

## Friday, May 22, 2026 | Under the Mighty Hand

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### SCRIPTURE

*Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you. — 1 Peter 5:6–7*

### DEVOTION

Peter joins two things we might not expect. Humility and the relief of anxiety, side by side in a single breath. What does humility have to do with worry?

Humility is not thinking poorly of yourself. It is knowing rightly who you are and who God is. You are His baptized child. He is your Almighty Father. Worry creeps in when those identities slip — when we begin to act as though we are responsible for outcomes only God controls, or as though He has forgotten the name He placed on us in the waters of Baptism.

To humble yourself is to take your proper place under the mighty, caring hand of God. From there, the white-knuckle grip on your worries can finally relax. You do not have to keep them. He is strong enough. He is good enough. He is Father enough.

And He will lift you up at the right time. His timing may not be ours, but His care does not depend on the clock matching our expectations. He has already given you the greatest thing in His Son. Will He not also, in His own wisdom and love, take care of everything else?

### DISCUSSION QUESTIONS

1. How does remembering who God is and who you are reduce the weight of anxiety?
2. What does it mean that God will exalt you “at the proper time,” and how does that shape how we wait?
3. How does your Baptism remind you of God’s personal, settled love for you?

### CLOSING PRAYER

*Heavenly Father, forgive us for trying to take Your place — carrying burdens You never asked us to carry. Teach us true humility, that we may know You as our mighty, caring Father and trust You with all that we cannot control. In Your time, lift us up. In every time, keep us in Your love. Amen.*

### FAMILY ACTION ITEM

Talk together about Baptism. If your children are baptized, tell them the story of that day — where it happened, who was there, what was said. Remind them: “God put His name on you. You belong to Him.”

