He Cares

# Pastor John Mulligan

## 1 Peter 5:5-7 (ESV)

. . . Clothe yourselves, all of you, with humility toward one another, for “God opposes the proud but gives grace to the humble.”

**6**Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, **7**casting all your anxieties on him, because he cares for you.

## Stressful times lead to anxieties and God has a plan to help us:

1. **We must clothe ourselves with humility (V 5a)**

. . . Clothe yourselves, all of you, with humility toward one another

# Philippians 2:3-11 (NIV)

3 Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, 4 not looking to your own interests but each of you to the interests of the others. 5 In your relationships with one another, have the same mindset as Christ Jesus: 6 Who, being in very nature God, did not consider equality with God something to be used to his own advantage; 7 rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. 8 And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross! 9 Therefore God exalted him to the highest place and gave him the name that is above every name, 10 that at the name of Jesus every knee should bow,in heaven and on earth and under the earth, 11 and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.

1. **We must combat pride or God will combat you (V 5b)**

for “God opposes the proud but gives grace to the humble.”

1. **We must come under God’s mighty hand for protection & pruning (v 6)**

**6**Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you,

1. **We must cast all our anxieties onto God (v7)**

**7**casting all your anxieties on him, because he cares for you

Hebrews 12:1-2 (NIV)

let us run with perseverance the race marked out for us, **2**fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

# Psalm 37:1-8 (NIV)

**1**Do not fret **[be agitated]** because of those who are evil  
    or be envious of those who do wrong;  
**2**for like the grass they will soon wither,  
    like green plants they will soon die away.

**3**Trust in the Lord and do good;  
    dwell in the land and enjoy safe pasture.  
**4**Take delight in the Lord,  
    and he will give you the desires of your heart.

**5**Commit your way to the Lord;  
    trust in him and he will do this:  
**6**He will make your righteous reward shine like the dawn,  
    your vindication like the noonday sun.

**7**Be still before the Lord  
    and wait patiently for him;  
do not fret when people succeed in their ways,  
    when they carry out their wicked schemes.

**8**Refrain from anger and turn from wrath;  
    do not fret—it leads only to evil.