

ANTIDOTE.....

Week 1

Look Back:

What did you surrender to God as an act of worship?

Look Up:

Read [1 Peter 5:6-11](#)

1. In verse 7, what does Peter say is the reason why we should cast all our anxiety on God? How have you personally experienced God's care for you during an anxious time?
2. What warning does Peter give us in verse 8? What does this have to do with being anxious about our current or future situation?
3. List the different action steps Peter recommends to deal with anxiety in verses 8 – 9. Which of these is the easiest or most difficult for you right now? Why?
4. What promise does Peter make in verse 10? If you know Peter's backstory, why could he make this promise so confidently?

Read [Philippians 4:4-9](#)

5. How is this passage, written by Paul, similar to and different from Peter's teaching? How does comparing letters written by different people help you better understand God?
6. What specifically does Paul encourage us to think about and do at the end of this passage? How can focusing on these things help someone develop a plan to overcome anxiety?

Overall (Discovery Bible Study)

- What do these scriptures say about God?
- What do they say about people?
- How will I apply this to my life?

Look Ahead:

What is one example of anxiety in your life? Plan to sit down and process that feeling and create an action plan to address that specific anxiety.

Notes

Humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. Give all your worries and cares to God, for he cares about you. 1 Peter 5:6-7

