

LESS ANXIOUS: WEEK 4 — OVERTHINKING

1 PETER 5:6-10

The Goal

By miracle, medical, or practice, we seek wholeness that comes from the Lord.

We cannot remove every threat, but we can become less anxious and more like Jesus.

Understanding the Dwelling

- The Role of Overthinking: Overthinking lives almost entirely in the _____ part of anxiety.
- Thinking and planning are good, but _____ can be crippling.
- Overthinking is focusing on what if instead of _____.

4 Biblical Steps to Overcome Overthinking (1 Peter 5:6-10)

1. Be _____ (1 Peter 5:6)

- Humility recognizes that we do not know everything and cannot map out every possible outcome.
- Key Truth: If God can do above and beyond all we ask or _____ (Ephesians 3:20), our overthinking will never out-plan His provision.

2. _____ Your Cares (1 Peter 5:7)

- Epiriptō: To throw or put upon.
- Overthinking is a heavy burden—we exchange our anxious plans for His care because He _____ for us.

3. Watch for the _____ (1 Peter 5:8)

- Spiritual and natural triggers will attack your thought life.
- Takeaway: _____ truth becomes the enemy's weapon. If we won't address a weakness, the enemy will exploit it.

4. _____ and _____ (1 Peter 5:9-10)

- You are not helpless—the same Spirit that raised Jesus from the dead lives in you (Romans 8:11).
- When overthinking starts, we have the authority to say _____.
- Rest in knowing that God will restore, establish, strengthen, and support you.

Imagined, Overthinking, What is, Humble, Think, Cast, Cares, Attacks / Enemy, Unfaced, Resist / Rest, No

NOTES _____



NEED PRAYER

If you need prayer for anything, email Pray@jchurch.life, or fill out a connect card so we can be praying with and for you!

NEW BELIEVER

Have you accepted Jesus as Lord and Savior? We are so excited for you and your new journey. Please fill out a connect card so we can follow up with you!

FIRST TIME GUESTS

If this is your first time here, thank you for joining us today! Stop by the Welcome Booth for a Guest Bag (there's a coffee gift card too).

