me beside quiet waters, he restores my soul (mind, emotions, will, memory, imagination). He guides me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever."

The Chief Shepherd is my _____

KEYS TO MAKING THE CHIEF SHEPHERD'S LOVE & CARE A REALITY:

A) _____ THINKING PATTERNS & SELF-SPEECH BY TALKING TO GOD

Philippians 4:6 "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

- Off-load my _____
- _____ God for the answer

B) FIND A _____ THAT SPEAKS TO THE FEAR

Philippians 4:8 "Whatever is true... think about such things."

C) _____ GOD'S PEACE TO RULE THOUGHTS & EMOTIONS

Philippians 4:7 "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

POWER-TOOL FOR WEEK 4:

Each day take time to go through the steps for Off-loading anxiety and concerns and the steps for On-boarding God's love and care.

FINALLY FREE!

JESUS OVERCAME SO I COULD OVERCOME!



WEEK 4: THE ANXIETY EXCHANGE

JOHN 8:31-32 (NLT)

"Jesus said to the people who believed in him, 'You are truly my disciples if you remain faithful to my teachings. **AND YOU WILL KNOW THE TRUTH, AND THE TRUTH WILL SET YOU FREE.**'"

"**FREEDOM**": Being released from _____ bondage or _____ in order for me to become all God created & redeemed me to be.

The reality of Anxiety:

- The most common mental health issue worldwide is _____
- Anxiety disorders affect _____ million U.S. adults every year and _____ percent of U.S. adolescents.
- The number of U.S. adults suffering from anxiety disorder and depressive disorder increased during the pandemic from 36.4 % to 41.5%. (CDC)

1 PETER 5:6-9 (NIV)

"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. Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers and sisters throughout the world are undergoing the same kind of sufferings."

HOW TO EXCHANGE MY ANXIETY FOR PEACE:

CONTEXT OF 1 PETER

In 1 Peter, the Apostle Peter addresses the issue of anxiety because it is a time of great distress and persecution for the believers.

Peter mentions how the devil is like a roaring lion because these believers are under intense _____ as they try to live for Christ under a pagan emperor.

1 Peter 1:2b "Grace and peace be yours in abundance."

1 Peter 1:6 "In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials."

1 Peter 5:7 "Cast all your ANXIETY on him because he cares for you."

"ANXIETY" (Strong's #3308, merimna) _____

1. _____ - _____ MY ANXIETY ONTO JESUS

1 Peter 5:7 "CAST all your anxiety on Him..."

JESUS SAID: Matthew 11:28-30 (NIV) "Come to me, all you who are weary and burdened and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart and you will find rest for your souls. For my yoke is easy and my burden is light."

"BURDENED" (Strong's #5412, phortizo) means _____

Jesus is offering to exchange my weariness (exhaustion) and burden (pressure) for His _____. The Bible is saying that we are not made or called to _____

The word "CAST" means _____

4 KEYS TO HELP ME DEPOSIT MY ANXIETIES ONTO JESUS

JESUS, MARTHA & MARY- LUKE 10:38-42

"As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, 'Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!'

'Martha, Martha, the Lord answered, 'you are worried and upset about many things, but only one thing is needed. Mary has chosen what is better, and it will not be taken away from her.'"

- Get into the _____
- Identify (and write down) the root _____
- Deposit it _____
- Share my off-load with _____

2. ON-BOARD HIS _____ & _____

1 Peter 5:7 "Cast all your anxiety on him because He CARES FOR YOU."

Who is the "He"? _____

1 Peter 5:4 says: "And when the Chief Shepherd appears, you will receive the crown of glory that will never fade away."

Memorize: "Cast all your anxiety on him because the Chief Shepherd cares for you."