



Reflection Questions

February 15, 2026

The Way Up is Down

1 Peter 5:6-11

This week, we explore the counterintuitive truth that true spiritual strength comes through humility, not dominance. In a culture that constantly tells us to "look out for number one," Peter calls us to humble ourselves under God's mighty hand, trusting that He cares for us deeply.

Reflection Questions:

1. How does our culture's emphasis on individualism and 'looking out for number one' directly conflict with the biblical call to submit to church leadership and practice humility?
2. In what areas of your life are you still clinging to your own strength rather than submitting yourself under the mighty hand of God?
3. Peter uses the phrase 'mighty hand of God' which appears in Exodus during Israel's deliverance from slavery. How does recognizing your own spiritual slavery lead to crying out for God's deliverance?
4. What is the difference between being humble because you are weak versus being humble when you actually have the power to dominate, as Jesus demonstrated?
5. Why do you think we struggle to trust God with our deepest fears and anxieties when He has already proven His love through Christ's death on the cross?
6. How can we practice being 'sober-minded' and 'watchful' against spiritual attack while still casting all our anxieties on God rather than relying solely on our own abilities?
7. What does it mean practically to resist the devil while being firm in your faith, and how does submission to God enable you to stand firm?
8. Are you willing to wait for God to restore and vindicate you 'at the proper time' rather than seeking your own justice or validation now?
9. In what ways have past experiences of being victimized or hurt by others led you to adopt a self-protective posture rather than a posture of humble trust in God?