



1 Peter 5:5b-7

Getting Started

Share about a person in your life who is humble and the impact their humility has had on you.

Discussion

Do you think of being humble as something you can do or something that you are? Or both?

“The mighty hand of God” is a phrase used repeatedly in the Exodus story (ie. Exodus 6, 13). Why do you think Peter would allude to that story of rescue/deliverance here?

How would you describe the connection between humbling yourself under God and casting all your anxieties on God?

What are some ways you are bent toward trying to seize control of your own life?

V. 7b gives the reason we should cast our anxieties on God...he cares for you. Discuss that as a group. How does that make you feel? What barriers are there to trusting that in your life?

As you go

Philippians 4:5b-7 gives us a prayer road map for bringing our anxiety to God. Practice that.

1. “The Lord is at hand” Slow down and meditate on the truth that God is with you (2-5 mins).
2. “With thanksgiving” Discipline your mind toward that which is good that God has given you and thank him for it.
3. “Present your requests” Tell God honestly what you fear and what you desire.

