

With Hope, Pete - Week 15

“Recipe for Relief”

Regardless of how good life is for you right now, I'm sure you'd have to admit that there have been times where you needed relief. I won't trivialize our need for relief by singing you an Alka-Seltzer commercial from the 90's. Finding relief from the anxieties of life needs more than “plop, plop.” Remember, Peter is writing to a group of scattered and scared people who needed to remember their faith. The faith, that they were to remember and live out, was a faith that could weather the storm they were in. They, just like us, needed to lean into God's way of dealing with life. There have always been different voices around us, giving us different advice about stress management. You have to choose which to follow. We need to follow the right Voice. The zigzag of inconsistency doesn't bring the relief that's needed. Peter makes God's way clear. So, are we willing to listen?

1 Peter 5:5-7 NAS

Looked at last Sunday...

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.

Today's focus...

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.

-Remember, Peter is writing a letter to people who are stressed to the max because of persecution at a high level from the Roman government.

-Last Sunday, the focus was on the elders in the group. Peter stresses to them the importance of their role and motives as they minister to stressed-out people who need relief.

-This week, He follows up with advice to those who are under their shepherding.

-In singling out the young men, Peter addresses the godly attitudes that they were have in producing a spiritual mind. It was important to think correctly so they would respond correctly in their turbulent lives. Let's look at what he says:

1 Peter 5:5a

5 You younger men, likewise, be subject to your elders;

-The foundational attitude in the life of a Christ-follower is **submission**. Peter has already taught the necessity of submission in chapters 2:13-20 and 3:1-7 with employers, civil authorities, and even within a marriage. Now, he addresses submission within the leadership of a needy church body.

-In calling the young to be subject to those over them in the Lord, Peter again uses the military term meaning “to line up under.” (Refer back to umbrella illustration)

-As seen in the broader context, Christians are to be submissive to all in authority, but especially in the church. The process of spiritual growth flourishes among those who have an attitude of submission.

1 Peter 5:5b-6

*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 h
and of God, that He may exalt you at
the proper time,*

-Inseparably linked to and underlying a submissive attitude is a mind given to **humility**.

-Clothe literally means “to tie something on oneself.” Here it describes figuratively covering oneself with an attitude of humility as one submits to the authorities over him. Humility means “lowliness of mind” or “self-abasement” and describes the attitude of one who willingly serves, even in the lowliest of tasks. Jesus did this at Last Supper (may have been in Peter’s mind). Humility was not an admired trait in the first-century pagan world. Only slaves were humble.

-To reinforce his words about humility, Peter quoted from Proverbs 3:34, “God is opposed to the proud, but gives grace to the humble.”

-Pride sets one against God and vice versa.

-Humbling themselves “under the mighty hand of God” in their time of persecution and suffering served as encouraging words to persevere.

-You see, God will **exalt** (“to raise or lift up”) believers out of their suffering at His wisely determined time.

1 Peter 5:7

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

-As believers endure humbly and submissively, they find their strength in the midst of suffering, by means of confident **trust** in God’s perfect purpose.

-**Casting** means throwing something on something else or someone else.

-Peter tells them/us to throw on the Lord all anxiety, a word that can include all discontentment, discouragement, despair, questioning, pain, suffering, and whatever other trials we encounter. WHY? Because we can trust His love, faithfulness, power, and wisdom.

*Here is the recipe for relief: **SUBMISSION + HUMILITY + TRUST = RELIEF**

Bottom Line - **GOD CAN HANDLE ALL YOUR PROBLEMS; HE IS BIGGER THAN YOU THINK!**