

First Baptist Church Merritt Island
Through Our Humility God Relieves Our Anxiety

1 Peter 5:6-7

September 9th, 2018

Main Point

It is a God-honoring act of humility to live like God is strong and good. In that humility, we are called to throw all our anxieties on Him because He cares for us.

Getting Started

Knowing God's attitude should cause believers not only to be subject to others but also to subject themselves deliberately to God's sovereign rule. The command 'humble yourselves' could be translated 'allow yourselves to be humbled'. Those who were suffering persecution for Christ's sake could be encouraged by the fact that the same mighty hand that let them suffer would one day lift them up. We cannot humble ourselves without God's help. As you study this passage, ask God to help you obtain and maintain a humble attitude.

Observation

Unpack the biblical text to discover what the Scripture says or means about a particular topic.

Read 1 Peter 5:6-7.

Why does Peter use the word 'therefore' in verse 6? What is that word there for?

What did Peter tell his readers to do, and what did he promise them that God would do in return?

How did he tell them to humble themselves under God's mighty hand?

Why should believers humble themselves before God?

Peter counseled believers to respect their leaders and to be humble. They were to allow God to humble them under His sovereign rule. If they did so, God would honor them. They could put their cares on Him with the confidence that He cared for them. All believers are to display humility, realizing that God provides for their needs.

Application

How would you advise someone who is anxious to humble themselves in God's presence? How would that help them?

What does it mean to humble yourself under God's mighty hand? Share a time you humbled yourself. What happened? How did God lift you up?

How do you cast your anxieties on God? What anxieties have you recently cast on Him? What anxieties do you need to cast on Him?

Some Bible teachers have observed that worry is a form of pride. What do you think about this assertion? How might worry come from pride?

Share with your group how God has demonstrated His care for you recently.

Determine to live like God is strong and good. Take time now to praise Him for his strength and goodness. Reflect on Psalms like 9:9-10, 27:14, 28:7, 91:2, 119:114 and 121:1-2. What do these psalms say about God's strength and goodness?

Prayer

Dear God, I surrender my life to your will this day, even if it means I may suffer for doing so. Help me keep in mind 1 Peter 4:19 *Therefore let those who suffer according to God's will entrust their souls to a faithful creator while doing good.* Lord Jesus, I need your help to entrust myself to you while doing what is right. Help me cast all my anxieties on You alone. You truly are strong and good all the time!

Commentary

5:6 In their suffering, God's people are to give themselves entirely to Him, submitting to His wise ordering of their lives. Mighty hand of God recalls the exodus, where the Lord delivered Israel from Egypt by a mighty hand. Those who suffer can likewise be confident that the day of humiliation will not last forever. Whether later in this earthly life or on the last day, God will exalt his people at the proper time.

5:7 The participle 'casting' modifies the main verbal phrase 'humble yourselves' from verse 6. Worry is a form of pride because it involves taking concerns upon oneself instead of entrusting them to God. Believers can trust God because, as their Father, he cares for them.