



# ANXIOUS FOR NOTHING

## Let it Go Sermon Notes – May 31, 2020 Andrew Bates

6 Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. 7 Cast all your anxiety on him because he cares for you. (1 Peter 5:6-7 NIV)

Notes:

Sometimes the things we need to let go of most have the tightest grip on us.

How do we let it go?

Understand we can’t do it \_\_\_\_\_

Realize God \_\_\_\_\_ for us

Cast it all on \_\_\_\_\_

It’s okay to not be okay, it’s what we do with the “not okay” that matters.