

# WHAT IS OUR HELP IN GROWING IN SALVATION

1 PETER 5  
JOSE ESPINOZA



## 1 Peter 5:1-14

1 Therefore, I exhort the elders among you, as *your* fellow elder and witness of the sufferings of Christ, and a partaker also of the glory that is to be revealed,  
2 shepherd the flock of God among you, exercising oversight not under compulsion, but voluntarily, according to *the will of* God; and not for sordid gain, but with eagerness;

3 nor yet as lording it over those allotted to your charge, but proving to be examples to the flock.

4 And when the Chief Shepherd appears, you will receive the unfading crown of glory.

5 You younger men, likewise, be subject to *your* elders; and all of you, clothe yourselves with humility toward one another, for God is opposed to the proud, but gives grace to the humble.

6 Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time,

7 casting all your anxiety on Him, because He cares for you.

8 Be of sober *spirit*, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour.

9 But resist him, firm in *your* faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world.

10 After you have suffered for a little while, the God of all grace, who called you to His eternal glory in Christ, will Himself perfect, confirm, strengthen *and* establish you.

11 To Him *be* dominion forever and ever. Amen.

12 Through Silvanus, our faithful brother (for so I regard *him*), I have written to you briefly, exhorting and testifying that this is the true grace of God. Stand firm in it!

13 She who is in Babylon, chosen together with you, sends you greetings, and *so does* my son, Mark.

14 Greet one another with a kiss of love.

Peace be to you all who are in Christ.

## What is our Help in Salvation

- The help God gives in salvation is grace—sustaining, strengthening grace.
- Grace is everything—not just the start or the finish line, but what holds us together in the middle (verses 5, 10, 12).
- Pride blocks grace. Pride is self on steroids—self-reliant, self-glorifying, self-sufficient.
- Pride is the essence of Satan. We are most “Satan-like” when we are proud.
- Humility receives grace. It is self in submission to God. It accurately assesses self in light of the divine One.
- The heart of 1 Peter 5 is humility—and the place where it is most needed is the church.
- Elders must humbly shepherd by knowing the sheep, leading the sheep, feeding the sheep, and guarding the sheep.
- Younger men especially (v. 5): Be subject to your elders. Don’t resist the help God gives through them.
- You don’t have to live in the “what ifs.” (verse 7). You can live in the care of your Savior, because (1 Peter 3:22 & 5:11) we worship a Savior who cares enough to die for us and who knows what is best for us.
- Anxiety is always an opportunity to run to Jesus and find His strength in your weakness.
- The devil loves to get Christians alone (verse 8). The devil is strong—but your Savior is stronger.
- You have everything you need in Christ to stand firm against the devil and against temptation.
- You are not alone. Believers all over the world suffer too. One faith. One baptism. One Savior.
- Verse 10: God Himself will perfect, confirm, strengthen, and establish you because He has dominion forever.

## Questions

- What areas of anxiety do you need to cast on Jesus?
- How does remembering the global church help you stand firm in your own suffering?
- In what ways am I resisting God’s grace with pride by trying to do things my way?
- What does it look like for you to be an instrument of grace in your church?