

- Christians facing opposition
- submissive...humility (5)

1. **Look up:** humble yourselves under God's mighty hand! (6-7)

- cast all your anxiety on him

2. **Look out:** your enemy the Devil prowls around like a roaring lion! (8-9)

- resist him

3. **Look forward:** eternal glory awaits you! (10-11)

- trust him

⇒ *"this is the true grace of God. **Stand fast** in it!"* (12-14)

<b>Coffee Question!</b>	
Do you find it hard to cast your anxiety on God?	
<b>For Talking to your Children...</b>	
<b>MiniMovers (6m-3)</b>	A short man
<b>Shakers (3-4yrs)</b>	Jacob & Esau Meet Again, Gen 29
<b>Packers (4-5yrs)</b>	Last supper & Arrest, Mark 14:12-26
<b>Stackers (5-8)</b>	Contentment, Matt 6:25-34
<b>Forklifts (8-11)</b>	The Parachute, Rom 6:1-14