



1 Peter 5:6-7 — Nanci

July 26, 2026

Read & Reflect

READ: 1 Peter 5:6–11, 1 Peter 1:3–9

Peter wrote to believers scattered by hardship, uncertainty, and persecution. Rather than promising an easier path, he pointed them toward a faithful God whose mighty hand was able to sustain them through every trial.

Understand the Moment

Life has a way of leaving us scattered. Responsibilities pile up. Health struggles appear unexpectedly. Relationships become strained. Anxiety quietly grows until it feels impossible to carry everything alone.

Nanci shared how years of caring for loved ones, walking through personal illness, and supporting her husband through kidney failure, cancer, hospice, and miraculous healing left her emotionally and spiritually exhausted. Though many saw strength, she admitted she was quietly overwhelmed and struggling to fully trust God.

Everything shifted during a personal retreat at Prayer Mountain. As she prayed, God used simple visuals and signs along a walking trail to speak directly to her heart: **Scattered. Wrong Way. Cross the Bridge. Surrender.**

Each step reminded her that peace isn't found by controlling every outcome but by humbly placing every burden into God's hands. Peter's words became more than comforting verses—they became an invitation to experience God's care personally. God still extends that same invitation today.

Process Together or Alone

- What burdens have you been trying to carry by yourself?
- Why is surrender often more difficult than we expect?
- When have you experienced God's faithfulness during a difficult season?
- What helps you remember God's goodness while you're still waiting for answers?

Follow Jesus This Week

Listen

- What is God asking you to surrender today?
- Where is He inviting you to trust Him more deeply?

Obey

- What anxiety do you need to intentionally place into God's hands?
- How can you create space this week to quietly listen for His voice?

Share

- Who needs encouragement from your story of God's faithfulness?
- Who can walk with you and pray alongside you during this season?

Care

- Who around you is quietly carrying heavy burdens?
- How can you offer practical care and consistent prayer this week?



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Live It Out

Take a small stone this week.

Hold it while naming your fears, anxieties, disappointments, and unanswered questions before God. Then place it at the foot of a cross, in your prayer space, or somewhere meaningful as a reminder that those burdens now belong to Him.

Remember: **You were never created to carry what only God can carry.**

Pray

- Thank God for His constant care through every season of life.
- Ask Him to help you surrender your fears instead of carrying them alone.
- Pray for faith to trust God's timing, even when answers seem delayed.
- Pray for those caring for loved ones who are weary and overwhelmed.
- Ask God to fill your heart with peace that comes from resting in His presence.

Thank You for caring so deeply for me. Forgive me for trying to carry burdens You never asked me to hold. Help me surrender every fear, every worry, and every uncertainty into Your hands. Teach me to trust You in seasons of waiting as much as in seasons of celebration. Thank You for Your goodness that has never failed me and for Your promise to walk beside me every step of the journey. May my life point others toward Your faithfulness. Amen.

Group Leader Optional Questions

Opening Question:

When life becomes overwhelming, what is your first instinct—to hold on tighter or to trust God more deeply?

Closing Reflection:

What burden do you need to leave at the feet of Jesus this week, and what would it look like to truly leave it there?