

Everyone experiences anxiety. Stress. Worldly concern.

The question is: How do you deal with it?

Catchy songs may help. For a few minutes.

The Apostle Peter sums up in one sentence what he learned from Jesus about dealing with anxiety: *Cast it all on Him, because He cares for you.*

Three Gospel encounters with Jesus reveal His command over worry, fear, and anxiety.

I. Kingdom Talk – Matthew 6:25-34

- a. Worldly concerns (*worries*)
- b. Kingdom realignment (heavenly paradigm shift)
- c. Look to the King (it's a personal matter)

II. Cosmic Commands – Mark 4:35-41

- a. The disciples' stress test ("Don't you care, Lord?")
- b. Storms *can* cause stress (it's what we do with it)
- c. Jesus has power both within and over the storm

III. Fireside Chat – Luke 10:38-41

- a. Martha's stress test ("Don't you care, Lord?")
- b. Jesus' words
 - i. Kind Rebuke: *you are worried and upset...*
 - ii. Kingdom Realignment: *seek first...*
 - iii. Keen Reminder: *Immanuel*

Rather than hearing a happy song, which actually places the burden to *be happy* and *not worry* on us, we need to hear Jesus speak to our hearts—as he did to the crowd on the mountainside, to His disciples in the storm (and to the storm!), and to Martha.

To hear Peter's words directly from Jesus: "Cast all your anxiety on Me, because I care for you."