



Too Heavy to Hold

Introduction:

This week Chance brings a stand-alone message titled '**Too Heavy to Hold - Anxiety**'. What is that heavy thing, that burden that you hold onto? That thing you just can't let go of, that's weighing you down? Are you holding onto anxiety?

Do you believe that America is the most anxious place in the world? Would you also agree that it's not healthy to hold onto things that don't belong to you? What are you carrying that you shouldn't be?

Questions:

1. What is the definition of anxiety? What does anxiety do to you? Are you ever anxious when there isn't anything to be anxious about, or because there isn't anything to be anxious about?
2. How can you know if you have anxiety? Do we all deal with anxiety at some point? What are the symptoms or signs in your life? Do you agree that you can't embrace the present (blessing) and hold onto anxiety? Are you blinded about today because you are worried about tomorrow?
3. Who do you submit yourself to, whom do you learn from? What do they know about anxiety that you may not? What's the difference between pride and humility? Why does Peter say that you should clothe yourself in humility? What does humility provide as you deal with anxiety? **1 Peter 5:5**

4. Do you find that you struggle with God's timing versus your timing? Is it difficult for you to surrender to God's timing and His mighty hand? What if that anxiety isn't really yours to carry? Is it easier to humble yourself when you think about who God really is? **1 Peter 5:6**
5. What does it mean to 'Cast' your cares? How far is it to cast? What things are you to cast? Why can Peter confidently say to cast your anxiety on Jesus and why is that required for you to embrace the present? **1 Peter 5:7**
6. What causes you anxiety? Can you stand firm in the face of anxiety, knowing that He will restore you and help you to be strong and steadfast? **1 Peter 5:10-11**
7. Will you still try to hold onto and carry your anxiety, or will you make the decision to C.A.S.T. your cares (anxiety) on the one who cares for you?
 - C - Call it out
 - A - Ask Jesus for help
 - S - Surrender what you can't control
 - T - Take the next step

Key takeaway: Are you carrying a weight that seems unbearable? All of us at times find ourselves carrying things that we aren't meant to hold. Those things are so heavy that you feel the weight of anxiety. God has something better for you, the first step is humbly turning to Jesus and casting your anxiety on Him.

Summary:

- What is Anxiety? = the emotion of inner unrest created by the uncertainty of something. What does Anxiety do? = slows you down and keeps you from operating at your full potential
- How do you know you have anxiety?
- Clothe yourself with humility, because God opposes the proud but favors the humble
- God's due time vs your due time
- To embrace the present you have to remove the anxiety in your life; cast = throw as far away as possible
- Be alert, standing firm

- Will you try to carry your anxiety, OR will you cast your cares on the one who cares for you? C.A.S.T.
 - C - Call it out
 - What are you carrying that you are not meant to?
 - A - Ask Jesus for help
 - Bring the burden humbly and honestly to Him
 - S - Surrender what you can't control
 - Do what you can and trust God with what you can't
 - T - Take the next step
 - Don't try to solve tomorrow, be faithful today